

# Kearney Public Schools

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 2/27/2019 8:03:47 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Penne Pasta Alfredo	7/8 cup	1	305	686	15.88	37.48	9.68	5.75
Hamburger on a Bun SR KHS	each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Fish Sandwich SR	1 Each	1	363	507	18.8	36.65	14.8	4.00
Pizza, Cheese Stf Crst Gilardi	Slice	1	360	570	18.0	52.0	9.0	3.00
Pizza, Fiestada	1 Each	1	340	850	17.0	39.0	14.0	6.00
Pepperoni French Bread	1 Each	1	350	680	18.0	35.0	16.0	8.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Broccoli with Cheese SR	1/2 cup	3	108	422	5.61	18.45	2.95	0.72
Soup, Vegetable	1 Cup	3	53	195	3.72	8.24	0.71	0.04
Salad Bar KHS - Friday	Serving	10	215	178	2.51	42.56	5.22	1.13
Milk, Variety SR	1 cup	8	122	157	8.0	21.15	0.47	0.28
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Bread Basket	1 Each	4	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			775	1236	32.92	122.65	19.28	6.34
% of Calories					17.0%	63.3%	22.4%	7.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/04/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Super Mexi Tots	Serving	1	372	995	17.0	39.0	16.49	5.80
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	29.0	45.0	12.0	2.00
BBQ Rib Sandwich SR C/KHS	1 Each	1	348	810	22.4	41.7	10.6	3.20
Pizza, Beef- LC 2016	Slice	1	330	670	18.0	34.0	14.0	7.00
Pizza, Cheese - LC	Slice	1	320	620	16.0	41.0	11.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	280	420	18.0	30.0	10.0	5.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Peas, frozen C	1/2 CUP	3	62	58	4.12	11.41	0.22	0.04
Salad Bar KHS - Monday	Serving	10	205	284	3.76	42.7	3.39	0.75
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	8	122	157	8.0	21.15	0.47	0.28
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Weighted Daily Average			724	1184	32.85	116.21	16.13	5.68
% of Calories					18.2%	64.2%	20.1%	7.1%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/05/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Potatoes N More SR	Servings	1	323	1016	20.4	32.21	14.87	3.69
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	29.0	45.0	12.0	2.00
Breaded Chicken Sand Spicy	1 each	1	362	617	20.4	38.9	15.0	2.70
Pizza, Big Daddy 4 Meat	Slice	1	370	650	20.0	36.0	17.0	7.00
Pizza, Big Daddy's 4 Cheese WG	Slice	1	360	600	21.0	34.0	16.0	7.00
Max Stix	4 Each	1	600	1560	28.0	64.0	28.0	10.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Vegetable Beef	1 Cup	4	159	501	13.46	14.09	5.28	1.92
Corn, Frozen	1/2 cup	3	92	1	2.89	21.89	0.76	0.12
Salad Bar KHS - Tuesday	Serving	10	229	178	2.07	46.41	5.3	1.14
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Bread Basket	1 Each	1	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			805	1287	36.32	121.48	22.21	6.85
% of Calories					18.0%	60.4%	24.8%	7.7%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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High School Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/06/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Chicken Enchilada	Servings	1	375	554	27.71	28.38	16.31	6.83
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Hot Dog on a Bun - Secondary	1 each	1	100	170	3.0	20.0	1.0	0.00
Pizza Hut - Cheese Pizza	Slice	1	320	650	15.0	34.0	13.0	7.40
Pizza Hut - Pepperoni Pizza	Slice	1	370	800	18.0	34.0	18.0	9.00
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Refried Beans SR	1/2 cup	5	134	211	8.97	19.9	2.02	1.35
Potato Bacon Soup	1 Cup	3	388	1231	11.04	32.28	14.08	5.88
Salad Bar KHS - Wednesday	Serving	10	199	167	1.98	38.84	5.15	1.09
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Salsa C	Serving	1	20	64	0.85	3.97	0.11	0.02
Sour Cream	serving	1	10	14	0.25	0.5	0.62	0.50
Olives, Ripe, Canned Black	1 oz	1	33	208	0.24	1.77	3.03	0.40
Peppers Jalepenos, Canned	1 oz	1	10	419	0.3	2.12	0.27	0.02
Bread Basket	1 Each	1	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			819	1456	34.93	115.39	22.55	8.41
% of Calories					17.1%	56.4%	24.8%	9.2%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/07/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Chicken & Noodles SR	1 cup	1	280	665	21.93	31.0	6.94	1.88
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	29.0	45.0	12.0	2.00
Swiss Mushroom Burger	1 each	1	317	781	24.73	34.98	9.36	3.27
Pizza, Homemade Chic Bac Ranch	Slices	1	395	729	23.86	28.68	19.58	7.71
Pizza, Homemade Cheese	Slices	1	301	744	19.67	31.52	10.57	4.55
Cheese Stuffed Sticks	3 Each	1	465	885	27.0	46.5	19.5	10.50
Soup, Taco with Rice	1 cup	4	153	485	8.32	21.59	3.85	1.89
Green Beans C	1/2 cup	3	24	299	1.43	5.37	0.12	0.02
Salad Bar KHS - Thursday	Serving	10	248	178	2.83	51.62	5.26	1.10
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Bread Basket	1 Each	1	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			779	1312	35.38	121.94	19.10	6.57
% of Calories					18.2%	62.6%	22.1%	7.6%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/11/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Buffalo Popcorn Chicken SR	Serving	1	224	839	11.19	14.39	13.59	3.20
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Hot Ham & Cheese SR Second	1 Each	1	276	824	20.2	36.08	8.6	3.55
Pizza, Beef- LC 2016	Slice	1	330	670	18.0	34.0	14.0	7.00
Pizza, Cheese - LC	Slice	1	320	620	16.0	41.0	11.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	280	420	18.0	30.0	10.0	5.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Chicken Noodle	1 Cup	5	85	60	7.38	10.8	1.43	0.33
Tator Tots C	1/2 cup	1	130	310	2.0	16.0	6.0	1.00
Corn, Chuckwagon	1/2 cup	5	93	0	2.67	20.0	0.0	0.00
Salad Bar KHS - Monday	Serving	10	205	284	3.76	42.7	3.39	0.75
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Bread Basket	1 Each	1	120	234	3.75	19.0	3.75	1.38
Margarine	Serving	3	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			752	1157	34.29	119.95	16.79	5.56
% of Calories					18.2%	63.8%	20.1%	6.6%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Tue - 03/12/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Crispito	2 Each	1	540	740	24.0	46.0	28.0	6.00
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Grilled Chicken Sandwich SR	1 Each	1	250	470	20.0	24.0	8.5	2.00
Pizza, Big Daddys Pepperoni	Slice	1	350	650	19.0	35.0	16.0	6.00
Pizza, Big Daddy's 4 Cheese WG	Slice	1	360	600	21.0	34.0	16.0	7.00
Max Stix	4 Each	1	600	1560	28.0	64.0	28.0	10.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Cheeseburger	1 Cup	3	241	811	13.54	20.23	12.29	4.18
Spanish Rice SR	1/2 cup	3	127	319	2.84	25.21	1.61	0.28
Salad Bar KHS - Tuesday	Serving	10	229	178	2.07	46.41	5.3	1.14
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Bread Basket	1 Each	5	120	234	3.75	19.0	3.75	1.38
Margarine	Serving	2	25	40	0.0	0.0	2.5	0.50
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Weighted Daily Average			885	1484	36.55	129.85	26.74	8.15
% of Calories					16.5%	58.7%	27.2%	8.3%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/13/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Chicken Drumstick WG Brd - Tys	2 Each	1	380	1080	32.0	10.0	22.0	5.00
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Swiss Mushroom Chicken Sandwic	1 each	1	337	841	25.73	35.98	11.36	3.26
Pizza Hut - Sausage	Slice	1	420	880	19.0	35.0	23.0	11.00
Pizza Hut - Cheese Pizza	Slice	1	320	650	15.0	34.0	13.0	7.40
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Corn Chowder	1 Cup	4	159	672	9.32	21.63	5.17	1.98
Mashed Potatoes Idahoan	1/2 cup	5	64	248	1.6	13.62	0.8	0.00
Gravy, Chicken Lasco	1/4 cup	4	35	252	1.0	5.0	1.0	0.00
Asparagus	1/2 cup	2	16	3	2.66	1.73	0.38	0.09
Salad Bar KHS - Wednesday	Serving	10	199	167	1.98	38.84	5.15	1.09
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Bread Basket	1 Each	5	120	234	3.75	19.0	3.75	1.38
Margarine	Serving	2	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			823	1634	36.72	120.19	23.96	7.68
% of Calories					17.8%	58.4%	26.2%	8.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Thu - 03/14/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Lasagna 20	Serving	1	312	181	22.04	26.01	12.57	5.68
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	29.0	45.0	12.0	2.00
Chicken Cordon Blue Sandwich	1 Each	1	443	722	34.08	46.83	15.08	3.67
Pizza, Homemade Taco	Slices	1	392	854	29.25	37.0	15.06	6.76
Pizza, Homemade Cheese	Slices	1	301	744	19.67	31.52	10.57	4.55
Cheese Stuffed Sticks	3 Each	1	465	885	27.0	46.5	19.5	10.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Chicken Tortilla	1 Cup	4	155	410	12.69	12.92	2.15	0.39
Mixed Vegetables - Frozen	1/2 CUP	3	59	32	2.6	11.91	0.14	0.03
Salad Bar KHS - Thursday	Serving	10	248	178	2.83	51.62	5.26	1.10
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			830	1207	39.71	125.75	19.85	6.57
% of Calories					19.1%	60.6%	21.5%	7.1%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/25/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Tacos KHS	Serving	1	289	604	20.56	32.91	9.44	3.26
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	29.0	45.0	12.0	2.00
Sandwich, Chipotle Ranch Chick	1 Each	1	360	645	22.0	35.0	16.0	2.75
Pizza, Pepperoni- LC 2012	Slice	1	330	670	17.0	34.0	15.0	7.00
Pizza, Cheese - LC	Slice	1	320	620	16.0	41.0	11.0	6.00
Bosco Sticks Bosco Pizza Co.	2 Each	1	280	420	18.0	30.0	10.0	5.00
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Cream of Chicken Soup	1 Cup	4	140	367	14.11	11.23	4.72	1.61
Potato Smiles	1/2 cup	5	130	180	2.0	20.0	4.5	0.50
Sugar Snap Peas	1/2 cup	5	40	4	2.67	6.67	0.0	0.00
Salad Bar KHS - Monday	Serving	10	205	284	3.76	42.7	3.39	0.75
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Salsa C	Serving	1	20	64	0.85	3.97	0.11	0.02
Sour Cream	serving	1	10	14	0.25	0.5	0.62	0.50
Peppers Jalepenos, Canned	1 oz	1	10	419	0.3	2.12	0.27	0.02
Olives, Ripe, Canned Black	1 oz	1	33	208	0.24	1.77	3.03	0.40
Weighted Daily Average			798	1335	38.05	122.36	19.37	5.92
% of Calories					19.1%	61.3%	21.8%	6.7%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/26/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Potatoes N More SR	Servings	1	323	1016	20.4	32.21	14.87	3.69
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
BBQ Chicken Sandwich SR C	1 Each	1	250	470	20.0	24.0	8.5	2.00
Pizza, Big Daddy's BuffaloChic	Slice	1	390	750	20.0	35.0	19.0	7.00
Pizza, Big Daddy's 4 Cheese WG	Slice	1	360	600	21.0	34.0	16.0	7.00
Max Stix	3 Each	1	450	1170	21.0	48.0	21.0	7.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Chili SR	1 Cup	1	205	452	13.93	19.59	8.05	3.20
Corn, Frozen	1/2 cup	1	92	1	2.89	21.89	0.76	0.12
Salad Bar KHS - Tuesday	Serving	10	229	178	2.07	46.41	5.3	1.14
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Bread Basket	1 Each	2	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			731	1111	31.23	111.69	20.11	6.24
% of Calories					17.1%	61.1%	24.8%	7.7%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru Mar 31, 2019

High School Lunch

Generated on: 2/27/2019 8:03:47 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/27/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Tator Tot Casserole	1 cup	1	283	680	14.65	19.93	15.74	4.67
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	29.0	45.0	12.0	2.00
Cheeseburger, Deluxe	1 Each	1	310	530	16.0	30.0	13.5	6.00
Pizza Hut - Beef Pizza	Slice	1	379	1200	19.0	36.0	17.4	7.70
Pizza Hut - Cheese Pizza	Slice	1	320	650	15.0	34.0	13.0	7.40
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Ham & Bean	1 Cup	3	39	1083	2.71	6.33	0.82	0.28
Peas & Carrots C	1/2 cup	5	68	107	3.63	13.02	0.52	0.07
Salad Bar KHS - Wednesday	Serving	10	199	167	1.98	38.84	5.15	1.09
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			729	1434	30.73	111.18	19.60	6.58
% of Calories					16.9%	61.0%	24.2%	8.1%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/28/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Mexican Taco Dip & Chips	Serving	1	342	1007	18.23	27.16	18.61	6.98
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	29.0	45.0	12.0	2.00
Breaded Beef Sandwich SR C	1 each	1	380	320	20.0	38.0	17.5	4.00
Pizza, Homemade Sausage/Pepper	Slices	1	413	747	21.75	30.75	20.75	9.25
Pizza, Homemade Cheese	Slices	1	301	744	19.67	31.52	10.57	4.55
Cheese Stuffed Sticks	3 Each	1	465	885	27.0	46.5	19.5	10.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
CHICKEN VEGETABLE SOUP	1 CUP	5	88	215	9.3	9.41	1.99	0.51
Refried Beans SR	1/2 cup	1	134	211	8.97	19.9	2.02	1.35
Carrots, frozen	1/2 CUP	5	27	43	0.42	5.64	0.5	0.09
Salad Bar KHS - Thursday	Serving	10	248	178	2.83	51.62	5.26	1.10
Bread Basket	1 Each	4	120	234	3.75	19.0	3.75	1.38
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Salsa C	Serving	1	20	64	0.85	3.97	0.11	0.02
Sour Cream	serving	1	10	14	0.25	0.5	0.62	0.50
Weighted Daily Average			831	1241	37.51	127.03	22.08	7.40
% of Calories					18.0%	61.1%	23.9%	8.0%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Kearney Public Schools

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/29/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
General Tso's Chicken - Lings	Serving	1	170	361	11.0	23.0	3.0	0.50
Hamburger on a Bun SR KHS	1 each	1	270	470	21.0	32.0	7.0	2.00
Cheeseburger on a Bun SR/KHS	1 each	1	305	575	24.5	33.0	9.0	3.25
Breaded Chicken Sandwich/KHS	1 each	1	390	480	29.0	45.0	12.0	2.00
Fish Sandwich SR	1 Each	1	363	507	18.8	36.65	14.8	4.00
Pizza, 5" Deep Dish WG Peppero	1 Each	1	310	480	17.0	38.0	10.0	3.00
Pizza, 5" Deep Dish WG Cheese	1 Each	1	300	440	17.0	39.0	9.0	2.50
Pizza, Sausage Tony's WGR	Serving	1	280	550	15.0	34.0	10.0	3.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.66
Soup, Tomato, Heinz	1 Cup	4	88	454	1.96	19.59	0.0	0.00
Mixed Vegetables - California	1/2 CUP	4	59	32	2.6	11.91	0.14	0.03
Rice, Cooked	1/2 cup	4	118	5	2.53	24.65	0.93	0.19
Salad Bar KHS - Friday	Serving	10	215	178	2.51	42.56	5.22	1.13
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			771	1119	31.00	128.24	16.57	4.71
% of Calories					16.1%	66.5%	19.3%	5.5%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Weighted Average			790	1300	34.87 17.7%	120.99 61.3%	20.31 23.2%	6.62 7.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	790		750 - 850	100%				
Sodium 1 (mg)	1300		1420					
Sodium 2 (mg)	1300		1080				220	Correction Required - Sodium too High
Protein (g)	34.87	17.67%						
Carbohydrate (g)	120.99	61.30%						
Total Fat (g)	20.31	23.15%	<=30.00%					
Saturated Fat (g)	6.62	7.54%	<10.00%					

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