

# Millard Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

K-5 LUNCH NEBRASKA

Generated on: 4/19/2017 9:29:05 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/01/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: PEPPERONI & CHIP	1 EACH	652	62.13	35.57
CHICKEN STICKS	8 Sticks	261	16.06	15.05
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
RAVIOLI JUMBO CHEESE	Ravioli	247	35.0	4.81
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
SAND COLD:SUB HAM & CHEESE:K12	1 EACH	283	34.62	8.36
SALAD FT GARDEN:K5	1 salad	176	7.23	12.03
BREAD: TOASTED WW BAGEL: K12	1 BAGEL	180	38.0	1.0
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0	5.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO TATER TOTS	1/2 cup	130	16.0	6.0
BEANS: BLACK, CKD	1/2 CUP	123	23.55	0.51
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
PEAS GREEN:from frozen	1/2 cup	74	12.74	0.0
PINEAPPLE TIDBITS CND	1/2 CUP	62	15.39	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		597	73.25	21.50
% of Calories			49.1%	32.4%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/02/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: HAM & MOZZ	1 EACH	396	49.32	13.99
CORN DOG: MINI CHICKEN	1 EACH	326	28.5	19.34
CHICKEN: GLAZED DRUMSTICK	1 PIECE	250	3.33	14.98
BREAD: BISCUIT	1 EACH	209	26.86	9.95
WAFFLE: DUTCH WG 5"/48ct.	EACH (83G)	386	66.21	13.23
YOGURT BOWL: STRAWBERRY	1 EACH	208	45.72	1.12
CHEESE STRING	1 stick	80	1.0	6.0
SALAD: ENT POPCORN CHICKEN: K5	1 EACH	280	19.8	15.15
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
CARROTS: CANNED SLICES, CKD	1/2 CUP	34	6.86	0.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92	9.45
CELERY STICKS	1/2 cup	12	2.2	0.13
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
Weighted Daily Average		665	85.74	22.23
% of Calories			51.6%	30.1%
Nutrient Guideline		550-650		

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# Millard Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

K-5 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/03/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: PIZZA	1 EACH	475	53.09	21.71
CHICKEN NUGGETS:K12	5 nuggets	250	17.96	12.97
QUESADILA: CHICKEN, DICED	1 EACH	366	28.75	17.25
FRUIT BOWL:W/CHEESE:K12	1 EACH	267	29.3	12.38
MUFFIN: WG BLUEBERRY	1 muffin/square	318	53.03	9.2
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
BEANS: GREEN BEAN IQF	1/2 CUP	29	3.86	0.0
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24	6.16
PEPPER RED BELL	1/2 CUP	12	2.84	0.1
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
APPLESAUCE: UNSWEETEND	1/2 CUP	53	14.4	0.06
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		513	58.10	17.70
% of Calories			45.3%	31.1%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/04/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: TURKEY & MOZZ	1 EACH	362	38.37	13.76
PIZZA SMART CHEESE:K8	1 slice	300	37.0	11.0
HOT DOG CHICAGO:K8	1 hot dog	254	25.76	11.08
PARFAIT BLUEBERRY PATCH:G912	1 parfait	395	72.8	7.5
SALAD: ENT CHEF: K5	1 EACH	228	19.87	9.69
BREAD: TOASTED WW BAGEL: K12	1 BAGEL	180	38.0	1.0
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0	5.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
VEGETABLE BLEND: CALIFORNIA	1/2 CUP	30	5.03	0.0
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
CUCUMBER	1/2 CUP	0	0.05	0.0
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
FRUIT MIX CND	1/2 CUP	61	13.13	0.0
GRAPES: AMERICAN RAW SEEDLESS	1/2 CUP	58	14.82	0.3
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		532	80.50	12.60
% of Calories			60.6%	21.3%
Nutrient Guideline		550-650		

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# Millard Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

K-5 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/05/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: EGG & CHEESE	1 EACH	457	49.38	19.51
NACHOS BEEF & CHEESE NE	1 nacho	473	44.49	23.22
SAND COLD:WRAP S.B.& BANANA:K8	1 EACH	511	50.03	28.22
SALAD:ENT BF PINATA W/CHP:6-12	1 EACH	445	41.32	20.6
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54	7.49
SALAD SIDE: CILANTRO CORN	1/2 CUP	64	12.41	0.63
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CAULIFLOWER FRESH	1/2 CUP	13	2.66	0.15
PEAR: FRESH	PEAR	120	28.82	0.16
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
COOKIE: DICK & JANE CINCO MAYO	Bag	127	21.51	3.91
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		695	96.00	22.28
% of Calories			55.3%	28.9%
Nutrient Guideline		550-650		

Mon - 05/08/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: PEPPERONI & CHIP	1 EACH	652	62.13	35.57
BEEF: WG BRD FINGERS	4 STICKS	230	16.0	13.0
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23	13.07
SAUSAGE TURKEY PATTY 2M/MA	1 EACH	60	0.0	4.0
SAND COLD:WRAP CHICK RANCH:K8	1 EACH	431	38.14	21.84
SALAD: ENT BRD CHICK CESAR: K5	1 EACH	322	25.61	16.6
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO SMILES	1/2 cup	130	20.06	4.51
CELERY STICKS	1/2 cup	12	2.2	0.13
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
PEACHES: DICED CND	1/2 CUP	52	13.76	0.13
APPLE: 125-138ct	1 EACH	58	15.41	0.19
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
SYRUP: BRKFT SYRUP SMUCKERS IN	INDV CUP	120	30.0	0.0
Weighted Daily Average		601	79.61	21.49
% of Calories			53.0%	32.2%
Nutrient Guideline		550-650		

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### Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

K-5 LUNCH NEBRASKA

Generated on: 4/19/2017 9:29:06 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/09/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: HAM & MOZZ	1 EACH	396	49.32	13.99
MOZZ STICKS: WG BRD	5 STICKS	380	35.94	18.48
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72	0.0
TACO: BEEF SOFT, crumble K12	2 TACOS	381	32.6	17.71
PARFAIT STRAWBERRY FIELDS:G912	1 parfait	476	97.3	7.5
SALAD: ENT MADARIN CHICKEN: K5	1 EACH	234	22.03	10.67
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74	0.0
SALAD SIDE: HMSTY POTATO SALAD	1/2 CUP	190	28.0	8.0
PEPPER GREEN BELL DICED	1/2 cup	19	4.33	0.16
TOMATO CHERRY	1/2 cup	13	2.91	0.15
PEARS: DICED CND	1/2 CUP	60	14.02	0.0
ORANGE BITES:138ct	1/2 cup	63	15.66	0.16
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		655	87.94	20.13
% of Calories			53.7%	27.6%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/10/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: PIZZA	1 EACH	475	53.09	21.71
CHICKEN NUGGETS:K12	5 nuggets	250	17.96	12.97
QUESADILA: CHEESE	1 EACH	370	29.0	20.0
VEGGIE BOWL:W/COT. CHEESE:K12	1 EACH	394	52.25	11.26
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53	0.0
CORN:from frozen	1/2 cup	85	16.16	0.85
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CUCUMBER	1/2 CUP	0	0.05	0.0
APPLESAUCE: UNSWEETEND	1/2 CUP	53	14.4	0.06
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		516	63.94	16.78
% of Calories			49.6%	29.3%
Nutrient Guideline		550-650		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

K-5 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/11/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: TURKEY & MOZZ	1 EACH	362	38.37	13.76
PIZZA SMART PEPPERONI:K8	1 slice	325	37.09	13.19
HOT DOG CHICAGO:K8	1 hot dog	254	25.76	11.08
BANANA SPLIT	1 EACH	545	107.45	10.07
SALAD:ENT SPICY CHICKEN:6-12	1 EACH	262	21.51	11.47
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
BEANS GREEN	1/2 CUP	22	4.93	0.18
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
HUMMUS	1/2 CUP	280	28.0	16.0
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
APPLE: 125-138ct	1 EACH	58	15.41	0.19
COOKIE: CARNIVAL WG 1oz OTIS S	1 COOKIE	111	18.22	3.54
COOKIE: CHOC CHIP WG 1oz OTIS	1 COOKIE	111	18.22	3.54
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		702	101.26	21.57
% of Calories			57.7%	27.6%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/12/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: CHICKEN POPPER	Box	472	63.04	15.92
MAC & CHEESE	1 CUP	475	39.63	24.8
SAND COLD:WRAP BUFALO CHICK:K8	1 EACH	410	34.8	20.8
SALAD:ENT HAWAIIAN	1 EACH	259	37.39	7.21
BREAD: TOASTED WW BAGEL: K12	1 BAGEL	180	38.0	1.0
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0	5.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO ROASTERS	1/2 cup	140	25.04	3.51
PEPPER RED BELL	1/2 CUP	12	2.84	0.1
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CUCUMBER	1/2 CUP	0	0.05	0.0
STRAWBERRIES	1/2 cup	24	5.84	0.23
ORANGE BITES:138ct	1/2 cup	63	15.66	0.16
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		552	76.14	16.54
% of Calories			55.2%	27.0%
Nutrient Guideline		550-650		

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May 1, 2017 thru May 24, 2017

K-5 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/15/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: TURKEY & MOZZ	1 EACH	362	38.37	13.76
SAND HOT BBQ BEEF RIBLET:G9-12	1 sandwich	318	31.05	14.18
NACHOS BEEF & CHEESE NE	1 nacho	473	44.49	23.22
SAND COLD:CHEESE: K12	1 EACH	362	32.0	20.22
SALAD FT GARDEN:K5	1 salad	176	7.23	12.03
BREAD: TOASTED WW BAGEL: K12	1 BAGEL	180	38.0	1.0
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0	5.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37	0.0
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
CELERY STICKS	1/2 cup	12	2.2	0.13
OLIVES BLACK	1/2 cup	104	4.16	10.41
PEARS: DICED CND	1/2 CUP	60	14.02	0.0
ORANGE BITES:138ct	1/2 cup	63	15.66	0.16
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		588	74.58	19.74
% of Calories			50.7%	30.2%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/16/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: HAM & MOZZ	1 EACH	396	49.32	13.99
CORN DOG: MINI CHICKEN	1 EACH	326	28.5	19.34
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
LASAGNA CHEESE ROLLUP:K12	1 rollup	284	39.85	7.0
WAFFLE: DUTCH WG 5"/48ct.	EACJ (83G)	386	66.21	13.23
YOGURT BOWL: STRAWBERRY	1 EACH	208	45.72	1.12
CHEESE STRING	1 stick	80	1.0	6.0
SALAD: ENT POPCORN CHICKEN: K5	1 EACH	280	19.8	15.15
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
VEGETABLE BLEND: CALIFORNIA	1/2 CUP	30	5.03	0.0
TOMATO CHERRY	1/2 cup	13	2.91	0.15
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CUCUMBER	1/2 CUP	0	0.05	0.0
PEACHES DICED CND	1/2 CUP	50	11.99	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		636	91.78	20.17
% of Calories			57.7%	28.6%
Nutrient Guideline		550-650		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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K-5 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/17/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: PIZZA	1 EACH	475	53.09	21.71
CHICKEN NUGGETS:K12	5 nuggets	250	17.96	12.97
QUESADILA: CHICKEN, DICED	1 EACH	366	28.75	17.25
FRUIT BOWL:W/CHEESE:K12	1 EACH	267	29.3	12.38
MUFFIN: WG BANANA	1 muffin/square	350	60.94	9.23
MUFFIN: WG BLUEBERRY	1 muffin/square	318	53.03	9.2
MUFFIN: WG APPLE CINNAMON	1 muffin/square	320	53.92	9.1
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92	9.45
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24	6.16
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
APPLESAUCE: UNSWEETEND	1/2 CUP	53	14.4	0.06
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
JUICE: FRZ TREAT;ORG/PINE/CHRY	1 EACH	70	19.0	0.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		561	59.29	21.44
% of Calories			42.2%	34.4%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/18/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: CHICKEN POPPER	Box	472	63.04	15.92
HOT DOG CHICAGO:K8	1 hot dog	254	25.76	11.08
PARFAIT BLUEBERRY PATCH:G912	1 parfait	395	72.8	7.5
SALAD: ENT CHEF: K5	1 EACH	228	19.87	9.69
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO MASHED:instant	1/2 cup	112	21.36	1.53
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
PEPPER RED BELL	1/2 CUP	12	2.84	0.1
CELERY STICKS	1/2 cup	12	2.2	0.13
STRAWBERRIES: WHOLE UNSWEETNED	1/2 CUP	27	6.99	0.08
APPLE: 125-138ct	1 EACH	58	15.41	0.19
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		447	74.59	8.48
% of Calories			66.8%	17.1%
Nutrient Guideline		550-650		

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# Millard Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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K-5 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/19/2017				
K-5 LUNCH NEBRASKA	Total			
PIZZA: WG 16" CHEESE PRE-SLICE	1 SLICE	320	34.0	13.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
SALAD SIDE: CUCUMBER YOGURT	1/2 cup	32	5.72	0.08
PEAR: FRESH	PEAR	120	28.82	0.16
ORANGE MANDARIN CND	1/2 CUP	54	12.52	0.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		318	56.56	4.04
% of Calories			71.1%	11.4%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/22/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: PEPPERONI & CHIP	1 EACH	652	62.13	35.57
TACO: BEEF SOFT, crumble K12	2 TACOS	381	32.6	17.71
SAND COLD:WRAP BUFALO CHICK:K8	1 EACH	410	34.8	20.8
SALAD: ENT BRD CHICK CESAR: K5	1 EACH	322	25.61	16.6
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO SMILES	1/2 cup	130	20.06	4.51
BEANS: BLACK, CKD	1/2 CUP	123	23.55	0.51
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		493	68.50	15.17
% of Calories			55.5%	27.7%
Nutrient Guideline		550-650		

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# Millard Public Schools

## Base Menu Spreadsheet

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May 1, 2017 thru May 24, 2017

K-5 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/23/2017				
K-5 LUNCH NEBRASKA	Total			
LUNCH BOX: TURKEY & MOZZ	1 EACH	362	38.37	13.76
SAND: WG BRD PATTY	SANDWICH	380	38.0	17.5
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23	13.07
SAUSAGE TURKEY PATTY 2M/MA	1 EACH	60	0.0	4.0
PARFAIT STRAWBERRY FIELDS:G912	1 parfait	476	97.3	7.5
SALAD: ENT MADARIN CHICKEN: K5	1 EACH	234	22.03	10.67
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1	0.21
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
CELERY STICKS	1/2 cup	12	2.2	0.13
STRAWBERRIES: FRZ DICED, SINGL	1/2 CUP	80	19.0	0.0
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
SYRUP: BRKFT SYRUP SMUCKERS IN	INDV CUP	120	30.0	0.0
Weighted Daily Average		674	106.68	16.90
% of Calories			63.3%	22.6%
Nutrient Guideline		550-650		

Wed - 05/24/2017				
K-5 LUNCH NEBRASKA	Total			
SAND COLD:SUB HAM & CHEESE:K12	1 EACH	283	34.62	8.36
SAND COLD SB&J:K12	1 sandwich	575	51.11	34.0
CHIP CORN	Bag	162	15.19	10.12
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53	0.0
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
JUICE ORANGE 100%	4 oz cup	60	14.0	0.0
JUICE: APPLE 100% 4 oz Suncup	1 EACH	50	13.0	0.0
JUICE: GRAPE 100% 4 oz Suncup	1 EACH	80	19.0	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
COOKIE: CARNIVAL WG 1oz OTIS S	1 COOKIE	111	18.22	3.54
COOKIE: CHOC CHIP WG 1oz OTIS	1 COOKIE	111	18.22	3.54
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65	1.93
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27	0.18
Weighted Daily Average		405	48.99	15.53
% of Calories			48.3%	34.5%
Nutrient Guideline		550-650		

Weighted Average		564	76.86	17.46
			54.5%	27.9%

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**Millard Public Schools**

Base Menu Spreadsheet

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**May 1, 2017 thru May 24, 2017**

K-5 LUNCH NEBRASKA

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Portion Size      Cals (kcal)      Carb (g)      T-Fat (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	564		550 - 650	100%				
Carbohydrate (g)	76.86	54.52%						
Total Fat (g)	17.46	27.87%						

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