

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

High School Lunch

Generated on: 8/23/2019 12:59:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/03/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
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/KHS	1 each	1	390	480	29.0	45.0	12.0	2.00
Breaded Chicken Sand Spicy	1 each	1	362	617	20.4	38.9	15.0	2.70
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
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	3.68
Soup, Vegetable Beef	1 Cup	4	159	501	13.46	14.09	5.28	1.92
Corn, Frozen	1/2 cup	3	92	1	2.89	21.89	0.76	0.12
Salad Bar KHS - Tuesday	Serving	10	228	178	2.07	46.41	5.3	1.14
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Bread Basket	1 Each	1	65	111	2.5	12.0	1.25	0.13
Weighted Daily Average			793	1308	36.50	120.33	21.22	6.48
% of Calories					18.4%	60.7%	24.1%	7.3%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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

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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 - 09/04/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
Burrito WG	1 each	1	310	590	16.0	37.0	12.0	3.50
Cheese Sauce Nacho Lasco	1/4 cup	1	60	382	1.0	7.0	2.5	1.00
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
Hot Dog on a Bun - Secondary	1 each	1	100	170	3.0	20.0	1.0	0.00
Pizza Hut - Cheese Pizza	Slice	1	320	640	16.02	36.01	12.0	6.99
Pizza Hut - Pepperoni Pizza	Slice	1	350	740	17.0	35.0	16.0	7.80
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	3.68
Refried Beans SR	1/2 cup	5	134	211	8.97	19.9	2.02	1.35
Potato Bacon Soup	1 Cup	3	388	1231	11.04	32.28	14.08	5.88
Salad Bar KHS - Wednesday	Serving	10	199	167	1.98	38.84	5.15	1.09
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Juice	1 cup	3	120	0	1.0	28.0	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
Olives, Ripe, Canned Black	1 oz	1	33	208	0.24	1.77	3.03	0.40
Peppers Jalepenos, Canned	1 oz	1	10	419	0.3	2.12	0.27	0.02
Bread Basket	1 Each	1	65	111	2.5	12.0	1.25	0.13
Weighted Daily Average			811	1479	33.73	116.55	21.82	7.90
% of Calories					16.6%	57.5%	24.2%	8.8%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Sep 1, 2019 thru Sep 30, 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 - 09/05/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
Chicken & Noodles SR	1 cup	1	280	665	21.93	31.0	6.94	1.88
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
Swiss Mushroom Burger	1 each	1	317	781	24.73	34.98	9.36	3.27
Pizza, Homemade Chic Bac Ranch	Slices	1	395	729	23.86	28.68	19.58	7.71
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
Soup, Taco with Rice	1 cup	4	153	485	8.32	21.59	3.85	1.89
Green Beans C	1/2 cup	3	24	299	1.43	5.37	0.12	0.02
Salad Bar KHS - Thursday	Serving	10	248	178	2.83	51.62	5.26	1.12
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.68
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Bread Basket	1 Each	1	65	111	2.5	12.0	1.25	0.13
Weighted Daily Average			774	1300	35.25	121.24	18.85	6.47
% of Calories					18.2%	62.7%	21.9%	7.5%
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 - 09/06/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
Sweet & Sour Chicken - Lings	3.6 oz	1	140	200	11.0	18.0	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 Tyson	1 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, 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, Homemade Sausage	Slices	1	430	735	22.5	31.0	22.0	9.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.68
Soup, Tomato, Heinz	1 Cup	4	88	454	1.96	19.59	0.0	0.00
Rice, Cooked	1/2 cup	1	118	5	2.53	24.65	0.93	0.19
BROCCOLI: frozen, boiled	1/2 CUP	5	26	10	2.85	4.92	0.11	0.02
Salad Bar KHS - Friday	Serving	10	215	178	2.51	42.56	5.22	1.13
Bread Basket	1 Each	3	65	111	2.5	12.0	1.25	0.13
Sweet and Sour Sauce	1/4 cup	1	75	144	0.17	18.68	0.02	0.00
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			724	1084	30.81	116.61	16.69	4.88
% of Calories					17.0%	64.4%	20.8%	6.1%
Nutrient Guideline			750-850	1420			<=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 - 09/09/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
Buffalo Popcorn Chicken SR	Serving	1	224	839	11.19	14.39	13.59	3.20
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, Beef- LC 2016	Slice	1	350	750	18.0	41.0	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
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.68
Soup, Chicken Noodle	1 Cup	5	84	60	7.38	10.8	1.43	0.33
Tator Tots C	1/2 cup	1	130	310	2.0	16.0	6.0	1.00
Corn, Chuckwagon	1/2 cup	5	93	0	2.67	20.0	0.0	0.00
Salad Bar KHS - Monday	Serving	10	205	284	3.76	42.7	3.39	0.75
Milk, Variety SR	1 cup	7	122	157	8.0	21.15	0.47	0.28
Juice	1 cup	4	120	0	1.0	28.0	0.0	0.00
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Bread Basket	1 Each	1	65	111	2.5	12.0	1.25	0.13
Margarine	Serving	3	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			749	1153	34.16	119.95	16.55	5.44
% of Calories					18.3%	64.1%	19.9%	6.5%
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 - 09/10/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
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
Grilled Chicken Sandwich SR	1 Each	1	250	470	20.0	24.0	8.5	2.00
Pizza, Homemade Pepperoni	Slices	1	395	760	21.0	30.5	19.5	9.00
Pizza, Homemade Cheese	Slices	1	301	744	19.67	31.52	10.57	4.55
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	3.68
Soup, Cheeseburger	1 Cup	3	241	811	13.5	20.23	12.26	4.17
Spanish Rice SR	1/2 cup	3	127	319	2.84	25.21	1.61	0.28
Salad Bar KHS - Tuesday	Serving	10	228	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
Bread Basket	1 Each	5	65	111	2.5	12.0	1.25	0.13
Margarine	Serving	2	25	40	0.0	0.0	2.5	0.50
Marinara Sauce C	1/4 cup	1	36	57	0.45	4.54	1.81	0.45
Weighted Daily Average			856	1448	35.98	125.65	25.29	7.58
% of Calories					16.8%	58.7%	26.6%	8.0%
Nutrient Guideline			750-850	1420			<=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 - 09/11/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
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	3.68
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	65	111	2.5	12.0	1.25	0.13
Margarine	Serving	2	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			791	1562	36.00	116.89	22.11	6.72
% of Calories					18.2%	59.1%	25.2%	7.7%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/12/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
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, HM, Bacon Cheeseburger	Slices	1	416	1196	23.56	33.39	21.17	10.29
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	3.68
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	1.12
Bread Basket	1 Each	3	65	111	2.5	12.0	1.25	0.13
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			819	1261	38.58	125.11	19.79	6.59
% of Calories					18.8%	61.1%	21.7%	7.2%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Fri - 09/13/2019								
High School Lunch	Total	11						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
Beef Sticks WG	5 Each	1	434	409	18.58	23.53	29.73	8.67
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
Fish Sandwich SR	1 Each	1	363	507	18.8	36.65	14.8	4.00
Pizza Cheese Crunchers Seconda	Serving	1	262	500	12.5	26.25	12.5	5.63
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	3.68
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
French Fries Oven heat	Serving	3	90	115	1.0	14.0	3.0	0.00
Gravy, Country Pioneer	2 oz	3	49	261	0.0	5.4	1.62	0.00
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	65	111	2.5	12.0	1.25	0.13
Weighted Daily Average			706	1274	27.67	109.27	19.08	5.60
% of Calories					15.7%	61.9%	24.3%	7.1%
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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Sep 1, 2019 thru Sep 30, 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 - 09/16/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
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	270	580	13.0	31.0	15.0	5.00
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	3.68
Soup, Cream of Chicken Soup	1 Cup	4	140	367	14.11	11.23	4.72	1.61
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			792	1326	37.65	122.06	19.37	5.73
% of Calories					19.0%	61.6%	22.0%	6.5%
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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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 - 09/17/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
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, Homemade BBQ Chicken	Slices	1	342	609	23.86	27.93	14.33	6.59
Pizza, Homemade Cheese	Slices	1	301	744	19.67	31.52	10.57	4.55
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	3.68
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	228	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	65	111	2.5	12.0	1.25	0.13
Weighted Daily Average			709	1087	31.24	109.33	18.60	5.72
% of Calories					17.6%	61.7%	23.6%	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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Sep 1, 2019 thru Sep 30, 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 - 09/18/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
Tator Tot Casserole	1 cup	1	283	680	14.61	19.93	15.71	4.65
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	3.68
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	65	111	2.5	12.0	1.25	0.13
Margarine	Serving	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			713	1397	30.46	109.28	18.75	6.17
% of Calories					17.1%	61.3%	23.7%	7.8%
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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Sep 1, 2019 thru Sep 30, 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 - 09/19/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
Mexican Taco Dip & Chips	Serving	1	342	1007	18.23	27.16	18.61	6.98
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	3.68
CHICKEN VEGETABLE SOUP	1 CUP	5	88	215	9.3	9.41	1.99	0.51
Refried Beans SR	1/2 cup	1	134	211	8.97	19.9	2.02	1.35
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	1.12
Bread Basket	1 Each	4	65	111	2.5	12.0	1.25	0.13
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
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			809	1192	37.01	124.23	21.08	6.93
% of Calories					18.3%	61.4%	23.4%	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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Sep 1, 2019 thru Sep 30, 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)
Fri - 09/20/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
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	290	470	16.0	33.0	10.0	4.50
Chef Salad SR High School	1 Each	1	240	697	13.7	27.89	9.5	3.68
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	65	111	2.5	12.0	1.25	0.13
Weighted Daily Average			755	1074	30.72	126.04	15.82	4.44
% of Calories					16.3%	66.7%	18.8%	5.3%
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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Sep 1, 2019 thru Sep 30, 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 - 09/23/2019								
High School Lunch	Total	11						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
Sloppy Joes SR	1/3 cup	1	300	596	15.94	37.54	10.02	3.24
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	350	750	18.0	41.0	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	2.07
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	65	111	2.5	12.0	1.25	0.13
Weighted Daily Average			763	1396	36.71	119.16	17.80	6.79
% of Calories					19.2%	62.4%	21.0%	8.0%
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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Sep 1, 2019 thru Sep 30, 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 - 09/24/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
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, Homemade Pepperoni	Slices	1	395	760	21.0	30.5	19.5	9.00
Pizza, Homemade Cheese	Slices	1	301	744	19.67	31.52	10.57	4.55
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	2.07
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	228	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			865	1380	38.46	128.45	23.33	6.79
% of Calories					17.8%	59.4%	24.3%	7.1%
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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Sep 1, 2019 thru Sep 30, 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 - 09/25/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
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	2.07
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	65	111	2.5	12.0	1.25	0.13
Crackers - Saltines	3 Each	1	75	240	0.0	15.0	1.5	0.00
Weighted Daily Average			736	1229	31.28	113.76	18.83	5.81
% of Calories					17.0%	61.8%	23.0%	7.1%
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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Sep 1, 2019 thru Sep 30, 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 - 09/26/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
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, HM, Bacon Cheeseburger	Slices	1	416	1196	23.56	33.39	21.17	10.29
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	2.07
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	1.12
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	65	111	2.5	12.0	1.25	0.13
Weighted Daily Average			801	1435	34.96	128.34	18.46	5.95
% of Calories					17.5%	64.1%	20.8%	6.7%
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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Sep 1, 2019 thru Sep 30, 2019

High School Lunch

Generated on: 8/23/2019 12:59:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/30/2019								
High School Lunch	Total	10						
Make a Sub Your Way	1 Each	1	294	1083	19.27	34.58	10.32	4.48
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	270	580	13.0	31.0	15.0	5.00
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	2.07
Soup, Chicken Noodle	1 Cup	3	84	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	65	111	2.5	12.0	1.25	0.13
Weighted Daily Average			753	1290	37.80	119.95	16.00	5.33
% of Calories					20.1%	63.7%	19.1%	6.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Weighted Average			775	1299	34.47 17.8%	119.59 61.8%	19.44 22.6%	6.18 7.2%
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Kearney Public Schools

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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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	775		750 - 850	100%							
Sodium 1 (mg)	1299		1420								
Sodium 2 (mg)	1299		1080				219				Correction Required - Sodium too High
Protein (g)	34.47	17.80%									
Carbohydrate (g)	119.59	61.75%									
Total Fat (g)	19.44	22.59%	<=30.00%								
Saturated Fat (g)	6.18	7.17%	<10.00%								

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