

Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:53 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/17/2017			
9-12 Breakfast NE	Total		
BRKFST ACTION: OMELETE	1 EACH	209	5.1
BREAD: WG TOAST (1G)	1 toast	83	13.33
FRUIT SUSHI	Roll	431	80.93
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33
MELON CANTALOUPE CUBES	1/2 cup	58	13.88
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0
9-12 Lunch NE	Total		
ACTION STATION: CHINESE BAR	1 EACH	598	51.91
CHICKEN PARMESAN:K12-4%	chix + pasta	431	46.45
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
SOUP TOMATO SOUTHWEST CHICK	soup+chix+chip	448	56.09
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
SAND HOT:BRD PORK TNRLOIN:K12	1 EACH	380	33.0
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14"BRKFT Bacon & Egg	1 Slice	361	32.51
Assorted Kyzd-ables	1	411	48.59
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
PARFAIT DOUBLE BERRY:G912	1 parfait	435	85.05
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE: CUCUMBER YOGURT	1/2 cup	32	5.72
CELERY STICKS	1/2 cup	12	2.2
SPINACH LEAVES FRESH	1 CUP	21	2.57
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
POTATO FRENCH FRIES	1/2 cup	80	13.97
CORN: FROZEN, CKD	1/2 CUP	82	15.67
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37

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

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	Portion Size	Cals (kcal)	Carb (g)
CRISP: PEACH	#8 disher	192	31.74
BLUEBERRIES: FRZ	1/2 CUP	40	9.67
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		545	73.78
% of Calories			54.1%
Nutrient Guideline		600-725	

Wed - 01/18/2017			
9-12 Breakfast NE	Total		
ROLL MINI CINNIS IW	1 pkg	240	39.95
BISCUIT & COUNTRY GRAVY	biscuit + gravy	379	43.87
SAUSAGE TURKEY PATTY 2M/MA	1 EACH	60	0.0
SMOOTHIE STR. BANANA: blendNE	Smoothie	224	47.1
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
APPLESAUCE CND	1/2 cup	50	13.0
Assorted Juice Cups	1-4oz juice cup	63	15.33
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0

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Page 3

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Combined: 9-12 Breakfast NE/9-12 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
9-12 Lunch NE	Total		
ACTION STATION: CHINESE BAR	1 EACH	598	51.91
SAND HOT:GRILLED CHEESE	1 EACH	362	32.0
Tomato Soup-Scratch	8 oz	67	16.5
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
SOUP TOMATO SOUTHWEST CHICK	soup+chix+chip	448	56.09
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
SAND HOT BBQ BEEF RIBLET:G9-12	1 sandwich	318	31.05
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" SAUSAGE:6-12	1/8th slice	307	28.82
Assorted Kydz-ables	1	411	48.59
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
SALAD:ENT ITALIAN CHEF:6-12	1 EACH	334	20.93
ROLL MINI SUB	1 roll	160	28.0
LETTUCE: ROMAIN MIX (95%)	1 CUP	13	2.51
SALAD SIDE: BROCCOLI & RAISIN	1/2 cup	150	22.83
CARROTS BABY FRESH	1/2 cup	25	5.78
BEANS: GARBANZO, COLD	1/2 CUP	138	23.05
CUCUMBER SLICES	1/2 cup	10	2.47
POTATO SEASONED FRY	1/2 cup	120	20.0
BROCCOLI: FROZEN, CKD	1/2 CUP	34	4.82
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74
CARROTS CITRUS GLAZED	1/2 cup	53	12.53
APPLESAUCE: CINNAMON CND	1/2 CUPS	58	15.97
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		617	87.54
% of Calories			56.7%
Nutrient Guideline		600-725	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/19/2017			
9-12 Breakfast NE	Total		
CEREAL: HOT BYO OATMEAL:bulk	1/2 cup	202	42.09
DONUT: MINI POWDERED	package	270	41.0
DONUT: MINI CHOCOLATE	package	320	41.0
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33
FRUIT MIX CND	1/2 CUP	61	13.13
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0
9-12 Lunch NE	Total		
ACTION STATION: CHINESE BAR	1 EACH	598	51.91
NACHOS BEEF & CHEESE NE	1 nacho	473	44.49
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
SOUP TOMATO SOUTHWEST CHICK	soup+chix+chip	448	56.09
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
CORN DOG:K12	1 corn dog	243	30.37
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" MEATLOVERS:6-12	1/8th slice	342	29.95
Assorted Kyzd-ables	1	411	48.59
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
PARFAIT STRAWBERRY FIELDS:G912	1 parfait	476	97.3
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE: FRUIT & YOGURT	1/2 CUP	103	25.81
PEPPER GREEN BELL DICED	1/2 cup	19	4.33
CARROTS BABY FRESH	1/2 cup	25	5.78
CAULIFLOWER FRESH	1/2 CUP	13	2.66
CASSEROLE: HASHBROWN	1/2 CUP	278	35.71
BEANS: BAKED BEAN BUSH'S	1/2 CUP	137	28.46

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Combined: 9-12 Breakfast NE/9-12 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92
PEACHES: DICED CND	1/2 CUP	52	13.76
APPLE: 125-138ct	1 EACH	58	15.41
ORANGE WHOLE:138ct	1 EACH	63	15.66
BANANAS REGULAR:100-120ct	1 EACH	121	31.06
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		563	79.84
% of Calories			56.7%
Nutrient Guideline		600-725	

Fri - 01/20/2017			
9-12 Breakfast NE	Total		
Breakfast Flat Bread-Bacon	1 Pizza	639	49.1
Breakfast Flat Bread-Sausage	1 Pizza	585	48.99
SMOOTHIE: MANGO PINE: blender	Smoothie	275	57.51
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
PEARS: SLICED CND	1/2 CUP	57	13.34
Assorted Juice Cups	1-4oz juice cup	63	15.33
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0

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	Portion Size	Cals (kcal)	Carb (g)
9-12 Lunch NE	Total		
ACTION STATION: CHINESE BAR	1 EACH	598	51.91
PORK: WG BRD PATTY w/POT&GRVY	1 EACH	397	37.42
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
SOUP TOMATO SOUTHWEST CHICK	soup+chix+chip	448	56.09
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
SAND HOT PATTY MELT:G612	1 burger	409	33.76
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA SCR 16" BRUSCHETTA:G6-12	1/8th slice	338	38.33
Assorted Kydz-ables	1	411	48.59
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
SALAD:ENT SPICY CHICKEN:6-12	1 EACH	262	21.51
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
LETTUCE: ROMAIN MIX (95%)	1 CUP	13	2.51
SALAD SIDE:JELL-O CHRY/FRT MIX	1/2 CUP	141	33.19
BROCCOLI FRESH	1/2 CUP	15	2.92
CARROTS BABY FRESH	1/2 cup	25	5.78
CUCUMBER SLICES	1/2 cup	10	2.47
POTATO SWT CRISP:K12	2/3 cup	269	57.03
BROCCOLI: FROZEN, CKD	1/2 CUP	34	4.82
BEANS:REFRIED W/CHEESE & SALSA	1/2 CUP	186	20.0
CORN: FROZEN, CKD	1/2 CUP	82	15.67
FRUIT MIX CND	1/2 CUP	61	13.13
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		729	97.18
% of Calories			53.3%
Nutrient Guideline		600-725	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/23/2017			
9-12 Breakfast NE	Total		
DONUT: GLAZED RING	1 EACH	314	37.74
SAND BRKFST:CROISSANT, HAM&EGG	1 EACH	214	16.39
SMOOTHIE MIXED BERRY: blendNE	Smoothie	199	40.21
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
Breakfast Breads - HS/MS	1	177	31.25
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
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
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0
9-12 Lunch NE	Total		
Street Eatz-Tacos	2 tacos	341	39.78
ENCHILADA CHEESE:6-12	1 enchilada	396	33.39
RICE COOKED: SPANISH, 1G	1/2 CUP	89	19.03
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
SOUP TOMATO TACO BOWL	soup+beef+veg	342	44.47
CHIP CORN	Bag	162	15.19
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
Chicken Strip Basket	1	455	41.47
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" COMBO:6-12	1/8th slice	342	31.89
Assorted Kydz-ables	1	411	48.59
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
PARFAIT APPLE PIE	Parfait	360	73.97
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
LETTUCE: ROMAIN MIX (95%)	1 CUP	13	2.51
SALAD SIDE: KALE & RAISIN	1/2 cup	172	23.08
CUCUMBER SLICES	1/2 cup	10	2.47
CARROTS BABY FRESH	1/2 cup	25	5.78

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:54 AM

	Portion Size	Cals (kcal)	Carb (g)
BROCCOLI FRESH	1/2 CUP	15	2.92
POTATO: FRENCH FRIES	1/2 cup	80	13.33
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53
BEANS: SW PINTO:veg	1/2 cup	131	23.92
BLUEBERRIES: FRZ	1/2 CUP	40	9.67
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		558	79.70
% of Calories			57.1%
Nutrient Guideline		600-725	

Tue - 01/24/2017			
9-12 Breakfast NE	Total		
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23
SAND BRKFST:BISCUIT, EGG&CHZ	1 EACH	329	27.85
BRKFST BAR NUTRIGRAIN STRAW	1 bar	160	28.96
BREAD: WG TOAST (1G)	1 toast	83	13.33
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33
ORANGE MANDARIN CND	1/2 CUP	54	12.52
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:54 AM

	Portion Size	Cals (kcal)	Carb (g)
9-12 Lunch NE	Total		
Street EatZ-Tacos	2 tacos	341	39.78
PIZZA STICKS	2 EACH	290	30.0
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
SOUP TOMATO TACO BOWL	soup+beef+veg	342	44.47
CHIP CORN	Bag	162	15.19
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
SAND HOT:BBQ PORK RIBLET:K12	1 EACH	352	46.6
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" BBQ CHICKEN:6-12	1/8th slice	376	40.75
Assorted Kyzd-ables	1	411	48.59
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
SALAD:ENT CHEF: 6-12	1 EACH	250	24.41
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE: APPLE CARROT	1/2 cup	69	14.04
PEAS GREEN:from frozen	1/2 cup	74	12.74
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
SPINACH LEAVES FRESH	1 CUP	21	2.57
POTATOES: SCALLOPED	1/2 CUP	108	18.63
CORN: FROZEN, CKD	1/2 CUP	82	15.67
BROCCOLI: FROZEN, CKD	1/2 CUP	34	4.82
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54
PEARS: SLICED CND	1/2 CUP	57	13.34
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		525	74.39
% of Calories			56.7%
Nutrient Guideline		600-725	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:54 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/25/2017			
9-12 Breakfast NE	Total		
EGG OMELET:K12	1 omelet	129	0.99
BREAD: CINNAMON ROLL (2oz)	1 EACH	208	42.45
SAND BRKFST:SAUSAGE PANCAKE	1 EACH	220	27.33
SMOOTHIE STR. BANANA: blendNE	Smoothie	224	47.1
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
APPLESAUCE CND	1/2 cup	50	13.0
CRISP: PEACH	#8 disher	192	31.74
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0
9-12 Lunch NE	Total		
ACTION STATION: NOODLE BOWL	1 EACH	543	76.15
NACHOS BEEF & CHEESE NE	1 nacho	473	44.49
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
SOUP TOMATO TACO BOWL	soup+beef+veg	342	44.47
CHIP CORN	Bag	162	15.19
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
SAND HOT:CHICKEN COR BLEU:K-12	1 EACH	388	27.15
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" TACO:6-12	1/8th slice	347	34.26
Assorted Kyzd-ables	1	411	48.59
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
PARFAIT DOUBLE BERRY:G912	1 parfait	435	85.05
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE: HMSTY POTATO SALAD	1/2 CUP	190	28.0
CARROTS BABY FRESH	1/2 cup	25	5.78
PEPPER RED BELL	1/2 CUP	12	2.84
BROCCOLI FRESH	1/2 CUP	15	2.92
POTATO SEASONED FRY	1/2 cup	120	20.0

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:54 AM

	Portion Size	Cals (kcal)	Carb (g)
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74
BEANS: BAKED BEAN BUSH'S	1/2 CUP	137	28.46
APPLE CRISP:K12	1/24 slice	392	70.4
APPLESAUCE CND	1/2 cup	50	13.0
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		690	102.78
% of Calories			59.6%
Nutrient Guideline		600-725	

Thu - 01/26/2017			
9-12 Breakfast NE	Total		
Brkfst Burrito SOUTHWEST:K12	1 burrito	380	27.0
BRKFST COFFEE CAKE APPLE PIE	1 square	350	59.76
DONUT: MINI POWDERED	package	270	41.0
DONUT: MINI CHOCOLATE	package	320	41.0
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33
MELON CANTALOUPE CUBES	1/2 cup	58	13.88
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:54 AM

	Portion Size	Cals (kcal)	Carb (g)
9-12 Lunch NE	Total		
Street EatZ-Tacos	2 tacos	341	39.78
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: DELI BAR, SUB/WRAP	SAND	439	40.1
SOUP TOMATO TACO BOWL	soup+beef+veg	342	44.47
CHIP CORN	Bag	162	15.19
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
SAND HOT SLOPPY JOE:K12-scrтч	1 sandwich	311	39.12
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" SAUSAGE:6-12	1/8th slice	307	28.82
Assorted Kyzd-ables	1	411	48.59
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
SALAD ENT TACO w/BEEF:G912	1 salad	314	34.44
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE CRMY TOMATO	4 OZ	28	5.55
HUMMUS	1/2 CUP	280	28.0
CARROTS BABY FRESH	1/2 cup	25	5.78
PEPPER GREEN BELL DICED	1/2 cup	19	4.33
POTATO BAKER LARGE 80ct	1/2 CUP	98	22.26
BEANS: CAJUN KIDNEY	1/2 CUP	170	29.0
CORN: FROZEN, CKD	1/2 CUP	82	15.67
VEGETABLE BLEND: CALI. w/CHZ	1/2 CUP	66	6.38
PEACHES: SLICED CND	1/2 CUP	50	13.22
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		583	80.40
% of Calories			55.1%
Nutrient Guideline		600-725	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:54 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/27/2017			
9-12 Breakfast NE	Total		
Breakfast Flat Bread-Bacon	1 Pizza	639	49.1
Breakfast Flat Bread-Sausage	1 Pizza	585	48.99
SMOOTHIE: MANGO PINE: blender	Smoothie	275	57.51
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
FRUIT MIX CND	1/2 CUP	61	13.13
Assorted Juice Cups	1-4oz juice cup	63	15.33
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0
9-12 Lunch NE	Total		
Street EatZ-Tacos	2 tacos	341	39.78
PANCAKES:2G	2 pancakes	153	27.33
EGG OMELET:K12	1 omelet	129	0.99
CASSEROLE: HASHBROWN	1/2 CUP	278	35.71
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
SOUP TOMATO TACO BOWL	soup+beef+veg	342	44.47
CHIP CORN	Bag	162	15.19
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
BURRITO NUCLEAR MELT DOWN:G612	1 flat burrito	353	33.54
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" RSTD VEGGIE:6-12	1/8th slice	309	30.62
Assorted Kydz-ables	1	411	48.59
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
SALAD:ENT SPICY CHICKEN:6-12	1 EACH	262	21.51
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
LETTUCE: ROMAIN MIX (95%)	1 CUP	13	2.51
SALAD SIDE:JELL-O ORANGE/MAND	1/2 CUP	136	32.8
CORN: CANNED, COLD	1/2 CUP	90	20.44
BROCCOLI FRESH	1/2 CUP	15	2.92

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:55 AM

	Portion Size	Cals (kcal)	Carb (g)
CUCUMBER SLICES	1/2 cup	10	2.47
YAMS: CND	1/2 CUP	76	18.92
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24
VEGGIE BLEND ASIAN	1/2 cup	51	8.25
CARROTS CITRUS GLAZED	1/2 cup	53	12.53
APRICOT HALVES IN JUICE	1/2 cup	59	13.76
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		682	91.17
% of Calories			53.4%
Nutrient Guideline		600-725	

Mon - 01/30/2017			
9-12 Breakfast NE	Total		
PANCAKES MINI MAPLE	1 package	210	34.96
PANCAKES MINI STRWBERRY	1 package	240	42.0
SAND BRKFST:CROISSANT, EGG&CHZ	1 EACH	228	14.56
SMOOTHIE MIXED BERRY: blendNE	Smoothie	199	40.21
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
Breakfast Breads - HS/MS	1	177	31.25
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
CHEESE STRING	1 stick	80	1.0
PINEAPPLE TIDBITS CND	1/2 CUP	62	15.39
APPLE: SLICED CND	1/2 cup	30	7.66
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:55 AM

	Portion Size	Cals (kcal)	Carb (g)
9-12 Lunch NE	Total		
ACTION STATION: NOODLE BOWL	1 EACH	543	76.15
CHICKEN SWT & SOUR:K8	5 nuggets	290	26.96
RICE BROWN CKD:K12	1/2 cup	117	25.51
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
CHILI FIESTA:K12	1 cup	189	20.87
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
Chicken Strip Basket	1	455	41.47
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" HAM:6-12	1/8th slice	285	29.73
Assorted Kydz-ables	1	411	48.59
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
SALAD:ENT BRD CHICK CESAR:6-12	1 EACH	300	23.94
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
LETTUCE: ROMAIN MIX (95%)	1 CUP	13	2.51
SALAD SLAW CAROLINA	1/3 cup	90	9.94
CAULIFLOWER FRESH	1/2 CUP	13	2.66
CARROTS BABY FRESH	1/2 cup	25	5.78
BROCCOLI FRESH	1/2 CUP	15	2.92
POTATO TATER TOTS	1/2 cup	130	16.0
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74
CARROTS CITRUS GLAZED	1/2 cup	53	12.53
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54
PEARS: SLICED CND	1/2 CUP	57	13.34
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		578	83.99
% of Calories			58.1%
Nutrient Guideline		600-725	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:55 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/31/2017			
9-12 Breakfast NE	Total		
BRKFST BOAT BACON	3.19 OZ BOAT	210	25.0
BRKFST BOAT SAUSAGE	3.21 OZ BOAT	200	26.0
SAND BRKFST:ENG MFN HAM,EG&CHZ	1 EACH	276	25.82
BRKFST BAR NUTRIGRAIN STRAW	1 bar	160	28.96
BREAD: WG TOAST (1G)	1 toast	83	13.33
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33
PEACHES: SLICED CND	1/2 CUP	50	13.22
STRAWBERRIES: SLICED SWEETENED	1/2 CUP	133	37.85
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0
9-12 Lunch NE	Total		
ACTION STATION: NOODLE BOWL	1 EACH	543	76.15
TACO: WALKING, BEEF	1 Walking Taco	482	42.34
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
CHILI FIESTA:K12	1 cup	189	20.87
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
SAND HOT PATTY MELT:G612	1 burger	409	33.76
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" TACO:6-12	1/8th slice	347	34.26
Assorted Kyzd-ables	1	411	48.59
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
SALAD:ENT CHEF: 6-12	1 EACH	250	24.41
ROLL MINI SUB	1 roll	160	28.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE: FRUIT & YOGURT	1/2 CUP	103	25.81
BROCCOLI FRESH	1/2 CUP	15	2.92
CELERY STICKS	1/2 cup	12	2.2
TOMATO CHERRY	1/2 cup	13	2.91

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:55 AM

	Portion Size	Cals (kcal)	Carb (g)
POTATOES: AU GRATIN	1/2 CUP	108	17.82
BEANS: BAKED BEAN BUSH'S	1/2 CUP	137	28.46
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37
APPLE: CINNAMON & SUGAR	1/2 cup	40	10.5
STRAWBERRIES	1/2 cup	24	5.84
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		553	79.12
% of Calories			57.2%
Nutrient Guideline		600-725	

Wed - 02/01/2017			
9-12 Breakfast NE	Total		
ROLL MINI CINNIS IW	1 pkg	240	39.95
BISCUIT & COUNTRY GRAVY	biscuit + gravy	379	43.87
SAUSAGE TURKEY PATTY 2M/MA	1 EACH	60	0.0
SMOOTHIE STR. BANANA: blendNE	Smoothie	224	47.1
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
APPLESAUCE: CINNAMON CND	1/2 CUPS	58	15.97
Fruit-Assorted	1 whole fruit	90	23.15
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:55 AM

	Portion Size	Cals (kcal)	Carb (g)
9-12 Lunch NE	Total		
ACTION STATION: NOODLE BOWL	1 EACH	543	76.15
PIZZA STICKS	2 EACH	290	30.0
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
CHILI FIESTA:K12	1 cup	189	20.87
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
SAND HOT:HAM & CHEESE:6-12	1 EACH	272	32.58
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" HAMBURGER:6-12	1/8th slice	292	29.37
Assorted Kydz-ables	1	411	48.59
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
HUMMUS: BOWL, MEDITERRANEAN	1 EACH	392	47.79
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE: KALE & RAISIN	1/2 cup	172	23.08
CARROTS BABY FRESH	1/2 cup	25	5.78
CAULIFLOWER FRESH	1/2 CUP	13	2.66
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24
POTATO SEASONED FRY	1/2 cup	120	20.0
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53
BEANS: SW PINTO:veg	1/2 cup	131	23.92
APPLESAUCE: CINNAMON CND	1/2 CUPS	58	15.97
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		626	89.99
% of Calories			57.5%
Nutrient Guideline		600-725	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:55 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 02/02/2017			
9-12 Breakfast NE			
	Total		
BRKFST ACTION: PANCAKES W/TOP	1 EACH	306	64.81
DONUT: MINI CHOCOLATE	package	320	41.0
DONUT: MINI POWDERED	package	270	41.0
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33
FRUIT MIX CND	1/2 CUP	61	13.13
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0
9-12 Lunch NE			
	Total		
ACTION STATION: NOODLE BOWL	1 EACH	543	76.15
PORK: WG BRD PATTY w/POT&GRVY	1 EACH	397	37.42
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
CHILI FIESTA:K12	1 cup	189	20.87
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
SAND HOT:BBQ CHICKEN:K12	1 EACH	325	40.22
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" MEATLOVERS:6-12	1/8th slice	342	29.95
Assorted Kydz-ables	1	411	48.59
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
PARFAIT DOUBLE BERRY:G912	1 parfait	435	85.05
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE: BROCCOLI & RAISIN	1/2 cup	150	22.83
CUCUMBER	1/2 CUP	0	0.05
PEPPER RED BELL	1/2 CUP	12	2.84
CELERY STICKS	1/2 cup	12	2.2
POTATO ROASTERS	1/2 cup	140	25.04
BEANS: BAKED BEAN BUSH'S	1/2 CUP	137	28.46

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:55 AM

	Portion Size	Cals (kcal)	Carb (g)
CORN: FROZEN, CKD	1/2 CUP	82	15.67
VEGETABLE BLEND: CALIFORNIA	1/2 CUP	30	5.03
BLUEBERRIES: FRZ	1/2 CUP	40	9.67
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT: RELISH, SWEET HEINZ	INDV PKT	10	3.0
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER	1/2 CUP	0	0.05
ONIONS RED DICED	2 TBSP	7	1.55
CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		580	88.97
% of Calories			61.4%
Nutrient Guideline		600-725	

Fri - 02/03/2017			
9-12 Breakfast NE	Total		
Breakfast Flat Bread-Bacon	1 Pizza	639	49.1
Breakfast Flat Bread-Sausage	1 Pizza	585	48.99
SMOOTHIE: MANGO PINE: blender	Smoothie	275	57.51
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
Assorted Cereal Bowls & Bars	1	121	25.3
Breakfast Breads - HS/MS	1	177	31.25
CHEESE STRING	1 stick	80	1.0
PEARS: SLICED CND	1/2 CUP	57	13.34
Assorted Juice Cups	1-4oz juice cup	63	15.33
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
9-12 Lunch NE	Total		
ACTION STATION: NOODLE BOWL	1 EACH	543	76.15
CORN DOG: MINI CHICKEN	1 EACH	326	28.5
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
CHILI FIESTA:K12	1 cup	189	20.87
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:CHICKEN PATTY: K-12	1 EACH	320	26.0
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
SAND HOT:CHICKEN COR BLEU:K-12	1 EACH	388	27.15
PIZZA:WG 14" CHEESE:6-12	1/8th slice	298	28.87
PIZZA:WG 14" PEPPERONI:6-12	1/8th slice	339	29.03
PIZZA:WG 14" COMBO:6-12	1/8th slice	342	31.89
Assorted Kyzz-ables	1	411	48.59
SAND COLD: KIT, SUBS	1 EACH	359	37.27
SAND COLD: KIT, WRAPS	1 EACH	155	32.51
SAND COLD: UNCRST MEAL KIT 612	BOX	740	88.82
SALAD FT BUFFALO:G612	1 salad	317	26.16
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE: HMSTY POTATO SALAD	1/2 CUP	190	28.0
PEPPER GREEN BELL DICED	1/2 cup	19	4.33
CARROTS BABY FRESH	1/2 cup	25	5.78
CUCUMBER SLICES	1/2 cup	10	2.47
POTATO: SWEET MASHED, CND	1/2 CUP	103	19.31
BROCCOLI: FROZEN, CKD	1/2 CUP	34	4.82
VEGGIE BLEND ASIAN	1/2 cup	51	8.25
CORN: FROZEN, CKD	1/2 CUP	82	15.67
FRUIT MIX CND	1/2 CUP	61	13.13
Fruit-Assorted	1 whole fruit	90	23.15
CONDIMENT:DAILY OFFERING: 6-12	SERV	20	3.93
CONDIMENTS:DRESSING DAILY:6-12	SERV	47	7.78
CONDIMENT: SALSA	2 OZ LADEL	20	6.0
CONDIMENTS: SOUR CREAM LIGHT	1 OZ	37	2.74
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENTS: OLIVES BLACK	1 OZ	53	1.77
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
ONIONS RED DICED	2 TBSP	7	1.55
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
LETTUCE: GREEN LEAF,RAW	1 CUP	13	2.4
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
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CONDIMENTS: BANANA PEPPERS	1 OZ	0	0.5
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		604	84.10
% of Calories			55.7%
Nutrient Guideline		600-725	

Weighted Average		602	85.21
			56.6%

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

Jan 17, 2017 thru Feb 3, 2017

Combined: 9-12 Breakfast NE/9-12 Lunch NE

Generated on: 1/6/2017 9:22:55 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Portion	Cals	Carb	Error Messages (if any)
					Size	(kcal)	(g)	
Calories	602		600 - 725	100%				
Carbohydrate (g)	85.21	56.58%						

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