

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 31, 2019

Middle School Lunch

Generated on: 4/23/2019 7:42:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/01/2019								
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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/02/2019								
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	servng	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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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)
Fri - 05/03/2019								
Middle School Lunch	Total	3						
Pizza, Cheese - LC	Slice	1	320	620	16.0	41.0	11.0	6.00
Breaded Chicken Sand Spicy	1 each	1	362	617	20.4	38.9	15.0	2.70
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
Green Beans C	1/2 cup	3	24	299	1.43	5.37	0.12	0.02
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
Garlic Bread	Slices	1	90	200	3.0	19.0	1.0	0.00
Weighted Daily Average			744	1258	31.23	113.21	22.08	6.52
% of Calories					16.8%	60.9%	26.7%	7.9%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Mon - 05/06/2019								
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

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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								
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 IN CHEESE SAUCE	1/2 CUP	3	154	464	11.38	15.75	6.39	3.54
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
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			984	1721	48.79	111.91	41.50	11.75
% of Calories					19.8%	45.5%	38.0%	10.8%
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 - 05/09/2019								
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	3	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			691	865	31.27	113.24	14.22	4.68
% of Calories					18.1%	65.6%	18.5%	6.1%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Middle School Lunch

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Fri - 05/10/2019								
Middle School Lunch	Total	3						
Pizza Hut - Pepperoni Pizza	Slice	1	350	740	17.0	35.0	16.0	7.80
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	3	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	3	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			775	1122	28.65	116.21	22.79	7.16
% of Calories					14.8%	60.0%	26.5%	8.3%
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)
Mon - 05/13/2019								
Middle School Lunch	Total	3						
Chicken & Noodles SR	1 cup	1	280	665	21.93	31.0	6.94	1.88
Breaded Beef Sandwich SR C	each	1	380	320	20.0	38.0	17.5	4.00
Sub, Ham & Cheese-Second SR	1 Each	1	230	450	13.0	32.0	6.0	4.50
Green Beans, canned	1/2 CUP	2	14	169	0.81	3.04	0.07	0.01
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
MAYONNAISE:individual PC	Serving	1	50	40	0.08	0.19	5.56	0.60
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
Weighted Daily Average			770	1246	32.79	121.26	18.69	5.19
% of Calories					17.0%	63.0%	21.8%	6.1%
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 - 05/14/2019								
Middle School Lunch	Total	3						
Pizza, Fiestada	1 Each	1	340	850	17.0	39.0	14.0	6.00
Grilled Cheese Sandwich SR	Servings	1	319	630	16.4	33.95	14.9	7.50
Crispy Chicken Salad SR	1 Each	1	314	465	18.74	23.94	16.87	3.57
Soup, Tomato, Heinz	1 Cup	2	88	454	1.96	19.59	0.0	0.00
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
Crackers - Saltines WGR	Package	2	60	180	1.0	9.0	1.5	0.00
Lettuce, Shredded	serving	1	5	4	0.32	1.07	0.05	0.01
Shredded Cheese C	serving	1	115	185	7.0	1.0	9.5	6.00
Tomatoes, Fresh	1/4 cup	1	8	2	0.4	1.75	0.09	0.01
Weighted Daily Average			891	1527	36.44	119.19	32.09	10.33
% of Calories					16.4%	53.5%	32.4%	10.4%
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 - 05/15/2019								
Middle School Lunch	Total	3						
Lasagna	Serving	1	260	151	18.36	21.67	10.47	4.74
Burrito WG	1 each	1	310	590	16.0	37.0	12.0	3.50
Sub, Combo Secondary SR	1 Each	1	287	763	23.26	34.85	6.57	4.50
Carrots, frozen	1/2 CUP	3	27	43	0.42	5.64	0.5	0.09
Breadsticks Rich's	1 Each	2	60	110	2.0	11.0	1.0	0.00
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
MAYONNAISE:individual PC	Pkt 7g	1	50	40	0.08	0.19	5.56	0.60
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Cheese Sauce Nacho Lasco	1/4 cup	1	60	382	1.0	7.0	2.5	1.00
Weighted Daily Average			680	1060	31.14	99.39	18.74	6.16
% of Calories					18.3%	58.4%	24.8%	8.1%
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 - 05/16/2019								
Middle School Lunch	Total	3						
Hot Turkey Sandwich	1 Each	1	282	737	23.84	32.48	7.76	1.61
Hot Dog Oven Grilled/w Bun	1 each	1	390	1128	13.2	22.3	27.5	10.30
Chicken Fajita Salad SR	1 Each	1	218	1192	26.26	14.8	6.93	3.57
Mashed Potatoes Idahoan	1/2 cup	3	64	248	1.6	13.62	0.8	0.00
Gravy, Turkey Pioneer	1/4 cup	2	20	292	0.0	3.0	0.0	0.00
Salad Bar Day 4 Secondary	Serving	3	243	146	3.65	52.21	4.31	0.93
Dinner Roll WGR Bimbo Bakeries	1 Each	1	110	130	4.0	20.0	1.0	0.00
Milk, Variety SR	1 cup	3	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
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			788	1866	35.82	119.83	20.81	6.54
% of Calories					18.2%	60.8%	23.8%	7.5%
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 - 05/17/2019								
Middle School Lunch	Total	3						
Pizza Hut - Sausage	Slice	1	370	780	17.0	35.0	18.0	8.00
Pancakes- Whole Wheat- C	3 each	1	240	390	5.1	41.1	6.0	0.99
Sausage C	2 Each	1	150	432	12.0	2.0	10.0	3.60
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
Potato, Tri Tater	1 Each	2	114	320	1.14	16.0	4.57	0.57
Salad Bar Day 5 Secondary	Serving	3	213	163	3.66	42.73	4.82	0.97
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Cinnamon Sugared Apples SR	1/2 cup	1	89	3	0.37	22.98	0.48	0.07
Weighted Daily Average			796	1181	26.25	116.21	27.34	8.10
% of Calories					13.2%	58.4%	30.9%	9.2%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Mon - 05/20/2019								
Middle School Lunch	Total	3						
Breaded Chicken Sandwich Tyson	1 each	1	350	420	27.0	36.0	11.5	2.00
Cheese Garlic French Bread	1 Each	1	329	678	17.94	29.91	14.95	5.98
Sandwich, Turkey & Cheese Seco	1 Each	1	273	935	24.75	33.64	6.3	2.50
Peas, frozen C	1/2 CUP	2	62	58	4.12	11.41	0.22	0.04
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
MAYONNAISE:individual PC	Serving	1	50	40	0.08	0.19	5.56	0.60
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Weighted Daily Average			803	1322	38.91	124.41	19.14	5.24
% of Calories					19.4%	62.0%	21.4%	5.9%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Tue - 05/21/2019								
Middle School Lunch	Total	3						
BBQ Rib Sandwich SR C	1 Each	1	307	769	19.0	34.0	10.5	3.10
Macaroni & Cheese SR	1 cup	1	318	670	18.32	28.33	14.67	8.12
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.06
Broccoli with Cheese SR	1/2 cup	3	108	422	5.61	18.45	2.95	0.72
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
BARBECUE SAUCE	2 TBSP	1	12	58	0.1	3.09	0.01	0.00
Weighted Daily Average			868	1524	41.59	109.72	33.91	9.01
% of Calories					19.2%	50.6%	35.2%	9.3%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Wed - 05/22/2019								
Middle School 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			600-700	1360			<=30.0	<10.00

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Weighted Average			794	1327	34.49 17.4%	115.71 58.3%	23.97 27.2%	7.20 8.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	794		600 - 700	113%			94	Correction Required - Calories too High
Sodium 1 (mg)	1327		1360					
Sodium 2 (mg)	1327		1035				292	Correction Required - Sodium too High
Protein (g)	34.49	17.37%						
Carbohydrate (g)	115.71	58.29%						
Total Fat (g)	23.97	27.17%	<=30.00%					
Saturated Fat (g)	7.20	8.16%	<10.00%					

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 * - 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.