

# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 31, 2019

Elementary Lunch

Generated on: 4/23/2019 7:40:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/01/2019								
Elementary Lunch	Total	2						
Chicken Nuggets	5 each	1	317	401	21.25	18.75	17.5	3.75
Yogurt Parfait - SR	1 Each	1	267	120	7.1	54.79	2.59	0.40
Graham Crackers WG	2 Each	1	180	200	4.0	32.0	5.0	0.00
Cheesy Mashed Potatoes SR	1/2 cup	2	101	348	3.66	13.47	4.04	1.90
Salad Bar Day 3 Elementary	Serving	2	152	118	1.73	29.55	3.91	0.83
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
BBQ Sauce C	1 oz	1	35	210	0.0	8.0	0.0	0.00
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	4.0	20.0	1.0	0.00
Weighted Daily Average			831	1154	31.56	130.94	21.47	5.09
% of Calories					15.2%	63.0%	23.3%	5.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 05/02/2019								
Elementary Lunch	Total	2						
Super Nachos - Elementary SR	Serving	1	301	633	16.79	19.88	17.25	4.63
Sub, Roast Beef & Cheese SR	1 Each	1	258	870	20.75	31.0	6.5	4.50
Spanish Rice SR	1/2 cup	1	127	319	2.84	25.21	1.61	0.28
Salad Bar Day 4 Elementary	Serving	2	185	132	3.01	37.57	4.11	0.86
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
MAYONNAISE:individual PC	Serving	1	50	40	0.08	0.19	5.56	0.60
Weighted Daily Average			686	1252	31.66	98.84	20.10	6.17
% of Calories					18.5%	57.7%	26.4%	8.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 05/03/2019								
Elementary Lunch	Total	2						
Grilled Cheese Sandwich SR	1 Each	1	319	630	16.4	33.95	14.9	7.50
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Soup, Tomato, Heinz	1 Cup	1	88	454	1.96	19.59	0.0	0.00
Salad Bar Day 5 Elementary	Serving	2	208	150	3.66	41.56	4.82	0.97
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Crackers - Saltines WGR	3 Each	1	180	540	3.0	27.0	4.5	0.00

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Elementary Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			824	1394	29.84	119.98	25.99	8.51
% of Calories					14.5%	58.2%	28.4%	9.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 05/06/2019								
Elementary Lunch	Total	2						
Hot Dog on a Bun	1 each	1	270	820	13.0	33.0	10.0	2.00
Sloppy Joes SR	1/3 cup	1	300	596	15.98	37.54	10.05	3.25
Mixed Vegetables - Frozen	1/2 CUP	1	59	32	2.6	11.91	0.14	0.03
Salad Bar Day 6 Elementary	Serving	2	224	262	2.92	46.17	4.49	0.93
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Ketchup Pkts Heinz	Serving	1	9	82	0.09	2.47	0.01	0.00
Mustard Portion Pac	Serving	1	4	51	0.3	0.5	0.0	0.00
Weighted Daily Average			667	1209	26.90	110.02	15.06	3.85
% of Calories					16.1%	66.0%	20.3%	5.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 05/07/2019								
Elementary Lunch	Total	2						
Pizza, Sausage Tony's WGR	Serving	1	280	550	15.0	34.0	10.0	3.50
Sub, Combo SR	1 Each	1	198	480	16.19	25.14	3.93	1.25
Corn, Frozen	1/2 cup	2	92	1	2.89	21.89	0.76	0.12
Salad Bar Day 7 Elementary	Serving	2	177	152	3.0	35.24	4.01	0.84
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
Weighted Daily Average			655	846	29.53	107.94	14.99	3.92
% of Calories					18.0%	65.9%	20.6%	5.4%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Elementary Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/09/2019								
Elementary Lunch	Total	2						
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Grilled Chicken Sandwich SR	1 Each	1	250	470	20.0	24.0	8.5	2.00
Broccoli with Cheese SR	1/2 cup	1	108	422	5.61	18.45	2.95	0.72
Salad Bar Day 9 Elementary	Serving	2	181	115	2.07	36.08	4.06	0.87
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			647	1057	31.85	93.40	17.74	5.51
% of Calories					19.7%	57.8%	24.7%	7.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/10/2019								
Elementary Lunch	Total	2						
Chicken Drumstick WG Brd - Tys	Piece	1	190	540	16.0	5.0	11.0	2.50
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Mashed Potatoes Idahoan	1/2 cup	1	64	248	1.6	13.62	0.8	0.00
Gravy, Chicken Lasco	1/4 cup	1	35	252	1.0	5.0	1.0	0.00
Salad Bar Day 10 Elementary	Serving	2	180	131	3.7	34.55	4.53	0.91
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Bug Bites, Crackers Graham WGR	1 Each	1	120	115	2.0	21.0	3.5	1.00
Weighted Daily Average			707	1140	29.50	95.00	24.15	6.44
% of Calories					16.7%	53.7%	30.7%	8.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/13/2019								
Elementary Lunch	Total	2						
Chicken Strips Elem C	3 each	1	263	395	15.17	16.19	15.17	2.53
Sub, Ham & Cheese SR	1 Each	1	211	523	12.88	24.68	7.83	3.52
Green Beans, canned	1/2 CUP	2	14	169	0.81	3.04	0.07	0.01
Salad Bar Day 1 Elementary	Serving	2	200	208	2.92	45.84	2.16	0.43
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
MUSTARD: individual PC	Pkt	1	3	55	0.19	0.29	0.17	0.01
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	4.0	20.0	1.0	0.00

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May 1, 2019 thru May 31, 2019

Elementary Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			655	1106	27.89	100.71	17.57	4.06
% of Calories					17.0%	61.5%	24.1%	5.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 05/14/2019								
Elementary Lunch	Total	2						
Cheese Stuffed Sticks	2 Each	1	310	590	18.0	31.0	13.0	7.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Crispy Chicken Salad SR	1 Each	1	314	465	18.74	23.94	16.87	3.57
Cauliflower with Cheese SR	1/4 cup	1	34	118	1.72	5.98	0.88	0.20
Salad Bar Day 2 Elementary	Serving	2	172	149	2.97	34.12	4.06	0.82
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Scooby Graham Sticks	1 Each	1	125	118	1.73	21.09	3.91	1.02
Weighted Daily Average			704	980	31.29	98.54	22.77	7.23
% of Calories					17.8%	56.0%	29.1%	9.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Wed - 05/15/2019								
Elementary Lunch	Total	2						
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Sub, Combo SR	1 Each	1	198	480	16.19	25.14	3.93	1.25
French Fries Oven heat	3 oz	1	270	345	3.0	42.0	9.0	0.00
Salad Bar Day 3 Elementary	Serving	2	152	118	1.73	29.55	3.91	0.83
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
Ketchup Pkts Heinz	Serving	1	9	82	0.09	2.47	0.01	0.00
BBQ Sauce C	Serving	1	35	210	0.0	8.0	0.0	0.00
Weighted Daily Average			731	1063	32.91	107.60	19.39	3.04
% of Calories					18.0%	58.9%	23.9%	3.7%
Nutrient Guideline			550-650	1230			<=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 - 05/16/2019								
Elementary Lunch	Total	2						
Italian Dunkers	1 each	1	334	579	24.8	38.44	10.04	4.02
Sandwich, Roast Beef & Chs SR	1 Each	1	288	967	24.3	32.65	9.3	4.00
Carrots, frozen	1/2 CUP	2	27	43	0.42	5.64	0.5	0.09
Salad Bar Day 4 Elementary	Serving	2	185	132	3.01	37.57	4.11	0.86
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			646	1105	35.98	99.91	14.75	5.25
% of Calories					22.3%	61.9%	20.6%	7.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/17/2019								
Elementary Lunch	Total	2						
Pizza, Cheese Tony's WG	Serving	1	290	540	15.0	34.0	11.0	4.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Corn, frozen yellow C	1/2 CUP	1	67	1	2.1	15.92	0.55	0.08
Salad Bar Day 5 Elementary	Serving	2	208	150	3.66	41.56	4.82	0.97
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
Weighted Daily Average			734	872	27.75	104.77	24.85	7.10
% of Calories					15.1%	57.1%	30.5%	8.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/20/2019								
Elementary Lunch	Total	2						
Corn Dog	1 Each	1	240	590	9.0	33.0	8.0	2.00
Sandwich Turkey and Cheese SR	1 EACH	1	198	400	14.87	33.91	2.38	0.00
Mixed Vegetables - California	1/2 CUP	2	59	32	2.6	11.91	0.14	0.03
Salad Bar Day 6 Elementary	Serving	2	224	262	2.92	46.17	4.49	0.93
Milk, Variety SR	1 cup	2	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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			664	1116	25.73	116.62	13.17	2.55
% of Calories					15.5%	70.2%	17.8%	3.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 05/21/2019								
Elementary Lunch	Total	2						
Chicken Nuggets	5 each	1	317	401	21.25	18.75	17.5	3.75
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Chicken Flavored Rice SR	1/2 cup	2	119	124	2.52	24.41	1.14	0.23
Salad Bar Day 7 Elementary	Serving	2	177	152	3.0	35.24	4.01	0.84
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: individual	Pkt 6g	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			778	1152	35.18	116.87	20.30	4.50
% of Calories					18.1%	60.1%	23.5%	5.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Wed - 05/22/2019								
Elementary Lunch	Total	1						
Cooks Choice	1 Each	1	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0.00	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Weighted Average			709	1103	30.54	107.22	19.45	5.23
					17.2%	60.5%	24.7%	6.6%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	709		550 - 650	109%				59			Correction Required - Calories too High
Sodium 1 (mg)	1103		1230								
Sodium 2 (mg)	1103		935					168			Correction Required - Sodium too High
Protein (g)	30.54	17.23%									
Carbohydrate (g)	107.22	60.48%									
Total Fat (g)	19.45	24.68%	<=30.00%								
Saturated Fat (g)	5.23	6.64%	<10.00%								

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