

Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

Generated on: 4/19/2017 9:30:28 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/01/2017				
6-8 LUNCH NEBRASKA	Total			
ACTION STATION: PASTA BAR	1 EACH	373	38.43	13.36
CHICKEN: GLAZED DRUMSTICK	1 PIECE	250	3.33	14.98
BREAD: BISCUIT	1 EACH	209	26.86	9.95
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
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
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
LUNCH BOX: EGG & CHEESE	1 EACH	457	49.38	19.51
SAND COLD:CHEESE BLT:K12	1 EACH	431	34.05	25.5
SAND COLD:SUB AMERICAN:K12	1 EACH	284	33.16	8.8
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO ROASTERS	1/2 cup	140	25.04	3.51
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53	0.0
BEANS REFRIED PINTO:veg	1/2 cup	132	21.7	1.42
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CELERY STICKS	1/2 cup	12	2.2	0.13
SALAD SIDE: BLACK BEAN & CORN	1/2 cup	109	20.91	0.57
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		589	75.65	17.79
% of Calories			51.4%	27.2%
Nutrient Guideline		600-700		

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.

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/02/2017				
6-8 LUNCH NEBRASKA	Total			
ACTION STATION: PASTA BAR	1 EACH	373	38.43	13.36
SAND HOT:SPICY CHICK PTY: K12	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
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" SUPREME:G612	1/8th slice	314	30.94	13.62
SALAD:ENT CHEF: 6-12	1 EACH	250	24.41	10.0
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
SAND COLD:TURKEY & CHEESE:K12	1 EACH	302	32.83	9.89
SAND COLD:WRAP BUFALO CHICK:K8	1 EACH	410	34.8	20.8
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO TATER TOTS	1/2 cup	130	16.0	6.0
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
BROCCOLI & CAULIFLOWER W/PANKO	1/2 CUP	103	6.62	8.0
HUMMUS	1/2 CUP	280	28.0	16.0
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24	6.16
APPLE CRISP:K12	1/24 slice	392	70.4	11.36
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		632	83.97	20.03
% of Calories			53.1%	28.5%
Nutrient Guideline		600-700		

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

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/03/2017				
6-8 LUNCH NEBRASKA				
	Total			
ACTION STATION: PASTA BAR	1 EACH	373	38.43	13.36
CHICKEN TENDERS	3 tenders	230	6.99	10.98
BREADSTICK:K12	1 breadstick	80	15.0	1.0
SAND HOT BBQ PORK RIBLET:G9-12	1 sandwich	307	36.1	12.13
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
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
FRUIT BOWL:W/CHEESE:K12	1 EACH	267	29.3	12.38
BREAD: TOASTED WW BAGEL: K12	1 BAGEL	180	38.0	1.0
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0	5.0
SAND COLD:SUB HAM & SWISS:K12	1 EACH	283	34.87	7.86
SAND COLD:WRAP TURKEY & CHZ:K8	1 EACH	327	26.53	15.64
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO MASHED:instant	1/2 cup	112	21.36	1.53
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74	0.0
BEANS: BAKED BEAN BUSH'S	1/2 CUP	137	28.46	0.98
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
CUCUMBER	1/2 CUP	0	0.05	0.0
PEPPER GREEN BELL DICED	1/2 cup	19	4.33	0.16
SALAD SLAW CAROLINA	1/3 cup	90	9.94	5.44
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		649	92.11	16.44
% of Calories			56.8%	22.8%
Nutrient Guideline		600-700		

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/04/2017				
6-8 LUNCH NEBRASKA	Total			
ACTION STATION: PASTA BAR	1 EACH	373	38.43	13.36
SAND HOT:BEEF HOTDOG: K-12	1 EACH	340	34.0	18.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28	18.37
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28	13.82
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
SALAD FT BUFFALO:G612	1 salad	317	26.16	15.32
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
SAND COLD SB&J:K12	1 sandwich	575	51.11	34.0
SAND COLD:SUB ITALIAN:K12	1 EACH	278	33.48	9.56
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO: SWEET WAFFLE CUT	1/2 cup	140	23.01	5.0
BEANS: KIDNEY DARK RED, CKD	1/2 CUP	149	27.38	0.0
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CELERY STICKS	1/2 cup	12	2.2	0.13
SALAD SIDE: APPLE CARROT	1/2 cup	69	14.04	1.05
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		649	85.13	20.93
% of Calories			52.4%	29.0%
Nutrient Guideline		600-700		

Fri - 05/05/2017				
6-8 LUNCH NEBRASKA	Total			
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
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24	6.16
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
CUCUMBER SLICES	1/2 cup	10	2.47	0.07
SALAD SIDE: PASTA:veg	1/2 CUP	120	18.1	2.99
MELON HONEYDEW CUBES	1/2 cup	58	14.54	0.22
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07

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Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		298	45.33 60.8%	6.41 19.3%
Nutrient Guideline		600-700		

Mon - 05/08/2017				
6-8 LUNCH NEBRASKA	Total			
ACTION STATION: NACHO BAR	1 EACH	627	59.46	26.69
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
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
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
VEGGIE BOWL:W/COT. CHEESE:K12	1 EACH	394	52.25	11.26
SAND COLD:WRAP S. ITALIAN:6-8	1 EACH	303	26.99	13.33
SAND COLD:SUB HAM & CHEESE:K12	1 EACH	283	34.62	8.36
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
YAMS: CND	1/2 CUP	76	18.92	0.0
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37	0.0
BROCCOLI: FROZEN, CKD	1/2 CUP	34	4.82	0.02
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
SALAD SIDE: HMSTY POTATO SALAD	1/2 CUP	190	28.0	8.0
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average % of Calories		563	73.88 52.4%	16.13 25.8%
Nutrient Guideline		600-700		

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Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/09/2017				
6-8 LUNCH NEBRASKA	Total			
ACTION STATION: NACHO BAR	1 EACH	627	59.46	26.69
CHICKEN STICKS	8 Sticks	261	16.06	15.05
BREADSTICK:K12	1 breadstick	80	15.0	1.0
SAND HOT:SPICY CHICK PTY: K12	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
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:G612	1/8th slice	363	28.89	17.53
LUNCH BOX: PIZZA MS	1 EACH	471	52.05	21.29
SAND COLD:TURKEY & CHEESE:K12	1 EACH	302	32.83	9.89
SAND COLD:WRAP CHICK CAESAR	1 EACH	449	36.16	23.65
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
BEANS: BAKED BEAN BUSH'S	1/2 CUP	137	28.46	0.98
POTATO SMILES	1/2 cup	130	20.06	4.51
VEGETABLE BLEND: FAJITA	1/2 CUP	41	6.84	0.0
TOMATO CHERRY	1/2 cup	13	2.91	0.15
CUCUMBER	1/2 CUP	0	0.05	0.0
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CRISP: PEACH	#8 disher	192	31.74	7.24
STRAWBERRIES: SLICED SWEETENED	1/2 CUP	133	37.85	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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		687	95.99	20.24
% of Calories			55.9%	26.5%
Nutrient Guideline		600-700		

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6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/10/2017				
6-8 LUNCH NEBRASKA				
	Total			
ACTION STATION: NACHO BAR	1 EACH	627	59.46	26.69
PORK: WG BRD PATTY w/GRVY&ROLL	1 EACH	395	36.06	19.01
SAND HOT BBQ PORK RIBLET:G9-12	1 sandwich	307	36.1	12.13
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
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
HUMMUS: BOWL, MEDITERRANEAN	1 EACH	392	47.79	17.54
SAND COLD:WRAP HAM & PROVLO:K8	1 EACH	303	27.62	11.88
SAND COLD:SUB S. ITALIAN:K12	1 EACH	278	33.48	9.56
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO MASHED:instant	1/2 cup	112	21.36	1.53
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74	0.0
VEGETABLE BLEND: CALI. w/CHZ	1/2 CUP	66	6.38	2.73
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
PEPPER GREEN BELL DICED	1/2 cup	19	4.33	0.16
CELERY STICKS	1/2 cup	12	2.2	0.13
SALAD SIDE: PEAS & CHEDDAR	1/2 cup	199	16.87	10.06
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		707	92.47	21.84
% of Calories			52.3%	27.8%
Nutrient Guideline		600-700		

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6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/11/2017				
6-8 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
EGG SCRAMBLED:K12	SERV	92	0.0	5.91
SYRUP: BRKFT SYRUP SMUCKERS IN	INDV CUP	120	30.0	0.0
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:SPICY CHICK PTY: K12	1 EACH	304	35.0	9.5
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
SALAD FT BUFFALO:G612	1 salad	317	26.16	15.32
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
PARFAIT STRAWBERRY FIELDS:G912	1 parfait	476	97.3	7.5
SAND COLD:WRAP CHICK RANCH:K8	1 EACH	431	38.14	21.84
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO: SWEET WAFFLE CUT	1/2 cup	140	23.01	5.0
BEANS: CAJUN KIDNEY	1/2 CUP	170	29.0	1.57
PEPPER RED BELL	1/2 CUP	12	2.84	0.1
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24	6.16
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
SALAD SIDE TOMATO & CUCUMBER	1/2 cup	20	4.42	0.16
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		630	86.41	19.51
% of Calories			54.9%	27.9%
Nutrient Guideline		600-700		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/12/2017				
6-8 LUNCH NEBRASKA	Total			
ACTION STATION: NACHO BAR	1 EACH	627	59.46	26.69
MOZZ STICKS: WG BRD	5 STICKS	380	35.94	18.48
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72	0.0
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
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
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
SALAD FT GARDEN:G612	1 salad	130	16.97	3.36
BREAD: TOASTED WW BAGEL: K12	1 BAGEL	180	38.0	1.0
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0	5.0
SAND COLD:AMERICAN:6-12	1 EACH	284	34.16	8.8
PARFAIT DOUBLE BERRY:G912	1 parfait	435	85.05	7.5
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO: FRENCH FRIES	1/2 cup	80	13.33	2.33
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37	0.0
YAMS: CND	1/2 CUP	76	18.92	0.0
BEET: PICKLED SLICED MED FCY	1/2 CUP	109	27.14	0.0
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
BEANS: GARBANZO, COLD	1/2 CUP	138	23.05	2.3
SALAD SIDE: BROCCOLI & RAISIN	1/2 cup	150	22.83	5.7
PEAR: FRESH	PEAR	120	28.82	0.16
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		704	101.23	18.69
% of Calories			57.5%	23.9%
Nutrient Guideline		600-700		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/15/2017				
6-8 LUNCH NEBRASKA	Total			
ACTION STATION: PHILLY BAR	1 EACH	599	52.16	21.42
BEEF: WG BRD FINGERS	4 STICKS	230	16.0	13.0
BREADSTICK:K12	1 breadstick	80	15.0	1.0
SAND HOT:CHICKEN PATTY: K-12	EACH	320	26.0	12.5
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
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
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:TURKEY CLUB:K12	1 EACH	338	35.05	11.27
SAND COLD:WRAP BUFALO CHICK:K8	1 EACH	410	34.8	20.8
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO BAKER LARGE 80ct	1/2 CUP	98	22.26	0.14
BEANS PLAIN PINTO:veg	1/2 cup	79	14.23	0.0
CARROTS: CANNED SLICES, CKD	1/2 CUP	34	6.86	0.0
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1	0.21
CUCUMBER SLICES	1/2 cup	10	2.47	0.07
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24	6.16
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
DRESSING CAESAR	1 TBSP	35	1.0	3.5
Weighted Daily Average		650	80.63	19.05
% of Calories			49.6%	26.4%
Nutrient Guideline		600-700		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/16/2017				
6-8 LUNCH NEBRASKA				
	Total			
ACTION STATION: PHILLY BAR	1 EACH	599	52.16	21.42
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
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"BRKFST BACON:6-12	1/8th slice	361	32.5	18.23
LUNCH BOX: HAM & MOZZ	1 EACH	396	49.32	13.99
SAND COLD:WRAP TURKEY & CHZ:K8	1 EACH	327	26.53	15.64
SAND COLD:SUB S. ITALIAN:K12	1 EACH	278	33.48	9.56
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO: SWEET WAFFLE CUT	1/2 cup	140	23.01	5.0
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24	6.16
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
CELERY STICKS	1/2 cup	12	2.2	0.13
ORANGE MANDARIN CND	1/2 CUP	54	12.52	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
APPLE: CINNAMON & SUGAR	1/2 cup	40	10.5	0.01
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: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		583	75.87	16.93
% of Calories			52.1%	26.1%
Nutrient Guideline		600-700		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/17/2017				
6-8 LUNCH NEBRASKA	Total			
ACTION STATION: PHILLY BAR	1 EACH	599	52.16	21.42
MAC & CHEESE	1 CUP	475	39.63	24.8
SAND HOT BBQ PORK RIBLET:G9-12	1 sandwich	307	36.1	12.13
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
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
FRUIT BOWL:W/CHEESE:K12	1 EACH	267	29.3	12.38
MUFFIN: WG APPLE CINNAMON	1 muffin/square	320	53.92	9.1
MUFFIN: WG BANANA	1 muffin/square	350	60.94	9.23
MUFFIN: WG BLUEBERRY	1 muffin/square	318	53.03	9.2
SAND COLD:WRAP HAM & SWISS:K8	1 EACH	324	28.12	13.91
SAND COLD:SUB TURKEY&PJACK:K12	1 EACH	302	32.34	9.38
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO MASHED:instant	1/2 cup	112	21.36	1.53
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
CUCUMBER	1/2 CUP	0	0.05	0.0
PEPPER RED BELL	1/2 CUP	12	2.84	0.1
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
SALAD SLAW CAROLINA	1/3 cup	90	9.94	5.44
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		731	95.95	22.00
% of Calories			52.5%	27.1%
Nutrient Guideline		600-700		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

Generated on: 4/19/2017 9:30:29 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/18/2017				
6-8 LUNCH NEBRASKA	Total			
ACTION STATION: PHILLY BAR	1 EACH	599	52.16	21.42
SPAGHETTI w/MEATBALLS:K12-4%	pasta + sauce	362	36.76	15.38
PASTA SPAGHETTI 1%:boil	1/2 cup	100	19.06	1.3
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
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
SALAD FT BUFFALO:G612	1 salad	317	26.16	15.32
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
SAND COLD:SUNBUTTER & JELLY:K8	1 EACH	560	68.5	26.0
SAND COLD:SUB 3 CHEESE:K12	1 EACH	397	31.5	21.69
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO ROASTERS	1/2 cup	140	25.04	3.51
BEANS: KIDNEY DARK RED, CKD	1/2 CUP	149	27.38	0.0
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
CELERY STICKS	1/2 cup	12	2.2	0.13
BROCCOLI FRESH	1/2 CUP	15	2.92	0.16
SALAD SIDE: PASTA:veg	1/2 CUP	120	18.1	2.99
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
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		726	96.67	20.89
% of Calories			53.2%	25.9%
Nutrient Guideline		600-700		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

Generated on: 4/19/2017 9:30:29 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/19/2017				
6-8 LUNCH NEBRASKA				
	Total			
ACTION STATION: PHILLY BAR	1 EACH	599	52.16	21.42
CHICKEN TENDERS	3 tenders	230	6.99	10.98
BREADSTICK:K12	1 breadstick	80	15.0	1.0
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
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
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
PARFAIT BLUEBERRY PATCH:G912	1 parfait	395	72.8	7.5
SAND COLD:SUB AMERICAN:K12	1 EACH	284	33.16	8.8
SAND COLD:WRAP BUFALO CHICK:K8	1 EACH	410	34.8	20.8
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATOES: SCALLOPED	1/2 CUP	108	18.63	2.93
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37	0.0
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54	7.49
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
SPINACH LEAVES FRESH	1 CUP	21	2.57	0.28
CUCUMBER SLICES	1/2 cup	10	2.47	0.07
SALAD SIDE:JELL-O LIME/P.APPLE	1/2 CUP	142	34.67	0.0
MELON CANTALOUPE CUBES	1/2 cup	58	13.88	0.32
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: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		702	96.87	17.85
% of Calories			55.2%	22.9%
Nutrient Guideline		600-700		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

Generated on: 4/19/2017 9:30:29 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/22/2017				
6-8 LUNCH NEBRASKA	Total			
ACTION STATION: POPN CHICKEN	1 EACH	509	53.96	21.74
MOZZ STICKS: WG BRD	5 STICKS	380	35.94	18.48
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72	0.0
SAND HOT:CHICKEN PATTY: K-12	EACH	320	26.0	12.5
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
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
VEGGIE BOWL:W/COT. CHEESE:K12	1 EACH	394	52.25	11.26
SAND COLD:WRAP BUFALO CHICK:K8	1 EACH	410	34.8	20.8
SAND COLD:TURKEY PINWHEEL:K8	1 EACH	363	27.67	17.67
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
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74	0.0
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
SALAD SLAW MEXICAN	1/2 CUP	55	13.9	0.12
APPLESAUCE: CINNAMON CND	1/2 CUPS	58	15.97	0.09
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: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		652	85.14	20.42
% of Calories			52.3%	28.2%
Nutrient Guideline		600-700		

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

6-8 LUNCH NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/23/2017				
6-8 LUNCH NEBRASKA	Total			
ACTION STATION: POPN CHICKEN	1 EACH	509	53.96	21.74
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23	13.07
EGG SCRAMBLED:K12	SERV	92	0.0	5.91
SYRUP: BRKFT SYRUP SMUCKERS IN	INDV CUP	120	30.0	0.0
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
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:G612	1/8th slice	363	28.89	17.53
SALAD:ENT CHEF: 6-12	1 EACH	250	24.41	10.0
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
SAND COLD:EGG SALAD:K12	1 EACH	335	36.92	14.95
SAND COLD:WRAP CHICK CAESAR	1 EACH	449	36.16	23.65
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
CASSEROLE: HASHBROWN	1/2 CUP	278	35.71	10.71
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92	9.45
BEANS: KIDNEY DARK RED, CKD	1/2 CUP	149	27.38	0.0
SALAD SIDE: BLACK BEAN & CORN	1/2 cup	109	20.91	0.57
PEPPER RED BELL	1/2 CUP	12	2.84	0.1
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24	6.16
FRUIT MIX CND	1/2 CUP	61	13.13	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
CRISP: PEACH	#8 disher	192	31.74	7.24
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: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		732	95.53	24.82
% of Calories			52.2%	30.5%
Nutrient Guideline		600-700		

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 24, 2017

6-8 LUNCH NEBRASKA

Generated on: 4/19/2017 9:30:29 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/24/2017				
6-8 LUNCH NEBRASKA	Total			
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0	12.5
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
LUNCH BOX: TURKEY & MOZZ	1 EACH	362	38.37	13.76
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0	1.5
SAND COLD:SUB 3 CHEESE:K12	1 EACH	397	31.5	21.69
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51	0.21
POTATO: FRENCH FRIES	1/2 cup	80	13.33	2.33
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37	0.0
CORN: FROZEN, CKD	1/2 CUP	82	15.67	0.82
CELERY STICKS	1/2 cup	12	2.2	0.13
CARROTS BABY FRESH	1/2 cup	25	5.78	0.09
APPLE: 125-138ct	1 EACH	58	15.41	0.19
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
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
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: 6-12	SERV	20	3.93	0.32
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78	2.07
Weighted Daily Average		380	62.41	7.30
% of Calories			65.7%	17.3%
Nutrient Guideline		600-700		

Weighted Average		626	84.51	18.18
			54.0%	26.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	626		600 - 700	100%				
Carbohydrate (g)	84.51	54.02%						
Total Fat (g)	18.18	26.14%						

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