

Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:04 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/08/2017			
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	44	10.49
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
CORN DOG: MINI CHICKEN	1 EACH	326	28.5
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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 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
SALAD:ENT BRD CHICK CESAR:6-12	1 EACH	300	23.94
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SLAW CAROLINA	1/3 cup	90	9.94
CAULIFLOWER FRESH	1/2 CUP	13	2.66
PEPPER RED BELL	1/2 CUP	12	2.84
BROCCOLI FRESH	1/2 CUP	15	2.92

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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Page 2

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	Portion Size	Cals (kcal)	Carb (g)
POTATO: FRENCH FRIES	1/2 cup	80	13.33
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74
CARROTS CITRUS GLAZED	1/2 cup	53	12.53
APPLE: CINNAMON & SUGAR	1/2 cup	40	10.5
PEARS DICED CND	1/2 CUP	60	14.0
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: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		555	79.13
% of Calories			57.1%
Nutrient Guideline		588-715	

Tue - 05/09/2017			
9-12 Breakfast NE	Total		
BRKFST ACTION: OMELETE	1 EACH	209	5.1
BREAD: WG TOAST (1G)	1 toast	83	13.33
PARFAIT STRAWBERRY BANANA:G912	1 parfait	475	95.45
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-Assorted	1 whole fruit	90	23.15
STRAWBERRIES: FRZ DICED, SINGL	1/2 CUP	80	19.0
PEACHES: SLICED CND	1/2 CUP	50	13.22
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 Values - Detailed

Page 3

May 8, 2017 thru May 25, 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: CHINESE BAR	1 EACH	598	51.91
TACO BEEF SOFT:G912	1 taco + rice	338	38.91
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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"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 BLUEBERRY PATCH:G912	1 parfait	395	72.8
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
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CELERY STICKS	1/2 cup	12	2.2
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
CAULIFLOWER: FRZ, CKD	1/2 CUP	33	3.94
STRAWBERRIES	1/2 cup	24	5.84
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		571	82.56
% of Calories			57.8%
Nutrient Guideline		588-715	

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

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/10/2017			
9-12 Breakfast NE			
	Total		
DONUT: GLAZED RING	1 EACH	314	37.74
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
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		
ACTION STATION: CHINESE BAR	1 EACH	598	51.91
CHICKEN TANDOORI:K12	1/2 CUP	229	27.11
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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 PARM: K-12	1 EACH	374	28.86
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 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
SALAD FT BUFFALO:G612	1 salad	317	26.16
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
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 FRENCH FRIES	1/2 cup	80	13.97

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

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	Portion Size	Cals (kcal)	Carb (g)
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
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: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		629	86.23
% of Calories			54.8%
Nutrient Guideline		588-715	

Thu - 05/11/2017			
9-12 Breakfast NE	Total		
CEREAL: HOT BYO OATMEAL:bulk	1/2 cup	202	42.09
Brkfst Burrito SOUTHWEST:K12	1 burrito	380	27.0
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
PEACHES: SLICED CND	1/2 CUP	50	13.22
FRUIT MIX CND	1/2 CUP	61	13.13
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
FAJITA: CHICKEN	1 EACH	350	33.23
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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
HOT DOG MAUI:K8	1 hot dog	271	30.43
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 Kyzz-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
CARROTS BABY FRESH	1/2 cup	25	5.78
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
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74
VEGETABLE BLEND: CALIFORNIA	1/2 CUP	30	5.03
BLUEBERRIES: FRZ	1/2 CUP	40	9.67
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		550	74.98
% of Calories			54.5%
Nutrient Guideline		588-715	

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

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 05/12/2017			
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
9-12 Lunch NE	Total		
ACTION STATION: CHINESE BAR	1 EACH	598	51.91
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
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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 GRILL JERSEY:K12	1 sand + dip	328	36.96
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 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
SALAD FT CRISPY CHICKEN:G612	1 salad	309	24.5
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
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

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:05 PM

	Portion Size	Cals (kcal)	Carb (g)
POTATO: SWEET MASHED, CND	1/2 CUP	103	19.31
BROCCOLI: FROZEN, CKD	1/2 CUP	34	4.82
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37
CORN: FROZEN, CKD	1/2 CUP	82	15.67
FRUIT MIX CND	1/2 CUP	61	13.13
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: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		681	89.97
% of Calories			52.9%
Nutrient Guideline		588-715	

Mon - 05/15/2017			
9-12 Breakfast NE	Total		
WAFFLES MINI MAPLE	1 package	200	34.93
SAND BRKFST:BISCUIT, SAUSG&CHZ	1 EACH	320	26.86
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

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:05 PM

	Portion Size	Cals (kcal)	Carb (g)
9-12 Lunch NE	Total		
ACTION STATION: NACHO BAR	1 EACH	627	59.46
TACO: WALKING, BEEF	1 Walking Taco	482	42.34
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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 SCR 16" BUFFALO:G612	1/8th slice	408	37.27
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
PARFAIT JUST PEACHY:G912	1 parfait	412	76.85
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE: BROCCOLI & RAISIN	1/2 cup	150	22.83
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CUCUMBER SLICES	1/2 cup	10	2.47
BROCCOLI FRESH	1/2 CUP	15	2.92
POTATO FRENCH FRIES	1/2 cup	80	13.97
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37
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		583	80.44
% of Calories			55.2%
Nutrient Guideline		588-715	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:05 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/16/2017			
9-12 Breakfast NE	Total		
BREAD: CINNAMON ROLL (2oz)	1 EACH	208	42.45
EGG OMELET:K12	1 omelet	129	0.99
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
PEARS: SLICED CND	1/2 CUP	57	13.34
MELON HONEYDEW CUBES	1/2 cup	58	14.54
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: NACHO BAR	1 EACH	627	59.46
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
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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
HOT DOG CHICAGO:K8	1 hot dog	254	25.76
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"CHICKEN BACON:6-12	1/8th slice	371	28.78
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 FT SOUTHERN BBQ:G612	1 salad	193	15.86
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
LETTUCE: ROMAIN MIX (95%)	1 CUP	13	2.51
SALAD SLAW CAROLINA	1/3 cup	90	9.94
HUMMUS	1/2 CUP	280	28.0
CARROTS BABY FRESH	1/2 cup	25	5.78

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:05 PM

	Portion Size	Cals (kcal)	Carb (g)
PEPPER GREEN BELL DICED	1/2 cup	19	4.33
POTATO BAKER LARGE 80ct	1/2 CUP	98	22.26
CORN: FROZEN, CKD	1/2 CUP	82	15.67
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92
PEACHES: BAKED w/OATS:K12	1/2 cup	163	32.85
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		576	75.97
% of Calories			52.8%
Nutrient Guideline		588-715	

Wed - 05/17/2017			
9-12 Breakfast NE	Total		
SAND BRKFST:CROISSANT, EGG&CHZ	1 EACH	228	14.56
Brkfst Burrito SOUTHWEST:K12	1 burrito	380	27.0
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
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

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:05 PM

	Portion Size	Cals (kcal)	Carb (g)
9-12 Lunch NE	Total		
ACTION STATION: NACHO BAR	1 EACH	627	59.46
CHILI: GRND BEEF	6 FL OZ	279	33.91
BREAD: CINNAMON ROLL (2oz)	1 EACH	208	42.45
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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 PULLED PORK, COM	1 EACH	319	41.96
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
PARFAIT STRAWBERRY BANANA:G912	1 parfait	475	95.45
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE CRMY TOMATO	4 OZ	28	5.55
SQUASH MEXICAN ZUCCHINI	1/2 cup	45	8.93
PEPPER RED BELL	1/2 CUP	12	2.84
BROCCOLI FRESH	1/2 CUP	15	2.92
POTATO: FRENCH FRIES	1/2 cup	80	13.33
BEANS: BAKED BEAN BUSH'S	1/2 CUP	137	28.46
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74
CARROTS CITRUS GLAZED	1/2 cup	53	12.53
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		605	85.04
% of Calories			56.2%
Nutrient Guideline		588-715	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:05 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/18/2017			
9-12 Breakfast NE	Total		
BRKFST ACTION: PANCAKES W/TOP	1 EACH	306	64.81
SAND BRKFST: BAGEL, SAUS EGG&CHZ	1 EACH	360	38.99
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
PEACHES: SLICED CND	1/2 CUP	50	13.22
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
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0
9-12 Lunch NE	Total		
ACTION STATION: NACHO BAR	1 EACH	627	59.46
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
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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-scrch	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" TACO:6-12	1/8th slice	347	34.26
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
SALAD FT CRISPY CHICKEN:G612	1 salad	309	24.5
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
LETTUCE: ROMAIN MIX (95%)	1 CUP	13	2.51
Pumpkin Pie Fluff	6oz spoodle	87	18.19
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
BROCCOLI FRESH	1/2 CUP	15	2.92

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:05 PM

	Portion Size	Cals (kcal)	Carb (g)
CELERY STICKS	1/2 cup	12	2.2
POTATOES: SCALLOPED	1/2 CUP	108	18.63
BEANS: GREEN BEAN CASSAROLE	1/2 CUP	162	19.54
CORN: FROZEN, CKD	1/2 CUP	82	15.67
POTATO SWT CRISP:K12	2/3 cup	269	57.03
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		625	89.38
% of Calories			57.2%
Nutrient Guideline		588-715	

Fri - 05/19/2017			
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

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:05 PM

	Portion Size	Cals (kcal)	Carb (g)
9-12 Lunch NE	Total		
ACTION STATION: NACHO BAR	1 EACH	627	59.46
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
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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" TUSCAN ROMA:6-12	1/8th slice	321	30.31
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
SALAD:ENT SPICY CHICKEN:6-12	1 EACH	262	21.51
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE: APPLE CARROT	1/2 cup	69	14.04
SPINACH LEAVES FRESH	1 CUP	21	2.57
CARROTS BABY FRESH	1/2 cup	25	5.78
SALAD SIDE: CILANTRO CORN	1/2 CUP	64	12.41
POTATO ROASTERS	1/2 cup	140	25.04
BEANS: EDAMAME, POD	1/2 CUP	137	12.2
CAULIFLOWER: FRZ, CKD	1/2 CUP	33	3.94
VEGGIES ROASTED PINEAPPLE	1/2 cup	65	10.62
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		690	90.11
% of Calories			52.2%
Nutrient Guideline		588-715	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:06 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/22/2017			
9-12 Breakfast NE	Total		
PANCAKES MINI MAPLE	1 package	210	34.96
PANCAKES MINI STRWBERRY	1 package	240	42.0
SAND BRKFST:BISC, BACN,EGG&CHZ	1 EACH	439	28.1
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	44	10.49
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: POPN CHICKEN	1 EACH	481	53.76
CHICKEN PARMESAN:K12-4%	chix + pasta	431	46.45
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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
STROMBOLI ZESTY ITALIAN	1 slice	246	28.2
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 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 BLUEBERRY PATCH:G912	1 parfait	395	72.8
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
SALAD SIDE: BLACK BEAN & CORN	1/2 cup	109	20.91
CUCUMBER SLICES	1/2 cup	10	2.47
CARROTS BABY FRESH	1/2 cup	25	5.78
BROCCOLI FRESH	1/2 CUP	15	2.92
POTATOES: AU GRATIN	1/2 CUP	108	17.82

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:06 PM

	Portion Size	Cals (kcal)	Carb (g)
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53
CALIFORNIA BLEND: FRZ w/CHEESE	#8 dishers	71	6.71
MELON CANTALOUPE CUBES	1/2 cup	58	13.88
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		560	77.59
% of Calories			55.4%
Nutrient Guideline		588-715	

Tue - 05/23/2017			
9-12 Breakfast NE	Total		
BRKFST ACTION: OMELETE	1 EACH	209	5.1
BREAD: WG TOAST (1G)	1 toast	83	13.33
DONUT: GLAZED RING	1 EACH	314	37.74
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 18

May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:06 PM

	Portion Size	Cals (kcal)	Carb (g)
9-12 Lunch NE	Total		
ACTION STATION: POPN CHICKEN	1 EACH	481	53.76
NACHOS CHICKEN & QUESO:K12	1 nacho	413	36.44
SAND COLD: DELI BAR, SUB/WRAP	SAND	439	40.1
ACTION STATION: SALAD BAR	1 EACH	480	53.3
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
HOT DOG AUSTIN:K8	1 hot dog	303	29.85
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 Kyzz-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 FT BUFFALO:G612	1 salad	317	26.16
PRETZEL: WG SOFT PRETZEL: K12	1 EACH	140	30.0
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
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		553	72.03
% of Calories			52.1%
Nutrient Guideline		588-715	

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Portion Values - Detailed

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May 8, 2017 thru May 25, 2017

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

Generated on: 5/2/2017 12:33:06 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/24/2017			
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
Weighted Daily Average		518	82.88
% of Calories			64.0%
Nutrient Guideline		588-715	

Thu - 05/25/2017			
9-12 Breakfast NE	Total		
Breakfast Flat Bread-Bacon	1 Pizza	639	49.1
Breakfast Flat Bread-Sausage	1 Pizza	585	48.99
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
Weighted Daily Average		592	76.69
% of Calories			51.8%
Nutrient Guideline		588-715	

Weighted Average		592	81.64
			55.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	592		588 - 715	100%				
Carbohydrate (g)	81.64	55.16%						

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