

Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/01/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: PHILLY BAR	1 EACH	599	52.16	21.42
DONUT: GLAZED RING	1 EACH	314	37.74	16.1
EGG SCRAMBLED:K12	SERV	92	0.0	5.91
PORK: BACON	2 slices Bacon	60	0.26	5.18
NACHOS BEEF & CHEESE NE	1 nacho	473	44.49	23.22
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" MARGHERITA:6-12	1/8th slice	309	31.13	13.65
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
SALAD:ENT BRD CHICK CESAR:6-12	1 EACH	300	23.94	13.48
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
SAND COLD: KIT, WRAPS	1 EACH	155	32.51	2.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SLAW CAROLINA	1/3 cup	90	9.94	5.44
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CAULIFLOWER FRESH	1/2 CUP	13	2.66	0.15
CARROTS CITRUS GLAZED	1/2 cup	53	12.53	0.12
POTATO TATER TOTS	1/2 cup	130	16.0	6.0
PEAS GREEN:from frozen	1/2 cup	74	12.74	0.0
VEGGIE BLEND ASIAN	1/2 cup	51	8.25	1.92
ORANGE MANDARIN CND	1/2 CUP	54	12.52	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		722	96.75	22.10
% of Calories			53.6%	27.5%
Nutrient Guideline		750-850		

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

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/02/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: PHILLY BAR	1 EACH	599	52.16	21.42
TURKEY & GRAVY	#10 dishers	112	2.4	4.8
POTATO MASHED:instant	1/2 cup	112	21.36	1.53
ROLL MINI SUB	1 roll	160	28.0	3.0
GRAVY BROWN MIX	1 fl oz	13	2.53	0.25
TACO: BEEF SOFT, crumble K12	2 TACOS	381	32.6	17.71
TACO CHICKEN FLOUR:K12	2 taco	417	32.69	16.88
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:BEEF HOTDOG: K-12	1 EACH	340	34.0	18.0
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" COMBO:6-12	1/8th slice	342	31.89	14.52
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
SALAD:ENT ITALIAN CHEF:6-12	1 EACH	334	20.93	19.67
ROLL MINI SUB	1 roll	160	28.0	3.0
SAND COLD:SUB TUNA SALAD:9-12	1 EACH	392	48.76	10.08
SAND COLD:WRAP TUNA SALAD:9-12	1 EACH	342	34.76	12.08
SAND COLD: KIT, WRAPS	1 EACH	155	32.51	2.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE CURRIED CHICKPS:veg	1/2 cup	136	14.65	7.12
PEPPER RED BELL	1/2 CUP	12	2.84	0.1
CELERY STICKS	1/2 cup	12	2.2	0.13
POTATOES: AU GRATIN	1/2 CUP	108	17.82	3.34
BEANS: EDAMAME, POD	1/2 CUP	137	12.2	3.05
BEANS GREEN	1/2 CUP	22	4.93	0.18
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
APPLE: CINNAMON & SUGAR	1/2 cup	40	10.5	0.01
STRAWBERRIES: FRZ DICED, SINGL	1/2 CUP	80	19.0	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0	0.0
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		670	84.92	18.88
% of Calories			50.7%	25.3%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/03/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: PHILLY BAR	1 EACH	599	52.16	21.42
MOZZ STICKS: WG BRD	5 STICKS	380	35.94	18.48
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72	0.0
ENCHILADA CHICKEN SUIZA:flour	2 enchiladas	388	37.26	14.96
RICE CILANTRO LIME	2/3 cup	151	28.4	3.27
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" HAMBURGER:6-12	1/8th slice	292	29.37	11.5
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
ROLL MINI SUB	1 roll	160	28.0	3.0
SALAD FT SOUTHERN BBQ:G612	1 salad	193	15.86	6.47
SAND COLD: KIT, WRAPS	1 EACH	155	32.51	2.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE: FRUIT & YOGURT	1/2 CUP	103	25.81	0.29
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CAULIFLOWER FRESH	1/2 CUP	13	2.66	0.15
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24	6.16
POTATO: SWEET WAFFLE CUT	1/2 cup	140	23.01	5.0
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92	9.45
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53	0.0
BEANS: SW PINTO:veg	1/2 cup	131	23.92	0.2
APPLESAUCE: CINNAMON CND	1/2 CUPS	58	15.97	0.09
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		789	108.00	23.84
% of Calories			54.8%	27.2%
Nutrient Guideline		750-850		

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/04/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: PHILLY BAR	1 EACH	599	52.16	21.42
CHICKEN STICKS	8 Sticks	261	16.06	15.05
BREADSTICK:K12	1 breadstick	80	15.0	1.0
TACO: WALKING, BEEF	1 Walking Taco	482	42.34	24.33
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" MEATLOVERS:6-12	1/8th slice	342	29.95	14.81
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
PARFAIT STRAWBERRY FIELDS:G912	1 parfait	476	97.3	7.5
SAND COLD: KIT, SUBS	1 EACH	359	37.27	19.7
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE: PEAS & CHEDDAR	1/2 cup	199	16.87	10.06
CUCUMBER	1/2 CUP	0	0.05	0.0
CELERY STICKS	1/2 cup	12	2.2	0.13
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
CASSEROLE: HASHBROWN	1/2 CUP	278	35.71	10.71
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74	0.0
VEGETABLE BLEND: CALIFORNIA	1/2 CUP	30	5.03	0.0
BEANS: BAKED BEAN BUSH'S	1/2 CUP	137	28.46	0.98
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		898	124.41	27.04
% of Calories			55.4%	27.1%
Nutrient Guideline		750-850		

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/05/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: PHILLY BAR	1 EACH	599	52.16	21.42
QUESADILA: PORK	1 EACH	356	28.75	17.6
QUESADILA: CHEESE	1 EACH	370	29.0	20.0
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
SAND HOT:BEEF HOTDOG: K-12	1 EACH	340	34.0	18.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" TACO:6-12	1/8th slice	347	34.26	14.32
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
SALAD:ENT BF PINATA W/CHP:6-12	1 EACH	445	41.32	20.6
SAND COLD: KIT, WRAPS	1 EACH	155	32.51	2.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE: BLACK BEAN & CORN	1/2 cup	109	20.91	0.57
PEPPER RED BELL	1/2 CUP	12	2.84	0.1
PEPPER GREEN BELL DICED	1/2 cup	19	4.33	0.16
TOMATO CHERRY	1/2 cup	13	2.91	0.15
JICAMA STICKS	1/2 cup	38	10.1	0.12
POTATO MEXICAN	1/2 cup	158	25.51	5.22
CORN: CANNED, COLD	1/2 CUP	90	20.44	1.13
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54	7.49
VEGGIES ROASTED PINEAPPLE	1/2 cup	65	10.62	2.33
LIME WEDGES	2 wedges	3	0.88	0.02
MANGO CHUNKS IQF	1/2 CUP	38	8.95	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0	0.0
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		779	111.86	22.29
% of Calories			57.4%	25.7%
Nutrient Guideline		750-850		

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9-12 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/08/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: DELI BAR	SAND	509	38.49	27.57
CHICKEN TENDERS	3 tenders	230	6.99	10.98
BREADSTICK:K12	1 breadstick	80	15.0	1.0
POTATO MASHED:instant	1/2 cup	112	21.36	1.53
GRAVY BROWN MIX	1 fl oz	13	2.53	0.25
NACHOS BEEF & CHEESE NE	1 nacho	473	44.49	23.22
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" HAWAIIAN:6-12	1/8th slice	292	31.47	11.18
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
LUNCH BOX: PIZZA	1 EACH	475	53.09	21.71
SAND COLD: KIT, WRAPS	1 EACH	155	32.51	2.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE: BROCCOLI & RAISIN	1/2 cup	150	22.83	5.7
SQUASH ZUCCHINI	1/2 CUP	12	2.21	0.23
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1	0.21
SALAD SIDE: CILANTRO CORN	1/2 CUP	64	12.41	0.63
POTATOES: SCALLOPED	1/2 CUP	108	18.63	2.93
BEANS: GREEN BEAN IQF	1/2 CUP	29	3.86	0.0
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53	0.0
APPLE CINNAMON	1/2 cup	43	10.34	0.0
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		736	100.78	21.98
% of Calories			54.8%	26.9%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/09/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: DELI BAR	SAND	509	38.49	27.57
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23	13.07
SAUSAGE TURKEY PATTY 2M/MA	1 EACH	60	0.0	4.0
TACO: BEEF SOFT, crumble K12	2 TACOS	381	32.6	17.71
TACO CHICKEN FLOUR:K12	2 taco	417	32.69	16.88
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:BRD PORK TNDRLLOIN:K12	1 EACH	380	33.0	18.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14"CHICKEN BACON:6-12	1/8th slice	371	28.78	17.3
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
SAND COLD:SUNBUTTER & JELLY:K8	1 EACH	560	68.5	26.0
CHEESE STRING	1 stick	80	1.0	6.0
SALAD:ENT CHEF: 6-12	1 EACH	250	24.41	10.0
ROLL MINI SUB	1 roll	160	28.0	3.0
SAND COLD: KIT, WRAPS	1 EACH	155	32.51	2.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE CURRIED CHICKPS:veg	1/2 cup	136	14.65	7.12
HUMMUS	1/2 CUP	280	28.0	16.0
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
PEPPER GREEN BELL DICED	1/2 cup	19	4.33	0.16
POTATO BAKER LARGE 80ct	1/2 CUP	98	22.26	0.14
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92	9.45
VEGGIES ROASTED PINEAPPLE	1/2 cup	65	10.62	2.33
CRISP: PEACH	#8 disher	192	31.74	7.24
STRAWBERRIES: FRZ DICED, SINGL	1/2 CUP	80	19.0	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0	0.0
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		840	116.11	26.01
% of Calories			55.3%	27.9%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/10/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: DELI BAR	SAND	509	38.49	27.57
RAVIOLI JUMBO CHEESE	Ravioli	247	35.0	4.81
BREADSTICK:K12	1 breadstick	80	15.0	1.0
SALAD ENT TACO w/BEEF:G912	1 salad	314	34.44	11.46
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" SAUSAGE:6-12	1/8th slice	307	28.82	13.19
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
PARFAIT BLUEBERRY PATCH:G912	1 parfait	395	72.8	7.5
SAND COLD: KIT, SUBS	1 EACH	359	37.27	19.7
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE CRMY TOMATO	4 OZ	28	5.55	0.17
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
PEPPER RED BELL	1/2 CUP	12	2.84	0.1
CUCUMBER	1/2 CUP	0	0.05	0.0
POTATO: SWEET WAFFLE CUT	1/2 cup	140	23.01	5.0
PEAS GREEN:from frozen	1/2 cup	74	12.74	0.0
BEANS: EDAMAME, POD	1/2 CUP	137	12.2	3.05
BEANS: GREEN BEAN CASSEROLE	1/2 CUP	162	19.54	6.34
APPLESAUCE: CINNAMON CND	1/2 CUPS	58	15.97	0.09
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		719	106.39	18.40
% of Calories			59.2%	23.0%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/11/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: DELI BAR	SAND	509	38.49	27.57
SAND HOT:BBQ PULLED PORK, COM	1 EACH	319	41.96	7.86
POTATO SMILES	1/2 cup	130	20.06	4.51
RICE BOWL: SW PORK	BOWL	411	55.19	10.07
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:BRD PORK TNRLOIN:K12	1 EACH	380	33.0	18.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" TACO:6-12	1/8th slice	347	34.26	14.32
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
SALAD:ENT STRAWBRY SPRING:6-12	1 EACH	593	63.66	33.36
MUFFIN: WG BLUEBERRY	1 muffin/square	318	53.03	9.2
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE:JELL-O CHRY/FRT MIX	1/2 CUP	141	33.19	0.0
TOMATO CHERRY	1/2 cup	13	2.91	0.15
BEET: PICKLED SLICED MED FCY	1/2 CUP	109	27.14	0.0
CELERY STICKS	1/2 cup	12	2.2	0.13
POTATO ROASTERS	1/2 cup	140	25.04	3.51
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54	7.49
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
CARROTS CITRUS GLAZED	1/2 cup	53	12.53	0.12
PEACHES DICED CND	1/2 CUP	50	11.99	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0	0.0
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		837	123.13	21.78
% of Calories			58.8%	23.4%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/12/2017				
9-12 LUNCH NEBRASKA	Total			
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
SAND HOT:BRD PORK TNRLOIN:K12	1 EACH	380	33.0	18.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14"BRKFST BACON:6-12	1/8th slice	361	32.5	18.23
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
SALAD FT SOUTHERN BBQ:G612	1 salad	193	15.86	6.47
ROLL MINI SUB	1 roll	160	28.0	3.0
SAND COLD: KIT, WRAPS	1 EACH	155	32.51	2.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SLAW CAROLINA	1/3 cup	90	9.94	5.44
SALAD SIDE: HMSTY POTATO SALAD	1/2 CUP	190	28.0	8.0
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
CUCUMBER	1/2 CUP	0	0.05	0.0
POTATO: FRENCH FRIES	1/2 cup	80	13.33	2.33
BEANS: BAKED BEAN BUSH'S	1/2 CUP	137	28.46	0.98
CAULIFLOWER: FRZ, CKD	1/2 CUP	33	3.94	0.0
CRISP: PEACH	#8 disher	192	31.74	7.24
MELON WATERMELON CUBES	1/2 cup	45	11.42	0.23
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
APPLE: 125-138ct	1 EACH	58	15.41	0.19
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		539	85.83	13.09
% of Calories			63.7%	21.9%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/15/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: SALAD BAR	1 EACH	480	53.3	16.3
PORK: WG BRD PATTY w/POT&GRVY	1 EACH	397	37.42	19.03
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
NACHOS BEEF & CHEESE NE	1 nacho	473	44.49	23.22
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
SAND HOT BBQ BEEF RIBLET:G9-12	1 sandwich	318	31.05	14.18
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" COMBO:6-12	1/8th slice	342	31.89	14.52
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
SALAD:ENT BRD CHICK CESAR:6-12	1 EACH	300	23.94	13.48
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
SAND COLD: KIT, WRAPS	1 EACH	155	32.51	2.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE: BLACK BEAN & CORN	1/2 cup	109	20.91	0.57
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
CUCUMBER	1/2 CUP	0	0.05	0.0
YAMS: CND	1/2 CUP	76	18.92	0.0
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74	0.0
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53	0.0
CALIFORNIA BLEND: FRZ w/CHEESE	#8 dishes	71	6.71	3.02
STRAWBERRIES: WHOLE UNSWEETNED	1/2 CUP	27	6.99	0.08
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
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		726	105.72	18.84
% of Calories			58.3%	23.4%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/16/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: SALAD BAR	1 EACH	480	53.3	16.3
MAC & CHEESE	1 CUP	475	39.63	24.8
TACO: BEEF SOFT, crumble K12	2 TACOS	381	32.6	17.71
TACO CHICKEN FLOUR:K12	2 taco	417	32.69	16.88
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
SAND HOT BBQ BEEF RIBLET:G9-12	1 sandwich	318	31.05	14.18
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14"BUFFALO CHICK:6-12	1/8th slice	410	31.75	22.75
SAND COLD:WRAP CHICKSALAD:9-12	1 EACH	439	36.47	19.39
SAND COLD:SUB CHCKNSALAD:9-12	1 EACH	489	50.47	17.39
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
SALAD:ENT ITALIAN CHEF:6-12	1 EACH	334	20.93	19.67
ROLL MINI SUB	1 roll	160	28.0	3.0
SAND COLD: KIT, SUBS	1 EACH	359	37.27	19.7
LETTUCE: ROMAIN MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE: CUCUMBER YOGURT	1/2 cup	32	5.72	0.08
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
TOMATO CHERRY	1/2 cup	13	2.91	0.15
CELERY STICKS	1/2 cup	12	2.2	0.13
CASSEROLE: HASHBROWN	1/2 CUP	278	35.71	10.71
BEANS GREEN	1/2 CUP	22	4.93	0.18
BEANS: SW PINTO:veg	1/2 cup	131	23.92	0.2
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENT: SALSA	2 OZ LADEL	20	6.0	0.0
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		814	107.81	25.20
% of Calories			53.0%	27.8%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/17/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: SALAD BAR	1 EACH	480	53.3	16.3
SMOOTHIE STR. BANANA: blendNE	Smoothie	224	47.1	3.09
BREAD: CINNAMON ROLL SML (1.25	1 ROLL	107	22.9	0.55
BREAD: CINNAMON ROLL SML (1.25	1 ROLL	107	22.9	0.55
ENCHILADA CHICKEN SUIZA:flour	2 enchiladas	388	37.26	14.96
RICE CILANTRO LIME	2/3 cup	151	28.4	3.27
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
SAND HOT:BRD PORK TNRLOIN:K12	1 EACH	380	33.0	18.5
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" SAUSAGE:6-12	1/8th slice	307	28.82	13.19
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
HUMMUS: BOWL, MEDITERRANEAN	1 EACH	392	47.79	17.54
SAND COLD: KIT, WRAPS	1 EACH	155	32.51	2.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE: BROCCOLI & RAISIN	1/2 cup	150	22.83	5.7
PEPPER RED BELL	1/2 CUP	12	2.84	0.1
CUCUMBER	1/2 CUP	0	0.05	0.0
BEANS: GARBANZO, COLD	1/2 CUP	138	23.05	2.3
POTATOES: AU GRATIN	1/2 CUP	108	17.82	3.34
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92	9.45
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74	0.0
CARROTS CITRUS GLAZED	1/2 cup	53	12.53	0.12
APPLESAUCE: CINNAMON CND	1/2 CUPS	58	15.97	0.09
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		752	114.98	18.72
% of Calories			61.2%	22.4%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/18/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: SALAD BAR	1 EACH	480	53.3	16.3
BEEF: WG BRD FINGERS	4 STICKS	230	16.0	13.0
BREADSTICK:K12	1 breadstick	80	15.0	1.0
TACO: WALKING, BEEF	1 Walking Taco	482	42.34	24.33
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
SAND HOT BBQ BEEF RIBLET:G9-12	1 sandwich	318	31.05	14.18
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" MEATLOVERS:6-12	1/8th slice	342	29.95	14.81
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
PARFAIT STRAWBERRY FIELDS:G912	1 parfait	476	97.3	7.5
SAND COLD: KIT, SUBS	1 EACH	359	37.27	19.7
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE: PEAS & CHEDDAR	1/2 cup	199	16.87	10.06
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
PEPPER GREEN BELL DICED	1/2 cup	19	4.33	0.16
CAULIFLOWER FRESH	1/2 CUP	13	2.66	0.15
POTATO: SWEET CASSEROLE, CND	#8 dishers	143	21.06	6.18
BEANS: GREEN BEAN IQF	1/2 CUP	29	3.86	0.0
BEANS: BAKED BEAN BUSH'S	1/2 CUP	137	28.46	0.98
APPLE: CINNAMON & SUGAR	1/2 cup	40	10.5	0.01
PEACHES: DICED CND	1/2 CUP	52	13.76	0.13
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0	0.0
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENT: SALSA	2 OZ LADEL	20	6.0	0.0
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		765	108.57	22.53
% of Calories			56.8%	26.5%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/19/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: SALAD BAR	1 EACH	480	53.3	16.3
QUESADILA: PORK	1 EACH	356	28.75	17.6
QUESADILA: CHEESE	1 EACH	370	29.0	20.0
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA SCR 16" BRUSCHETTA:G6-12	1/8th slice	338	38.33	10.59
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
SALAD FT SOUTHERN BBQ:G612	1 salad	193	15.86	6.47
ROLL MINI SUB	1 roll	160	28.0	3.0
SAND COLD: KIT, WRAPS	1 EACH	155	32.51	2.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE TUSCAN TOPPING	1/2 cup	45	5.34	2.73
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
CUCUMBER	1/2 CUP	0	0.05	0.0
POTATO: FRENCH FRIES	1/2 cup	80	13.33	2.33
BROCCOLI: FROZEN, CKD	1/2 CUP	34	4.82	0.02
CORN: CANNED, COLD	1/2 CUP	90	20.44	1.13
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54	7.49
GRAPES: AMERICAN RAW SEEDLESS	1/2 CUP	58	14.82	0.3
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		644	91.43	18.22
% of Calories			56.8%	25.5%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/22/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: NACHO BAR	1 EACH	627	59.46	26.69
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23	13.07
SAUSAGE: LINKS,PORK (2oz M/MA)	4 LINKS	156	2.0	10.0
SALAD ENT TACO w/BEEF:G912	1 salad	314	34.44	11.46
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" COMBO:6-12	1/8th slice	342	31.89	14.52
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
VEGGIE BOWL:W/COT. CHEESE:K12	1 EACH	394	52.25	11.26
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
SAND COLD: KIT, SUBS	1 EACH	359	37.27	19.7
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE CURRIED CHICKPS:veg	1/2 cup	136	14.65	7.12
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
CUCUMBER	1/2 CUP	0	0.05	0.0
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
POTATO TATER TOTS	1/2 cup	130	16.0	6.0
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53	0.0
BEANS GREEN	1/2 CUP	22	4.93	0.18
BEANS SW PINTO:veg	1/2 cup	137	22.89	1.45
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0	0.0
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		772	102.28	25.96
% of Calories			53.0%	30.3%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:35 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/23/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: NACHO BAR	1 EACH	627	59.46	26.69
CHICKEN TENDERS	3 tenders	230	6.99	10.98
POTATO MASHED:instant	1/2 cup	112	21.36	1.53
BREADSTICK:K12	1 breadstick	80	15.0	1.0
GRAVY CHICKEN MIX	2 oz ladle	28	4.25	0.71
TACO: BEEF SOFT, crumble K12	2 TACOS	381	32.6	17.71
TACO CHICKEN FLOUR:K12	2 taco	417	32.69	16.88
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" BBQ CHICKEN:6-12	1/8th slice	376	40.75	13.75
SAND COLD:SUNBUTTER & JELLY:K8	1 EACH	560	68.5	26.0
CHEESE STRING	1 stick	80	1.0	6.0
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
SALAD:ENT CHEF: 6-12	1 EACH	250	24.41	10.0
ROLL MINI SUB	1 roll	160	28.0	3.0
SAND COLD: KIT, WRAPS	1 EACH	155	32.51	2.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SLAW BLUE RIBBON	1/2 cup	52	12.7	0.11
PEAS GREEN:from frozen	1/2 cup	74	12.74	0.0
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1	0.21
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
POTATOES: SCALLOPED	1/2 CUP	108	18.63	2.93
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
BROCCOLI: FROZEN, CKD	1/2 CUP	34	4.82	0.02
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54	7.49
STRAWBERRIES: FRZ DICED, SINGL	1/2 CUP	80	19.0	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0	0.0
CONDIMENTS: SALSA BAR TOPPINGS	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPINGS	SERV	86	12.15	3.7
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		759	110.26	19.17
% of Calories			58.1%	22.7%
Nutrient Guideline		750-850		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

9-12 LUNCH NEBRASKA

Generated on: 4/19/2017 9:31:36 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/24/2017				
9-12 LUNCH NEBRASKA	Total			
ACTION STATION: NACHO BAR	1 EACH	627	59.46	26.69
RAVIOLI JUMBO CHEESE	Ravioli	247	35.0	4.81
BREADSTICK:K12	1 breadstick	80	15.0	1.0
ENCHILADA CHEESE:6-12	1 enchilada	396	33.39	20.55
RICE CILANTRO LIME	2/3 cup	151	28.4	3.27
SAND BURGER BEEF:MS/HS	1 burger	300	34.0	9.0
SAND BURGER BEEF w/CHEESE:G612	1 burger	321	28.0	13.56
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND BURGER VEGAN TERIYAKI	1 burger	310	43.0	9.0
SAND HOT BEEF	1 sandwich	444	57.77	9.05
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87	13.5
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03	17.14
PIZZA:WG 14" TACO:6-12	1/8th slice	347	34.26	14.32
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1	19.75
PARFAIT DOUBLE BERRY:G912	1 parfait	435	85.05	7.5
SAND COLD: KIT, SUBS	1 EACH	359	37.27	19.7
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
SALAD SIDE: HMSTY POTATO SALAD	1/2 CUP	190	28.0	8.0
CELERY STICKS	1/2 cup	12	2.2	0.13
PEPPER RED BELL	1/2 CUP	12	2.84	0.1
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
POTATO: SWEET WAFFLE CUT	1/2 cup	140	23.01	5.0
BEANS: BAKED BEAN BUSH'S	1/2 CUP	137	28.46	0.98
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74	0.0
APPLE: CINNAMON & SUGAR	1/2 cup	40	10.5	0.01
APPLESAUCE: UNSWEETEND	1/2 CUP	53	14.4	0.06
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
CONDIMENTS: SALSA BAR TOPPING	SERV	9	1.12	0.48
CONDIMENTS: DELI BAR TOPPING	SERV	86	12.15	3.7
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		767	114.12	20.40
% of Calories			59.5%	23.9%
Nutrient Guideline		750-850		

Weighted Average		751	106.30	21.36
			56.6%	25.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	751		750 - 850	100%				
Carbohydrate (g)	106.30	56.58%						
Total Fat (g)	21.36	25.58%						

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