

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

Elementary Lunch

Generated on: 8/23/2019 11:56:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/03/2019								
Elementary Lunch	Total	2						
Tator Tot Casserole	1 cup	1	283	680	14.61	19.93	15.71	4.65
Sub, Ham & Cheese SR	1 Each	1	211	523	12.88	24.68	7.83	3.52
Green Beans, canned	1/2 CUP	1	14	169	0.81	3.04	0.07	0.01
Salad Bar Day 7 Elementary	Serving	2	176	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
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			645	1100	27.19	90.31	20.82	5.77
% of Calories					16.9%	56.0%	29.1%	8.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Wed - 09/04/2019								
Elementary Lunch	Total	2						
Sweet & Sour Chicken - Lings	3.6 oz	1	140	200	11.0	18.0	3.0	0.50
BBQ Rib Sandwich SR C	1 Each	1	307	769	19.0	34.0	10.5	3.10
Rice, Cooked	1/2 cup	2	118	5	2.53	24.65	0.93	0.19
Salad Bar Day 8 Elementary	Serving	2	145	118	1.71	27.55	3.99	0.84
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
Weighted Daily Average			626	870	27.24	103.35	12.15	3.11
% of Calories					17.4%	66.0%	17.5%	4.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 09/05/2019								
Elementary Lunch	Total	2						
Spaghetti with Meat Sauce SR C	1 cup	1	374	262	23.41	48.01	11.06	3.57
Sub, Combo SR	1 Each	1	198	480	16.19	25.14	3.93	1.25
Cheesy Peas SR	1/2 cup	1	71	220	3.5	12.08	1.32	0.31
Salad Bar Day 9 Elementary	Serving	2	181	115	2.07	36.08	4.06	0.87
Milk, Variety SR	cup	2	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
Garlic Toast, Mini WG	Slice	1	70	95	2.0	12.0	2.5	0.50

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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			685	821	32.66	105.94	16.72	4.27
% of Calories					19.1%	61.9%	22.0%	5.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 09/06/2019								
Elementary Lunch	Total	2						
Pizza, Pepperoni WGR	Serving	1	290	620	15.0	33.0	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
Broccoli with Cheese SR	1/2 cup	1	108	422	5.61	18.45	2.95	0.72
Salad Bar Day 10 Elementary	Serving	2	180	131	3.7	34.55	4.53	0.91
Milk, Variety SR	cup	2	122	157	8.0	21.15	0.47	0.28
Rice Krispie Treats- Mini	1 each	1	50	45	0.0	9.0	1.0	0.00
Weighted Daily Average			726	1106	29.51	102.92	23.48	7.05
% of Calories					16.2%	56.7%	29.1%	8.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 09/09/2019								
Elementary Lunch	Total	2						
Cheeseburger on a Bun SR	1 each	1	245	555	21.5	21.0	8.0	3.75
Ham & Cheese Pinwheel SR	1 Each	1	259	751	14.43	30.7	10.35	4.03
Baked Beans SR	1/2 cup	1	170	245	8.64	35.15	0.02	0.00
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
Pickles Dill Slices	serving	1	3	170	0.11	0.51	0.06	0.02
Ketchup Pkts Heinz	1 Each	1	9	82	0.09	2.47	0.01	0.00
MUSTARD: individual PC	Pkt	1	3	55	0.19	0.29	0.17	0.01
Weighted Daily Average			667	1294	33.39	112.05	11.94	4.62
% of Calories					20.0%	67.2%	16.1%	6.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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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)
Tue - 09/10/2019								
Elementary Lunch	Total	2						
Corn Dogs - Mini C	6 Each	1	274	757	10.53	26.81	9.58	2.39
Chef Salad SR	1 Each	1	224	574	17.99	22.91	8.34	2.07
Peas & Carrots C	1/2 cup	2	68	107	3.63	13.02	0.52	0.07
Salad Bar Day 2 Elementary	Serving	2	171	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
Ketchup Pkts Heinz	1 Each	1	9	82	0.09	2.47	0.01	0.00
Mustard Portion Pac	1 Each	1	4	51	0.3	0.5	0.0	0.00
Weighted Daily Average			617	1145	29.06	94.63	14.02	3.41
% of Calories					18.8%	61.3%	20.4%	5.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Wed - 09/11/2019								
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	238	134	6.25	51.12	1.66	0.26
Graham Crackers WG	1 Each	1	90	100	2.0	16.0	2.5	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	0.85
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			771	1111	30.14	121.10	19.76	5.05
% of Calories					15.6%	62.9%	23.1%	5.9%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 09/12/2019								
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	0.90
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

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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			686	1252	31.66	98.84	20.10	6.20
% of Calories					18.5%	57.7%	26.4%	8.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 09/13/2019								
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	2 Each	1	120	360	2.0	18.0	3.0	0.00
Weighted Daily Average			794	1304	29.34	115.48	25.24	8.51
% of Calories					14.8%	58.2%	28.6%	9.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 09/16/2019								
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	15.94	37.54	10.02	3.24
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	26.88	110.02	15.05	3.84
% of Calories					16.1%	66.0%	20.3%	5.2%
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)
Tue - 09/17/2019								
Elementary Lunch	Total	2						
Pizza, Sausage Tony's WGR	Serving	1	290	470	16.0	33.0	10.0	4.50
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	176	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			659	806	30.03	107.44	14.99	4.42
% of Calories					18.2%	65.2%	20.5%	6.0%
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)
Wed - 09/18/2019								
Elementary Lunch	Total	2						
Popcorn Chicken C	14 pieces	1	269	590	18.0	20.0	13.0	3.00
Sandwich, Turkey & Cheese SR	1 Each	1	270	650	21.06	35.5	6.87	2.50
Potato Smiles	1/2 cup	1	130	180	2.0	20.0	4.5	0.50
Salad Bar Day 8 Elementary	Serving	2	145	118	1.71	27.55	3.99	0.84
Milk, Variety SR	1 cup	2	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
BBQ Sauce C	Serving	1	35	210	0.0	8.0	0.0	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			691	1216	32.29	101.68	18.41	4.38
% of Calories					18.7%	58.9%	24.0%	5.7%
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)
Thu - 09/19/2019								
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

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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			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

Fri - 09/20/2019								
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

Mon - 09/23/2019								
Elementary Lunch	Total	2						
Chicken & Noodles SR	1 cup	1	280	665	21.93	31.0	6.94	1.88
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
Weighted Daily Average			663	1241	31.26	108.11	13.45	3.73
% of Calories					18.9%	65.2%	18.3%	5.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Tue - 09/24/2019								
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
Sugar Snap Peas	1/2 cup	1	40	4	2.67	6.67	0.0	0.00
Salad Bar Day 2 Elementary	Serving	2	171	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			707	923	31.76	98.88	22.33	7.13
% of Calories					18.0%	56.0%	28.4%	9.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 09/30/2019								
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
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

Weighted Average			684	1101	29.97	104.46	17.85	5.06
					17.5%	61.1%	23.5%	6.7%

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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	684		550 - 650	105%				34			Correction Required - Calories too High
Sodium 1 (mg)	1101		1230								
Sodium 2 (mg)	1101		935					166			Correction Required - Sodium too High
Protein (g)	29.97	17.53%									
Carbohydrate (g)	104.46	61.12%									
Total Fat (g)	17.85	23.50%	<=30.00%								
Saturated Fat (g)	5.06	6.66%	<10.00%								

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