

# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru Mar 31, 2019

Middle School Lunch

Generated on: 2/27/2019 8:01:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2019								
Middle School Lunch	Total	3						
Pizza Hut - Cheese Pizza	Slice	1	320	650	15.0	34.0	13.0	7.40
Buffalo Popcorn Chicken SR	Serving	1	224	839	11.19	14.39	13.59	3.20
Peanut Butter & Jelly Sand C	1 Each	1	300	280	9.0	32.0	17.0	3.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Tator Tots C	1/2 cup	3	130	310	2.0	16.0	6.0	1.00
Salad Bar Day 5 Secondary	Serving	3	213	163	3.66	42.73	4.82	0.97
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			774	1286	27.39	107.01	27.82	8.13
% of Calories					14.2%	55.3%	32.4%	9.5%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Mon - 03/04/2019								
Middle School Lunch	Total	3						
BBQ Pulled Pork Sandwich SR	1 Each	1	303	954	21.02	35.6	8.73	2.50
Taquitos Chicken & Cheese EI M	2 Each	1	280	800	16.0	30.0	12.0	3.00
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Spanish Rice #2 SR	1/2 cup	2	100	125	1.34	10.28	6.17	0.92
Salad Bar Day 6 Secondary	Serving	3	293	417	4.76	60.9	5.14	1.08
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
BBQ Sauce C	Serving	1	35	210	0.0	8.0	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
Weighted Daily Average			773	1529	32.35	122.56	19.66	4.68
% of Calories					16.7%	63.4%	22.9%	5.4%
Nutrient Guideline			600-700	1360			<=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								
Middle School Lunch	Total	3						
Sloppy Joes SR	1/3 cup	1	300	596	15.98	37.54	10.05	3.25
Beef & Noodles WG	1 cup	1	251	83	19.77	22.81	8.37	2.86
Wrap, Turkey & Cheese SR	1 Each	1	263	658	14.92	31.15	8.88	1.97
Green Beans C	1/2 cup	3	24	299	1.43	5.37	0.12	0.02
Salad Bar Day 7 Secondary	Serving	3	351	255	9.51	40.68	19.31	3.58
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Breadsticks Rich's	1 Each	3	60	110	2.0	11.0	1.0	0.00
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			837	1280	37.83	108.70	30.84	6.74
% of Calories					18.1%	52.0%	33.2%	7.3%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/06/2019								
Middle School Lunch	Total	3						
Tuna and Noodles	1 Cup	1	226	510	22.75	22.33	5.15	2.38
Super Nachos - Secondary SR	Serving	1	381	839	17.0	37.5	19.5	4.30
Sub, Combo Secondary SR	1 Each	1	287	763	23.26	34.85	6.57	4.50
Refried Beans SR	1/2 cup	2	134	211	8.97	19.9	2.02	1.35
Salad Bar Day 8 Secondary	Serving	3	150	132	1.71	28.72	3.99	0.84
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Lettuce, Shredded	serving	1	5	4	0.32	1.07	0.05	0.01
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			688	1174	37.19	96.60	18.33	6.13
% of Calories					21.6%	56.2%	24.0%	8.0%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Middle School Lunch

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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								
Middle School Lunch	Total	3						
Chicken Strips Secondary C	4 each	1	351	526	20.23	21.58	20.23	3.37
Mandarin Orange Chicken - Ling	3.6 oz	1	150	280	11.0	19.0	3.0	0.50
Tuna Salad Sandwich	1 Each	1	271	505	19.17	34.72	7.7	0.97
Rice, Cooked	1/2 cup	3	118	5	2.53	24.65	0.93	0.19
Salad Bar Day 9 Secondary	Serving	3	238	129	2.71	50.72	4.26	0.94
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Dinner Roll WGR Bimbo Bakeries	1.5 oz each	2	110	130	4.0	20.0	1.0	0.00
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			818	828	32.71	134.96	17.47	3.19
% of Calories					16.0%	66.0%	19.2%	3.5%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/08/2019								
Middle School Lunch	Total	4						
Pizza, Beef- Little Caesars	Slice	1	390	850	21.0	44.0	15.0	7.00
Shrimp Breaded WGR- Oven Crunc	14 each	1	190	290	11.0	18.0	9.0	1.50
Peanut Butter & Jelly Sand C	1 Each	1	300	280	9.0	32.0	17.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
Cheesy Peas SR	1/2 cup	2	71	220	3.5	12.08	1.32	0.31
Salad Bar Day 10 Secondary	Serving	3	172	174	2.01	33.67	4.11	0.81
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Dinner Roll WGR Bimbo Bakeries	1.5 oz each	1	110	130	4.0	20.0	1.0	0.00
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Ketchup Pkts Heinz	Serving	1	9	82	0.09	2.47	0.01	0.00
Weighted Daily Average			535	795	21.29	81.02	15.22	3.98
% of Calories					15.9%	60.6%	25.6%	6.7%
Nutrient Guideline			600-700	1360			<=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								
Middle School Lunch	Total	3						
Cheeseburger on a Bun SR	1 each	1	245	555	21.5	21.0	8.0	3.75
Corn Dogs - Mini C	6 Each	1	274	757	10.53	26.81	9.58	2.39
Chicken Fajita Salad SR	1 Each	1	218	1192	26.26	14.8	6.93	3.57
French Fries Oven heat	3 OZ	3	270	345	3.0	42.0	9.0	0.00
Salad Bar Day 1 Secondary	Serving	3	280	428	4.58	57.69	5.0	1.07
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Ketchup Pkts Heinz	3 Each	1	27	245	0.28	7.4	0.03	0.00
MUSTARD: individual PC	Pkt	1	3	55	0.19	0.29	0.17	0.01
MAYONNAISE: individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Pickles Dill Slices	serving	1	3	170	0.11	0.51	0.06	0.02
Weighted Daily Average			946	1934	35.23	144.51	24.58	4.80
% of Calories					14.9%	61.1%	23.4%	4.6%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/12/2019								
Middle School Lunch	Total	3						
General Tso's Chicken - Lings	Serving	1	170	361	11.0	23.0	3.0	0.50
Grilled Chicken Sandwich SR	1 Each	1	250	470	20.0	24.0	8.5	2.00
Sandwich Turkey and Cheese SR	1 EACH	1	198	400	14.87	33.91	2.38	0.00
Rice, Cooked	1/2 cup	2	118	5	2.53	24.65	0.93	0.19
Mixed Vegetables - California	1/2 CUP	3	59	32	2.6	11.91	0.14	0.03
Salad Bar Day 2 Secondary	Serving	3	302	236	6.51	45.41	12.15	2.35
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
MUSTARD: individual PC	Pkt	1	3	55	0.19	0.29	0.17	0.01
MAYONNAISE: individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			786	870	34.18	122.04	19.92	3.83
% of Calories					17.4%	62.1%	22.8%	4.4%
Nutrient Guideline			600-700	1360			<=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								
Middle School Lunch	Total	3						
Chicken Nuggets	5 each	1	317	401	21.25	18.75	17.5	3.75
BBQ Rib Sandwich SR C	1 Each	1	307	769	19.0	34.0	10.5	3.10
Sub, Combo Secondary SR	1 Each	1	287	763	23.26	34.85	6.57	4.50
Cheesy Mashed Potatoes SR	1/2 cup	3	101	348	3.66	13.47	4.04	1.90
Salad Bar Day 3 Secondary	Serving	3	160	131	1.82	31.7	3.9	0.84
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
BBQ Sauce C	Serving	1	35	210	0.0	8.0	0.0	0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			716	1365	34.67	98.24	21.79	7.01
% of Calories					19.4%	54.9%	27.4%	8.8%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/14/2019								
Middle School Lunch	Total	3						
Chili SR	1 Cup	1	217	299	14.48	18.59	9.55	3.44
Tacos Chicken	2 each	1	325	526	16.18	39.84	11.16	5.25
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Spanish Rice SR	1/2 cup	3	127	319	2.84	25.21	1.61	0.28
Salad Bar Day 4 Secondary	Serving	3	243	146	3.65	52.21	4.31	0.93
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Salsa C	1 OZ	1	20	64	0.85	3.97	0.11	0.02
Sour Cream	1 oz	1	10	14	0.25	0.5	0.62	0.50
Lettuce, Shredded	1/2 cup	1	3	2	0.16	0.53	0.03	0.00
Shredded Cheese C	1 serving	1	115	185	7.0	1.0	9.5	6.00
Cinnamon Roll 1.2oz Baker Boy	1 Each	2	100	140	2.0	17.0	2.5	1.00
Weighted Daily Average			863	1270	34.79	139.02	21.16	7.92
% of Calories					16.1%	64.4%	22.1%	8.3%
Nutrient Guideline			600-700	1360			<=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 - 03/25/2019								
Middle School Lunch	Total	3						
Potatoes N More SR	Servings	1	323	1016	20.4	32.21	14.87	3.69
Hot Ham & Cheese SR	1 Each	1	218	572	13.95	25.11	8.26	3.73
Crispy Chicken Salad SR	1 Each	1	314	465	18.74	23.94	16.87	3.57
Corn, frozen yellow C	1/2 CUP	2	67	1	2.1	15.92	0.55	0.08
Salad Bar Day 6 Secondary	Serving	3	293	417	4.76	60.9	5.14	1.08
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
MAYONNAISE:individual PC	Serving	1	50	40	0.08	0.19	5.56	0.60
Bread, slice	1 Each	1	80	95	4.0	16.0	1.0	0.00
Weighted Daily Average			748	1251	30.55	118.10	21.34	5.19
% of Calories					16.3%	63.1%	25.7%	6.2%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Tue - 03/26/2019								
Middle School Lunch	Total	3						
Chicken Strips Secondary C	4 each	1	351	526	20.23	21.58	20.23	3.37
Tator Tot Casserole	1 cup	1	283	680	14.65	19.93	15.74	4.67
Sub, Roast Beef & Cheese SR	1 Each	1	258	870	20.75	31.0	6.5	4.50
Salad Bar Day 7 Secondary	Serving	3	351	255	9.51	40.68	19.31	3.58
Green Beans C	1/2 cup	2	24	299	1.43	5.37	0.12	0.02
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
BBQ Sauce C	Serving	1	35	210	0.0	8.0	0.0	0.00
Ketchup Pkts Heinz	Serving	1	9	82	0.09	2.47	0.01	0.00
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	4.0	20.0	1.0	0.00
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			805	1405	35.70	92.69	35.03	8.13
% of Calories					17.7%	46.1%	39.2%	9.1%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Wed - 03/27/2019								
Middle School Lunch	Total	3						
Crispito	2 Each	1	540	740	24.0	46.0	28.0	6.00
Pizza Cheese Crunchers Seconda	Serving	1	315	600	15.0	31.5	15.0	6.75
Sub, Ham & Cheese-Second SR	1 Each	1	230	450	13.0	32.0	6.0	4.50
Broccoli with Cheese SR	1/2 cup	2	108	422	5.61	18.45	2.95	0.72
Salad Bar Day 8 Secondary	Serving	3	150	132	1.71	28.72	3.99	0.84
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Salsa C	1 OZ	1	20	64	0.85	3.97	0.11	0.02
Sour Cream	1 oz	1	10	14	0.25	0.5	0.62	0.50
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			692	1154	28.51	93.17	24.70	7.63
% of Calories					16.5%	53.9%	32.1%	9.9%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/28/2019								
Middle School Lunch	Total	3						
Bosco Sticks Bosco Pizza Co.	2 Each	1	280	420	18.0	30.0	10.0	5.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Chicken Teriyaki KHS	5.6 ounce	1	260	960	32.0	20.0	7.0	2.00
Rice, Cooked	1/2 cup	2	118	5	2.53	24.65	0.93	0.19
Chicken Wrap SR	1 Each	1	177	291	6.16	20.28	7.78	2.55
Salad Bar Day 9 Secondary	Serving	3	238	129	2.71	50.72	4.26	0.94
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			650	813	28.60	106.19	14.06	4.59
% of Calories					17.6%	65.4%	19.5%	6.4%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Fri - 03/29/2019								
Middle School Lunch	Total	3						
Pizza Hut - Cheese Pizza	Slice	1	320	650	15.0	34.0	13.0	7.40
Super Mexi Tots	Serving	1	372	995	17.0	39.0	16.49	5.80
Peanut Butter & Jelly Sand C	1 Each	1	300	280	9.0	32.0	17.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
Mixed Vegetables - California	1/2 CUP	2	59	32	2.6	11.91	0.14	0.03
Salad Bar Day 10 Secondary	Serving	3	172	174	2.01	33.67	4.11	0.81
Milk, Variety SR	1 cup	2	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
Goldfish, Giant Graham Cracker	1 Each	1	120	110	1.0	19.0	4.0	1.00
Weighted Daily Average			704	1029	24.45	104.86	21.59	6.93
% of Calories					13.9%	59.6%	27.6%	8.9%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Weighted Average			756	1199	31.70	111.31	22.23	5.93
					16.8%	58.9%	26.5%	7.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	756		600 - 700	108%			56	Correction Required - Calories too High
Sodium 1 (mg)	1199		1360					
Sodium 2 (mg)	1199		1035				164	Correction Required - Sodium too High
Protein (g)	31.70	16.78%						
Carbohydrate (g)	111.31	58.92%						
Total Fat (g)	22.23	26.48%	<=30.00%					
Saturated Fat (g)	5.93	7.06%	<10.00%					

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.