

# Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

Generated on: 4/26/2017 2:28:15 PM

	Portion Size	Cals (kcal)	Carb (g)
<b>Mon - 05/01/2017</b>			
K-5 Breakfast NE	Total		
FRENCH TOAST: WG MINI CINNAMON	1 EACH	220	37.0
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
PEARS: SLICED CND	1/2 CUP	57	13.34
Fruit-Assorted	1 whole fruit	90	23.15
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
K-5 Lunch NE	Total		
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
NACHOS BEEF & CHEESE NE	1 nacho	473	44.49
SAND COLD:WRAP TURKEY & CHZ:K8	1 EACH	327	26.53
SALAD: ENT CHEF: K5	1 EACH	228	19.87
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
YAMS: CND	1/2 CUP	76	18.92
CARROTS BABY FRESH	1/2 cup	25	5.78
BROCCOLI FRESH	1/2 CUP	15	2.92
CELERY STICKS	1/2 cup	12	2.2
PEACHES: SLICED CND	1/2 CUP	50	13.22
APPLE: 125-138ct	1 EACH	58	15.41
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
Weighted Daily Average		475	69.41
% of Calories			58.4%
Nutrient Guideline		447-573	

<b>Tue - 05/02/2017</b>			
K-5 Breakfast NE	Total		
SAND BRKFST:CROI, BACN,EGG&CHZ	1 EACH	338	14.82
DONUT: GLAZED RING	1 EACH	314	37.74
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
STRAWBERRIES	1/2 cup	24	5.84
Assorted Juice Cups	1-4oz juice cup	63	15.33
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0

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

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Combined: K-5 Breakfast NE/K-5 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
K-5 Lunch NE	Total		
CORN DOG: MINI CHICKEN	1 EACH	326	28.5
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23
SAUSAGE TURKEY PATTY 2M/MA	1 EACH	60	0.0
Kydz-able: PEPPERONI Pizza	1 EACH	458	55.62
PARFAIT JUST PEACHY:K12	1 parfait	232	44.7
SAND COLD:SUB TURKEY&CHZ:K12	1 EACH	302	31.83
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO SMILES	1/2 cup	130	20.06
BEANS SW BLACK:veg	1/2 cup	98	17.28
SQUASH MEXICAN ZUCCHINI	1/2 cup	45	8.93
SPINACH LEAVES FRESH	1 CUP	21	2.57
BLUEBERRIES: FRZ	1/2 CUP	40	9.67
GRAPES: AMERICAN RAW SEEDLESS	1/2 CUP	58	14.82
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT:DILL PICKLE 1/8KK:K5	1 OZ (7 SLICES)	3	0.5
SYRUP: BRKFT SYRUP SMUCKERS IN	INDV CUP	120	30.0
Weighted Daily Average		515	70.29
% of Calories			54.6%
Nutrient Guideline		447-573	

Wed - 05/03/2017			
K-5 Breakfast NE	Total		
PIZZA BRKFST SAUSAGE WG:K12	1 slice	210	26.0
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
APPLESAUCE: UNSWEETEND	1/2 CUP	53	14.4
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0

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May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
K-5 Lunch NE	Total		
CHICKEN NUGGETS:K12	5 nuggets	250	17.96
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
BEEFY MAC	1 CUP	320	43.85
WRAP FT ITALIAN:K5	1 wrap	312	36.42
SALAD: ENT POPCORN CHICKEN: K5	1 EACH	280	19.8
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92
CAULIFLOWER FRESH	1/2 CUP	13	2.66
CORN: CANNED, COLD	1/2 CUP	90	20.44
CARROTS BABY FRESH	1/2 cup	25	5.78
APPLESAUCE: UNSWEETEND	1/2 CUP	53	14.4
BANANAS PETITE:150ct	1 EACH	105	26.95
Assorted Juice Cups	1-4oz juice cup	63	15.33
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
Weighted Daily Average		515	76.66
% of Calories			59.6%
Nutrient Guideline		447-573	

Thu - 05/04/2017			
K-5 Breakfast NE	Total		
SAND BRKFST MUFFIN HAM:K12	1 sandwich	258	24.18
Assorted Yogurt and Grahams	3	179	33.94
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
ORANGE MANDARIN CND	1/2 CUP	54	12.52
Assorted Juice Cups	1-4oz juice cup	63	15.33
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0

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Portion Values - Detailed

Page 4

May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
K-5 Lunch NE	Total		
PIZZA SMART PEPPERONI:K8	1 slice	325	37.09
HOT DOG TWISTED:K12	1 twisted dog	260	27.7
Kydz-ables: Chicken Poppers	1 EACH	477	69.41
PARFAIT CHUNKY MONKEY	Parfait	656	104.03
MUFFIN: IW DOUBLE CHOC. 2oz	1 muffin	190	32.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO FRENCH FRIES	1/2 cup	80	13.97
OLIVES BLACK	1/2 cup	104	4.16
TOMATO CHERRY	1/2 cup	13	2.91
PEPPER GREEN BELL DICED	1/2 cup	19	4.33
PEARS: SLICED CND	1/2 CUP	57	13.34
APPLE: 125-138ct	1 EACH	58	15.41
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
Weighted Daily Average		519	75.82
% of Calories			58.4%
Nutrient Guideline		447-573	

Fri - 05/05/2017			
K-5 Breakfast NE	Total		
WAFFLE: DUTCH WG 5"/48ct.	EACH (83G)	386	66.21
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
MELON CANTALOUPE CUBES	1/2 cup	58	13.88
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
K-5 Lunch NE	Total		
PIZZA STICKS	2 EACH	290	30.0
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72
QUESADILA: CHICKEN, FAJITA	1 EACH	375	31.23
SAND COLD:SUB PEPP&Chz:K12	1 EACH	364	32.11
SALAD ENT TACO w/CHICKEN:K8	1 salad	290	27.97
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
CORN: FROZEN, CKD	1/2 CUP	82	15.67
SALAD SIDE: HMSTY POTATO SALAD	1/2 CUP	190	28.0
PEPPER RED BELL	1/2 CUP	12	2.84
BROCCOLI FRESH	1/2 CUP	15	2.92
STRAWBERRIES	1/2 cup	24	5.84
ORANGE BITES:138ct	1/2 cup	63	15.66
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: TARTAR SAUCE HEINZ	INDV PKT	50	1.0

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May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		510	75.93 59.5%
Nutrient Guideline		447-573	

Mon - 05/08/2017			
K-5 Breakfast NE	Total		
DONUT: MINI CHOCOLATE	package	320	41.0
DONUT: MINI POWDERED	package	270	41.0
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
PEACHES: SLICED CND	1/2 CUP	50	13.22
Fruit-Assorted	1 whole fruit	90	23.15
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
K-5 Lunch NE	Total		
CHICKEN SWT & SOUR:K8	5 nuggets	290	26.96
RICE BROWN CKD:K12	1/2 cup	117	25.51
SAND HOT:CHEESEBURGER BEEF:K5	1 EACH	302	23.01
SAND HOT:HAMBURGER BEEF: K5	1 EACH	252	23.01
Kydz-ables: TURKEY & MOZZ	1 EACH	402	44.37
SALAD: ENT BRD CHICK CESAR: K5	1 EACH	322	25.61
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
PEAS GREEN:from frozen	1/2 cup	74	12.74
CARROTS BABY FRESH	1/2 cup	25	5.78
BROCCOLI FRESH	1/2 CUP	15	2.92
CELERY STICKS	1/2 cup	12	2.2
PEACHES: SLICED CND	1/2 CUP	50	13.22
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
Weighted Daily Average % of Calories		502	72.90 58.1%
Nutrient Guideline		447-573	

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May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
<b>Tue - 05/09/2017</b>			
K-5 Breakfast NE	Total		
SAND BRKFST:CROISSANT, EGG&CHZ	1 EACH	228	14.56
SMOOTHIE PURPL DAZ:blenderless	1 smoothie	180	38.48
MUFFIN: IW DOUBLE CHOC. 2oz	1 muffin	190	32.0
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
PEARS: SLICED CND	1/2 CUP	57	13.34
Assorted Juice Cups	1-4oz juice cup	63	15.33
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
K-5 Lunch NE	Total		
SAND COLD:SUB TURKEY&CHZ:K12	1 EACH	302	31.83
SAND HOT SLOPPY JOE:K12-scrctch	1 sandwich	311	39.12
PANCAKES:2G	2 pancakes	153	27.33
EGG OMELET:K12	1 omelet	129	0.99
FRUIT BOWL:W/CHEESE:K12	1 EACH	267	29.3
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
LETTUCE: ROMAIN MIX (95%)	1 CUP	13	2.51
POTATO SMILES	1/2 cup	130	20.06
OLIVES BLACK	1/2 cup	104	4.16
TOMATO CHERRY	1/2 cup	13	2.91
PEPPER GREEN BELL DICED	1/2 cup	19	4.33
PEARS DICED CND	1/2 CUP	60	14.0
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: TARTAR SAUCE HEINZ	INDV PKT	50	1.0
Weighted Daily Average		498	73.73
% of Calories			59.2%
Nutrient Guideline		447-573	

<b>Wed - 05/10/2017</b>			
K-5 Breakfast NE	Total		
PIZZA:WG BRKFT BACON SCRAMBLE	1 EACH	210	23.0
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
APPLESAUCE: UNSWEETEND	1/2 CUP	53	14.4
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0

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	Portion Size	Cals (kcal)	Carb (g)
K-5 Lunch NE	Total		
CHICKEN NUGGETS:K12	5 nuggets	250	17.96
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
SAND HOT:GRILLED CHEESE	1 EACH	362	32.0
SOUP TOMATO	3/4 cup	135	30.05
Kydz-able: PEPPERONI & CHEDDAR	1 EACH	485	66.55
SALAD FT BUFFALO:K5	1 salad	255	20.47
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO SWT BITES	1/2 cup	120	19.03
CORN: CANNED, COLD	1/2 CUP	90	20.44
SPINACH LEAVES FRESH	1 CUP	21	2.57
PEPPER RED BELL	1/2 CUP	12	2.84
APPLESAUCE: UNSWEETEND	1/2 CUP	53	14.4
BANANAS PETITE:150ct	1 EACH	105	26.95
JUICE: FRZ TREAT:ORG/PINE/CHRY	1 EACH	70	19.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
Weighted Daily Average		525	80.62
% of Calories			61.5%
Nutrient Guideline		447-573	

Thu - 05/11/2017			
	Portion Size	Cals (kcal)	Carb (g)
K-5 Breakfast NE	Total		
BRKFST UBR CINNAMON	1 brkfst round	250	43.0
PARFAIT CHUNKY MONKEY	Parfait	656	104.03
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
PINEAPPLE TIDBITS CND	1/2 CUP	62	15.39
Assorted Juice Cups	1-4oz juice cup	63	15.33
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0

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May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

Generated on: 4/26/2017 2:28:15 PM

	Portion Size	Cals (kcal)	Carb (g)
K-5 Lunch NE	Total		
PIZZA SMART CHEESE:K8	1 slice	300	37.0
CHICKEN FRIED STEAK:K12	patty + gravy	428	31.76
POTATO MASHED:instant	1/2 cup	112	21.36
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
SAND COLD:WRAP HAM & CHZ:K8	1 EACH	324	27.62
PARFAIT DOUBLE BERRY:G912	1 parfait	435	85.05
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
BEANS GREEN	1/2 CUP	22	4.93
BROCCOLI FRESH	1/2 CUP	15	2.92
CAULIFLOWER FRESH	1/2 CUP	13	2.66
CARROTS BABY FRESH	1/2 cup	25	5.78
SALAD SIDE:JELL-O ORANGE/MAND	1/2 CUP	136	32.8
APPLE: 125-138ct	1 EACH	58	15.41
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
Weighted Daily Average		550	89.19
% of Calories			64.9%
Nutrient Guideline		447-573	

Fri - 05/12/2017			
K-5 Breakfast NE	Total		
STRAWBERRY MINI BAGELS	Package	230	41.0
CINNAMON MINI BAGELS	Package	240	41.0
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
STRAWBERRIES	1/2 cup	24	5.84
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0

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# Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
K-5 Lunch NE	Total		
PIZZA STICKS	2 EACH	290	30.0
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72
SAND HOT BBQ TURKEY:K12	1 burger	295	32.6
SAND COLD:SUB TURKEY&CHZ:K12	1 EACH	302	31.83
BANANA SPLIT	1 EACH	545	107.45
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO FRENCH FRIES	1/2 cup	80	13.97
CARROTS BABY FRESH	1/2 cup	25	5.78
CUCUMBER SLICES	1/2 cup	10	2.47
BROCCOLI FRESH	1/2 CUP	15	2.92
APRICOT HALVES IN JUICE	1/2 cup	59	13.76
ORANGE BITES:138ct	1/2 cup	63	15.66
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: TARTAR SAUCE HEINZ	INDV PKT	50	1.0
Weighted Daily Average		484	76.87
% of Calories			63.5%
Nutrient Guideline		447-573	

Mon - 05/15/2017			
K-5 Breakfast NE	Total		
SAND BRKFST:SAUSAGE PANCAKE	1 EACH	220	27.33
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
PEACHES: SLICED CND	1/2 CUP	50	13.22
Fruit-Assorted	1 whole fruit	90	23.15
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
K-5 Lunch NE	Total		
SAND HOT:MEATBALL SUB: K5	1 EACH	368	37.46
NACHOS BEEF & CHEESE NE	1 nacho	473	44.49
SAND COLD:SUB PEPP&Chz:K12	1 EACH	364	32.11
PARFAIT STRAWBERRY FIELDS:G912	1 parfait	476	97.3
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
BEANS BAKED:veg	1/2 cup	219	51.84
TOMATO CHERRY	1/2 cup	13	2.91
OLIVES BLACK	1/2 cup	104	4.16
PEPPER GREEN BELL DICED	1/2 cup	19	4.33
PEACHES: SLICED CND	1/2 CUP	50	13.22
APPLE: 125-138ct	1 EACH	58	15.41
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: SALSA	2 OZ LADEL	20	6.0

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# Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

Generated on: 4/26/2017 2:28:15 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		464	68.55 59.1%
Nutrient Guideline		447-573	

Tue - 05/16/2017			
K-5 Breakfast NE	Total		
SAND BRKFST MUFFIN EGG:K12	1 sandwich	241	24.01
DONUT: GLAZED RING	1 EACH	314	37.74
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
STRAWBERRIES	1/2 cup	24	5.84
Assorted Juice Cups	1-4oz juice cup	63	15.33
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
K-5 Lunch NE	Total		
CORN DOG: MINI CHICKEN	1 EACH	326	28.5
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23
SAUSAGE TURKEY PATTY 2M/MA	1 EACH	60	0.0
Kydz-able: Cheese Pizza	1 EACH	423	47.28
SALAD: ENT POPCORN CHICKEN: K5	1 EACH	280	19.8
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
SAND COLD:SUB TURKEY&CHZ:K12	1 EACH	302	31.83
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO SMILES	1/2 cup	130	20.06
CARROTS BABY FRESH	1/2 cup	25	5.78
BROCCOLI FRESH	1/2 CUP	15	2.92
CELERY STICKS	1/2 cup	12	2.2
STRAWBERRIES	1/2 cup	24	5.84
ORANGE BITES:138ct	1/2 cup	63	15.66
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT:DILL PICKLE 1/8KK:K5	1 OZ (7 SLICES)	3	0.5
SYRUP: BRKFT SYRUP SMUCKERS IN	INDV CUP	120	30.0
Weighted Daily Average % of Calories		505	70.81 56.1%
Nutrient Guideline		447-573	

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# Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
<b>Wed - 05/17/2017</b>			
K-5 Breakfast NE	Total		
PIZZA BRKFST SAUSAGE WG:K12	1 slice	210	26.0
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
APPLESAUCE: CINNAMON CND	1/2 CUPS	58	15.97
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
K-5 Lunch NE	Total		
CHICKEN NUGGETS:K12	5 nuggets	250	17.96
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
QUESADILA: CHICKEN, FAJITA	1 EACH	375	31.23
SAND COLD:SUB ITALIAN:K12	1 EACH	278	33.48
PARFAIT JUST PEACHY:G912	1 parfait	412	76.85
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92
SPINACH LEAVES FRESH	1 CUP	21	2.57
CORN: CANNED, COLD	1/2 CUP	90	20.44
CARROTS BABY FRESH	1/2 cup	25	5.78
APPLESAUCE: UNSWEETEND	1/2 CUP	53	14.4
BANANAS PETITE:150ct	1 EACH	105	26.95
Assorted Juice Cups	1-4oz juice cup	63	15.33
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
Weighted Daily Average		524	80.03
% of Calories			61.0%
Nutrient Guideline		447-573	

<b>Thu - 05/18/2017</b>			
K-5 Breakfast NE	Total		
SAND BRKFST:CROI, BACN,EGG&CHZ	1 EACH	338	14.82
Assorted Yogurt and Grahams	3	179	33.94
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
ORANGE MANDARIN CND	1/2 CUP	54	12.52
Assorted Juice Cups	1-4oz juice cup	63	15.33
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0

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# Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
K-5 Lunch NE	Total		
PIZZA SMART PEPPERONI:K8	1 slice	325	37.09
CHICKEN & GRAVY	#10 dishers	115	4.25
POTATO MASHED:instant	1/2 cup	112	21.36
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
Kydz-ables: Chicken Poppers	1 EACH	477	69.41
SALAD FT SOUTHERN BBQ:K5	1 salad	182	13.78
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
COOKIE: CHOC CHIP WG 1oz OTIS	1 COOKIE	111	18.22
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37
BROCCOLI FRESH	1/2 CUP	15	2.92
PEPPER RED BELL	1/2 CUP	12	2.84
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24
GRAPES: AMERICAN RAW SEEDLESS	1/2 CUP	58	14.82
APPLE: 125-138ct	1 EACH	58	15.41
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
Weighted Daily Average		485	68.16
% of Calories			56.2%
Nutrient Guideline		447-573	

Fri - 05/19/2017			
K-5 Breakfast NE	Total		
SAND BRKFST:ENG MFFN SASG&CHZ	1 EACH	231	23.0
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
PINEAPPLE TIDBITS CND	1/2 CUP	62	15.39
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0

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# Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
K-5 Lunch NE	Total		
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT BBQ PORK RIBLET:G9-12	1 sandwich	307	36.1
SAND COLD:TURKEY&CHDR:K12	1 EACH	307	33.34
SALAD ENT TACO w/CHICKEN:K8	1 salad	290	27.97
QUESADILA: CHEESE	1 EACH	370	29.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
CORN: FROZEN, CKD	1/2 CUP	82	15.67
SPINACH LEAVES FRESH	1 CUP	21	2.57
CAULIFLOWER FRESH	1/2 CUP	13	2.66
CARROTS BABY FRESH	1/2 cup	25	5.78
PINEAPPLE TIDBITS CND	1/2 CUP	62	15.39
ORANGE BITES:138ct	1/2 cup	63	15.66
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: TARTAR SAUCE HEINZ	INDV PKT	50	1.0
Weighted Daily Average		448	62.16
% of Calories			55.6%
Nutrient Guideline		447-573	

Mon - 05/22/2017			
K-5 Breakfast NE	Total		
SAND BRKFST:BAGEL, HAM&EGG	1 EACH	286	40.82
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
PEACHES: SLICED CND	1/2 CUP	50	13.22
Fruit-Assorted	1 whole fruit	90	23.15
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0

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Base Menu Spreadsheet

Portion Values - Detailed

Page 14

May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

Generated on: 4/26/2017 2:28:15 PM

	Portion Size	Cals (kcal)	Carb (g)
K-5 Lunch NE	Total		
SAND HOT:CHEESEBURGER BEEF:K5	1 EACH	302	23.01
SAND HOT:HAMBURGER BEEF: K5	1 EACH	252	23.01
TACO CHICKEN FLOUR:K12	2 taco	417	32.69
Kydz-ables: TURKEY & MOZZ	1 EACH	402	44.37
SALAD: ENT BRD CHICK CESAR: K5	1 EACH	322	25.61
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
PEAS GREEN:from frozen	1/2 cup	74	12.74
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24
BROCCOLI FRESH	1/2 CUP	15	2.92
CARROTS BABY FRESH	1/2 cup	25	5.78
PEARS: SLICED CND	1/2 CUP	57	13.34
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
Weighted Daily Average		502	70.98
% of Calories			56.5%
Nutrient Guideline		447-573	

Tue - 05/23/2017			
K-5 Breakfast NE	Total		
SAND BRKFST:BISCUIT, EGG&CHZ	1 EACH	329	27.85
PARFAIT APPLE PIE	Parfait	360	73.97
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
PEARS: SLICED CND	1/2 CUP	57	13.34
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

Generated on: 4/26/2017 2:28:15 PM

	Portion Size	Cals (kcal)	Carb (g)
K-5 Lunch NE	Total		
SAND HOT BBQ TURKEY:K12	1 burger	295	32.6
PANCAKES:2G	2 pancakes	153	27.33
EGG OMELET:K12	1 omelet	129	0.99
Kydz-able: Cheese Pizza	1 EACH	423	47.28
FRUIT BOWL:W/CHEESE:K12	1 EACH	267	29.3
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO SMILES	1/2 cup	130	20.06
OLIVES BLACK	1/2 cup	104	4.16
PEPPER GREEN BELL DICED	1/2 cup	19	4.33
TOMATO CHERRY	1/2 cup	13	2.91
APRICOT HALVES IN JUICE	1/2 cup	59	13.76
ORANGE BITES:138ct	1/2 cup	63	15.66
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT:DILL PICKLE 1/8KK:K5	1 OZ (7 SLICES)	3	0.5
SYRUP: BRKFT SYRUP SMUCKERS IN	INDV CUP	120	30.0
Weighted Daily Average		579	88.34
% of Calories			61.0%
Nutrient Guideline		447-573	

Wed - 05/24/2017			
K-5 Breakfast NE	Total		
PIZZA:WG BRKFT BACON SCRAMBLE	1 EACH	210	23.0
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
APPLESAUCE: UNSWEETEND	1/2 CUP	53	14.4
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

Combined: K-5 Breakfast NE/K-5 Lunch NE

Generated on: 4/26/2017 2:28:15 PM

	Portion Size	Cals (kcal)	Carb (g)
K-5 Lunch NE	Total		
CHICKEN NUGGETS:K12	5 nuggets	250	17.96
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
PIZZA STICKS	2 EACH	290	30.0
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72
LUNCH BOX: PEPPERONI & CHEDDAR	1 EACH	485	66.55
SALAD FT BUFFALO:K5	1 salad	255	20.47
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
CORN: FROZEN, CKD	1/2 CUP	82	15.67
BROCCOLI FRESH	1/2 CUP	15	2.92
CAULIFLOWER FRESH	1/2 CUP	13	2.66
CARROTS BABY FRESH	1/2 cup	25	5.78
APPLESAUCE: UNSWEETEND	1/2 CUP	53	14.4
BANANAS PETITE:150ct	1 EACH	105	26.95
Assorted Juice Cups	1-4oz juice cup	63	15.33
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
CONDIMENTS:DRESSING DAILY: K5	SERV	45	7.65
CONDIMENT:DAILY OFFERING: K5	SERV	20	4.27
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
Weighted Daily Average		498	73.88
% of Calories			59.3%
Nutrient Guideline		447-573	

Thu - 05/25/2017			
K-5 Breakfast NE	Total		
DONUT: MINI CHOCOLATE	package	320	41.0
DONUT: MINI POWDERED	package	270	41.0
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
STRAWBERRIES	1/2 cup	24	5.84
Assorted Juice Cups	1-4oz juice cup	63	15.33
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
Weighted Daily Average		414	65.22
% of Calories			62.9%
Nutrient Guideline		447-573	

Weighted Average		501	74.19
			59.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	501		447 - 573	100%				
Carbohydrate (g)	74.19	59.27%						

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