

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 31, 2019

High School Lunch

Generated on: 4/23/2019 7:55:59 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/01/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
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	370	780	17.0	35.0	18.0	8.00
Pizza Hut - Cheese Pizza	Slice	1	320	640	16.02	36.01	12.0	6.99
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			818	1623	36.63	120.39	23.36	7.34
% of Calories					17.9%	58.9%	25.7%	8.1%
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)
Thu - 05/02/2019								
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	369	843	24.36	33.99	14.96	6.87
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	163	551	12.21	17.46	2.33	0.43
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			831	1262	39.03	127.27	19.92	6.60
% of Calories					18.8%	61.3%	21.6%	7.1%
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)
Fri - 05/03/2019								
High School Lunch	Total	11						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Chicken Teriyaki KHS	5.6 ounce	1	260	960	32.0	20.0	7.0	2.00
Rice, Cooked	1/2 cup	3	118	5	2.53	24.65	0.93	0.19
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, 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
Soup, Tomato, Heinz	1 Cup	4	88	454	1.96	19.59	0.0	0.00
Green Beans C	1/2 cup	5	24	299	1.43	5.37	0.12	0.02
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	4	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			713	1274	30.27	115.27	16.60	5.25
% of Calories					17.0%	64.7%	20.9%	6.6%
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)
Mon - 05/06/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
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, Buffalo Chicken	1 Cup	4	182	512	12.85	7.22	11.38	5.70
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			815	1393	37.54	120.75	22.03	7.56
% of Calories					18.4%	59.3%	24.3%	8.3%
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)
Tue - 05/07/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
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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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 - 05/08/2019								
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	640	16.02	36.01	12.0	6.99
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	1433	30.84	111.38	19.50	6.54
% of Calories					16.9%	61.1%	24.1%	8.1%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Thu - 05/09/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Chicken Tender Hot & Spicy Tys	Serving	1	260	390	15.0	17.0	15.0	2.50
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
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
French Fries Oven heat	Serving	1	90	115	1.0	14.0	3.0	0.00
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			819	1170	36.39	125.42	21.82	6.81
% of Calories					17.8%	61.3%	24.0%	7.5%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Fri - 05/10/2019								
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 Pepperoni	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

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Mon - 05/13/2019								
High School Lunch	Total	11						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Sloppy Joes SR	1/3 cup	1	300	596	15.98	37.54	10.05	3.25
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 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
Marinara Sauce C	1/8 cup	1	18	28	0.23	2.27	0.91	0.23
Baked Beans SR	1/2 cup	5	170	245	8.64	35.15	0.02	0.00
Cauliflower with Cheese SR	1/2 cup	1	68	236	3.43	11.95	1.76	0.40
Soup, Broccoli Cheese	1 Cup	5	146	570	10.26	6.6	9.41	5.21
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
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
Crackers - Saltines WGR	3 Each	1	180	540	3.0	27.0	4.5	0.00
Bread Basket	1 Each	2	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			772	1411	36.94	119.80	18.26	7.01
% of Calories					19.1%	62.1%	21.3%	8.2%
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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May 1, 2019 thru May 31, 2019

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)
Tue - 05/14/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
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
Breaded Chicken Sand Spicy	1 each	1	362	617	20.4	38.9	15.0	2.70
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	3 Each	1	450	1170	21.0	48.0	21.0	7.50
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Mixed Vegetables - Frozen	1/2 CUP	5	59	32	2.6	11.91	0.14	0.03
Soup, Vegetable Beef	1 Cup	5	159	501	13.46	14.09	5.28	1.92
Salad Bar KHS - Tuesday	Serving	10	229	178	2.07	46.41	5.3	1.14
Juice	1 cup	5	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
Olives, Ripe, Canned Black	.5 oz	1	16	104	0.12	0.89	1.51	0.20
Peppers Jalepenos, Canned	.5 oz	1	5	210	0.15	1.06	0.14	0.01
Crackers - Saltines WGR	3 Each	1	180	540	3.0	27.0	4.5	0.00
Breadsticks Rich's	1 Each	1	60	110	2.0	11.0	1.0	0.00
Weighted Daily Average			867	1354	38.40	129.15	23.52	6.73
% of Calories					17.7%	59.6%	24.4%	7.0%
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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May 1, 2019 thru May 31, 2019

High School Lunch

Generated on: 4/23/2019 7:55:59 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/15/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Chicken Strips Secondary C	4 Each	1	351	526	20.23	21.58	20.23	3.37
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
Hot Dog on a Bun - Secondary	1 each	1	100	170	3.0	20.0	1.0	0.00
Pizza Hut - Sausage	Slice	1	370	780	17.0	35.0	18.0	8.00
Pizza Hut - Cheese Pizza	Slice	1	320	640	16.02	36.01	12.0	6.99
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Soup, Potato Bacon	1 Cup	5	149	592	7.69	23.9	2.72	1.37
French Fries Oven heat	Serving	1	90	115	1.0	14.0	3.0	0.00
Sugar Snap Peas	1/2 cup	1	40	4	2.67	6.67	0.0	0.00
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	2	120	234	3.75	19.0	3.75	1.38
Crackers - Saltines	3 Each	1	75	240	0.0	15.0	1.5	0.00
Weighted Daily Average			747	1254	31.53	115.16	19.32	6.05
% of Calories					16.9%	61.7%	23.3%	7.3%
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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May 1, 2019 thru May 31, 2019

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)
Thu - 05/16/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Hot Turkey Sandwich	1 Each	1	282	737	23.84	32.48	7.76	1.61
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 Burger	1 each	1	317	781	24.73	34.98	9.36	3.27
Pizza, Homemade Cheese	Slices	1	301	744	19.67	31.52	10.57	4.55
Pizza, Homemade Pepperoni	Slices	1	395	760	21.0	30.5	19.5	9.00
Cheese Stuffed Sticks	3 Each	1	465	885	27.0	46.5	19.5	10.50
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Soup, Taco with Rice	1 cup	1	153	485	8.32	21.59	3.85	1.89
Mashed Potatoes Idahoan	1/2 cup	5	64	248	1.6	13.62	0.8	0.00
Gravy, Turkey Pioneer	1/4 cup	5	20	292	0.0	3.0	0.0	0.00
BROCCOLI: frozen, boiled	1/2 CUP	1	26	10	2.85	4.92	0.11	0.02
Salad Bar KHS - Thursday	Serving	10	248	178	2.83	51.62	5.26	1.10
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
Crackers - Saltines WGR	3 Each	1	180	540	3.0	27.0	4.5	0.00
Bread Basket	1 Each	1	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			804	1404	34.83	128.75	18.54	5.92
% of Calories					17.3%	64.0%	20.8%	6.6%
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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May 1, 2019 thru May 31, 2019

High School Lunch

Generated on: 4/23/2019 7:55:59 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/17/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Mac & Cheese WG w/com ch sauce	1 Cup	1	304	847	15.84	39.27	10.4	6.61
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	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	1 Each	1	224	574	17.99	22.91	8.34	2.06
Soup, Tomato, Heinz	1 Cup	1	88	454	1.96	19.59	0.0	0.00
Green Beans C	1/2 cup	5	24	299	1.43	5.37	0.12	0.02
Salad Bar KHS - Friday	Serving	10	215	178	2.51	42.56	5.22	1.13
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
Crackers - Saltines WGR	3 Each	1	180	540	3.0	27.0	4.5	0.00
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			739	1265	30.58	117.65	18.23	5.89
% of Calories					16.5%	63.6%	22.2%	7.2%
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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May 1, 2019 thru May 31, 2019

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)
Mon - 05/20/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Tacos Chicken KHS	2 each	1	429	1365	43.82	36.66	12.13	4.73
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, 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	1 Each	1	224	574	17.99	22.91	8.34	2.06
Soup, Chicken Noodle	1 Cup	3	85	60	7.38	10.8	1.43	0.33
Refried Beans SR	1/2 cup	2	134	211	8.97	19.9	2.02	1.35
Salad Bar KHS - Monday	Serving	10	205	284	3.76	42.7	3.39	0.75
Juice	1 cup	5	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
Crackers - Saltines WGR	1 Each	1	60	180	1.0	9.0	1.5	0.00
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
Bread Basket	1 Each	3	120	234	3.75	19.0	3.75	1.38
Weighted Daily Average			776	1336	38.58	122.35	16.75	5.90
% of Calories					19.9%	63.1%	19.4%	6.8%
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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May 1, 2019 thru May 31, 2019

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)
Tue - 05/21/2019								
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
Grilled Chicken Sandwich/KHS	1 Each	1	290	530	22.0	33.0	9.0	2.00
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, Cheeseburger	1 Cup	1	241	811	13.54	20.23	12.29	4.18
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
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
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
Weighted Daily Average			788	1221	33.37	121.17	21.51	6.76
% of Calories					16.9%	61.5%	24.6%	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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May 1, 2019 thru May 31, 2019

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 - 05/22/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	295	1083	19.27	34.59	10.31	4.41
Corn Dogs - Mini C	8 Each	1	365	1009	14.05	35.75	12.77	3.19
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 - Beef Pizza	Slice	1	379	1200	19.0	36.0	17.4	7.70
Pizza Hut - Cheese Pizza	Slice	1	320	640	16.02	36.01	12.0	6.99
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
Potato Smiles	1/2 cup	1	130	180	2.0	20.0	4.5	0.50
Peas & Carrots C	1/2 cup	1	68	107	3.63	13.02	0.52	0.07
Soup, Corn Chowder	1 Cup	3	159	672	9.32	21.63	5.17	1.98
Salad Bar KHS - Wednesday	Serving	10	199	167	1.98	38.84	5.15	1.09
Juice	1 cup	5	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
Dinner Roll WGR Bimbo Bakeries	1 Each	3	110	130	4.0	20.0	1.0	0.00
Weighted Daily Average			776	1324	33.25	119.26	19.46	6.21
% of Calories					17.1%	61.4%	22.6%	7.2%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Weighted Average			781	1310	34.40	120.86	19.72	6.35
					17.6%	61.9%	22.7%	7.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	781		750 - 850	100%				
Sodium 1 (mg)	1310		1420					
Sodium 2 (mg)	1310		1080				230	Correction Required - Sodium too High
Protein (g)	34.40	17.62%						
Carbohydrate (g)	120.86	61.90%						
Total Fat (g)	19.72	22.72%	<=30.00%					
Saturated Fat (g)	6.35	7.31%	<10.00%					

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