

Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

Generated on: 4/7/2017 12:46:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/10/2017			
6-8 Breakfast NE	Total		
FRENCH TOAST: WG MINI CINNAMON	1 EACH	220	37.0
SAND BRKFST:BAGEL, TURKEY&SWIS	1 EACH	303	38.92
PARFAIT CHUNKY MONKEY	Parfait	656	104.03
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
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
6-8 Lunch NE	Total		
ACTION STATION: DELI BAR	SAND	509	38.49
NACHOS CHICKEN & QUESO:K12	1 nacho	413	36.44
SAND HOT:CHICKEN PATTY: K-12	EACH	320	26.0
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
SALAD:ENT BRD CHICK CESAR:6-12	1 EACH	300	23.94
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
Assorted Kyzd-ables	1	411	48.59
SAND COLD:SUB AMERICAN:K12	1 EACH	284	33.16
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO ROASTERS	1/2 cup	140	25.04
POTATO SWT BITES	1/2 cup	120	19.03
CORN: FROZEN, CKD	1/2 CUP	82	15.67
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
SALAD SIDE: BLACK BEAN & CORN	1/2 cup	109	20.91
BLUEBERRIES: FRZ	1/2 CUP	40	9.67
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: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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		648	92.16
% of Calories			56.9%
Nutrient Guideline		500-625	

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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Elkhorn Public Schools

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Portion Values - Detailed

Page 2

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/11/2017			
6-8 Breakfast NE	Total		
PANCAKES MINI MAPLE	1 package	210	34.96
SAND BRKFST:CROISSANT, EGG&CHZ	1 EACH	228	14.56
SMOOTHIE BERRYPTCH:blenderless	1 smoothie	155	32.98
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
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
6-8 Lunch NE	Total		
ACTION STATION: DELI BAR	SAND	509	38.49
PASTA: SPAGHETTI:boil	1 CUP	213	41.51
SAUCE MEATBALL:2M	5 meatballs	249	15.32
SAND HOT:MEATBALL SUB: 6-12	1 EACH	368	34.46
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
SALAD FT BUFFALO:G612	1 salad	317	26.16
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
SAND COLD:SUB TURKEY&CHZ:K12	1 EACH	302	31.83
WRAP FT BUFFALO:G6-12	1 wrap	397	41.5
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO FRENCH FRIES	1/2 cup	80	13.97
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54
BROCCOLI & CAULIFLOWER W/PANKO	1/2 CUP	103	6.62
HUMMUS	1/2 CUP	280	28.0
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24
CARROTS BABY FRESH	1/2 cup	25	5.78
CRISP: PEACH	#8 disher	192	31.74
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
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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		633	86.90
% of Calories			54.9%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/12/2017			
6-8 Breakfast NE	Total		
STRAWBERRY MINI BAGELS	Package	230	41.0
CINNAMON MINI BAGELS	Package	240	41.0
TACO BRKFST-Breakfast Portion	1 taco	326	31.32
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
BLUEBERRIES: FRZ	1/2 CUP	40	9.67
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: JELLY	INDV CUP	18	4.5
6-8 Lunch NE	Total		
ACTION STATION: DELI BAR	SAND	509	38.49
SAND HOT:BBQ PULLED PORK, COM	1 EACH	319	41.96
Chicken Strip Basket	1	455	41.47
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
FRUIT BOWL:W/CHEESE:K12	1 EACH	267	29.3
BREAD: TOASTED WW BAGEL: K12	1 BAGEL	180	38.0
SAND COLD:SUB HAM & SWISS:K12	1 EACH	283	34.87
SAND COLD:WRAP TURKEY & CHZ:K8	1 EACH	327	26.53
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO MASHED:instant	1/2 cup	112	21.36
BEANS BAKED:veg	1/2 cup	219	51.84
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74
CUCUMBER SLICES	1/2 cup	10	2.47
BROCCOLI FRESH	1/2 CUP	15	2.92
PEPPER RED BELL	1/2 CUP	12	2.84
SALAD SLAW BLUE RIBBON	1/2 cup	52	12.7
APPLESAUCE CND	1/2 cup	50	13.0
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
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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		576	82.17
% of Calories			57.0%
Nutrient Guideline		500-625	

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Page 4

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/13/2017			
6-8 Breakfast NE	Total		
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23
SAND BRKFST:CROISSA, SAUSG&CHZ	1 EACH	218	13.58
PARFAIT STRAWBERRY BANANA:K12	1 parfait	295	63.3
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
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
6-8 Lunch NE	Total		
ACTION STATION: DELI BAR	SAND	509	38.49
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
CORN DOG:K12	1 corn dog	243	30.37
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
SALAD:ENT CHEF: 6-12	1 EACH	250	24.41
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
Assorted Kyzd-ables	1	411	48.59
SAND COLD:SUB ITALIAN:K12	1 EACH	278	33.48
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO: SWEET WAFFLE CUT	1/2 cup	140	23.01
BEANS: CAJUN KIDNEY	1/2 CUP	170	29.0
CORN: FROZEN, CKD	1/2 CUP	82	15.67
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
SALAD SIDE: FRUIT & YOGURT	1/2 CUP	103	25.81
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: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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		618	88.83
% of Calories			57.5%
Nutrient Guideline		500-625	

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Page 5

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/14/2017			
6-8 Breakfast NE	Total		
PANCAKES MINI MAPLE	1 package	210	34.96
SAND BRKFST:ENG MFFN SASG&EGG	1 EACH	249	23.99
BRKFST BAR NUTRIGRAIN STRAW	1 bar	160	28.96
CHEESE STRING	1 stick	80	1.0
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
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: JELLY	INDV CUP	18	4.5
6-8 Lunch NE	Total		
ACTION STATION: DELI BAR	SAND	509	38.49
PANCAKES:2G	2 pancakes	153	27.33
EGG OMELET:K12	1 omelet	129	0.99
CASSEROLE: HASHBROWN	1/2 CUP	278	35.71
SAND HOT:CHICKEN PATTY: K-12	EACH	320	26.0
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
PARFAIT BLUEBERRY PATCH:G912	1 parfait	395	72.8
SAND COLD:WRAP BUFALO CHICK:K8	1 EACH	410	34.8
SAND COLD:SUB TURKEY&PJACK:K12	1 EACH	302	32.34
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATOES: SCALLOPED	1/2 CUP	108	18.63
BEANS GREEN	1/2 CUP	22	4.93
BEANS: EDAMAME, POD	1/2 CUP	137	12.2
SPINACH LEAVES FRESH	1 CUP	21	2.57
CARROTS BABY FRESH	1/2 cup	25	5.78
CUCUMBER SLICES	1/2 cup	10	2.47
SALAD SIDE: PASTA:veg	1/2 CUP	120	18.1
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: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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		588	80.67
% of Calories			54.9%
Nutrient Guideline		500-625	

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Combined: 6-8 Breakfast NE/6-8 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/17/2017			
6-8 Breakfast NE	Total		
FRUDEL APPLE	1 package	210	35.96
FRUDEL CHERRY	1 package	210	36.95
SAND BRKFST BAGEL HAM:K12	1 sandwich	318	39.18
PARFAIT PUMPKIN APPLE SPC:K12	1 parfait	242	47.78
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
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
6-8 Lunch NE	Total		
ACTION STATION: PASTA BAR	1 EACH	373	38.43
SAND HOT SLOPPY JOE:K12-scrтч	1 sandwich	311	39.12
SAND HOT:CHICKEN PATTY: K-12	EACH	320	26.0
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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" HAWAIIAN:6-12	1/8th slice	292	31.47
VEGGIE BOWL:W/COT. CHEESE:K12	1 EACH	394	52.25
Assorted Kyzd-ables	1	411	48.59
SAND COLD:SUB CHICKENSALAD:K12	1 EACH	419	38.47
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO SEASONED FRY	1/2 cup	120	20.0
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37
BROCCOLI: FROZEN, CKD	1/2 CUP	34	4.82
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
SALAD SIDE: HMSTY POTATO SALAD	1/2 CUP	190	28.0
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: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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		589	85.06
% of Calories			57.8%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

Generated on: 4/7/2017 12:46:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/18/2017			
6-8 Breakfast NE	Total		
PANCAKES:1G	1 pancakes	77	13.67
SAUSAGE: LINKS,PORK (1oz M/MA)	2 LINKS	78	1.0
SAND BRKFST:CROISSANT, EGG&CHZ	1 EACH	228	14.56
SMOOTHIE PURPL DAZ:blenderless	1 smoothie	180	38.48
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
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
6-8 Lunch NE	Total		
ACTION STATION: PASTA BAR	1 EACH	373	38.43
CHICKEN & WAFFLES:K12	waffle + chix	350	33.96
SAND HOT:BBQ CHICKEN:K12	1 EACH	325	40.22
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
SALAD:ENT CHEF: 6-12	1 EACH	250	24.41
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
SAND COLD:SUB TURKEY&CHZ:K12	1 EACH	302	31.83
SAND COLD:WRAP CHICK CAESAR	1 EACH	449	36.16
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO ROASTERS	1/2 cup	140	25.04
BEANS BAKED:veg	1/2 cup	219	51.84
VEGETABLE BLEND: FAJITA	1/2 CUP	41	6.84
BROCCOLI FRESH	1/2 CUP	15	2.92
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
CAULIFLOWER FRESH	1/2 CUP	13	2.66
APPLE CRISP:K12	1/24 slice	392	70.4
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
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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		555	82.66
% of Calories			59.6%
Nutrient Guideline		500-625	

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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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

Generated on: 4/7/2017 12:46:36 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/19/2017			
6-8 Breakfast NE	Total		
SAND BRKFST:SAUSAGE PANCAKE	1 EACH	220	27.33
Cinnamon Roll & Yogurt	1roll + 1yogurt	302	61.12
DONUT: MINI CHOCOLATE	package	320	41.0
DONUT: MINI POWDERED	package	270	41.0
Assorted Cereal Bowls & Bars	1 bowl or 1 bar	121	25.3
CHEESE STRING	1 stick	80	1.0
BLUEBERRIES: FRZ	1/2 CUP	40	9.67
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
6-8 Lunch NE	Total		
ACTION STATION: PASTA BAR	1 EACH	373	38.43
TACO CHICKEN FLOUR:K12	2 taco	417	32.69
SAND HOT:BBQ PULLED PORK, COM	1 EACH	319	41.96
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
PARFAIT APPLE PIE	Parfait	360	73.97
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
SAND COLD:WRAP HAM & PROVLO:K8	1 EACH	303	27.62
SAND COLD:SUB S. ITALIAN:K12	1 EACH	313	33.99
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO MASHED:instant	1/2 cup	112	21.36
POTATO SWT BITES	1/2 cup	120	19.03
PEAS: GREEN FRZ, CKD	1/2 CUP	74	12.74
CELERY STICKS	1/2 cup	12	2.2
BROCCOLI FRESH	1/2 CUP	15	2.92
CARROTS BABY FRESH	1/2 cup	25	5.78
SALAD SIDE: FRUIT & YOGURT	1/2 CUP	103	25.81
BLUEBERRIES: FRZ	1/2 CUP	40	9.67
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: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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		564	84.01
% of Calories			59.6%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/20/2017			
6-8 Breakfast NE	Total		
Breakfast Flat Bread-Sausage	1 Pizza	585	48.99
SAND BRKFST:CROISSA, SAUSG&CHZ	1 EACH	218	13.58
PARFAIT JUST PEACHY:K12	1 parfait	232	44.7
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
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
6-8 Lunch NE	Total		
ACTION STATION: PASTA BAR	1 EACH	373	38.43
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 GRILL WISCONSIN:K12	1 sand + dip	421	50.86
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
SALAD FT BUFFALO:G612	1 salad	317	26.16
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
Assorted Kyzd-ables	1	411	48.59
SAND COLD:WRAP CHICK RANCH:K8	1 EACH	431	38.14
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO: FRENCH FRIES	1/2 cup	80	13.33
BEANS: CAJUN KIDNEY	1/2 CUP	170	29.0
CORN: FROZEN, CKD	1/2 CUP	82	15.67
CARROTS BABY FRESH	1/2 cup	25	5.78
BROCCOLI FRESH	1/2 CUP	15	2.92
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24
BEANS: GREEN CUT, CANNED	1/2 CUP	37	7.37
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: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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		609	83.73
% of Calories			55.0%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

Generated on: 4/7/2017 12:46:36 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/21/2017			
6-8 Breakfast NE	Total		
WAFFLE: DUTCH WG 5"/48ct.	EACH (83G)	386	66.21
EGG OMELET:K12	1 omelet	129	0.99
BREAD: CINNAMON ROLL (2oz)	1 EACH	208	42.45
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
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
6-8 Lunch NE	Total		
ACTION STATION: PASTA BAR	1 EACH	373	38.43
PIZZA STICKS	2 EACH	290	30.0
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72
WRAP BRKFST SAUSAGE GRAVY	1 wrap	698	74.76
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
SALAD FT GARDEN:G612	1 salad	130	16.97
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
SAND COLD:SUB AMERICAN:K12	1 EACH	284	33.16
PARFAIT DOUBLE BERRY:G912	1 parfait	435	85.05
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATOES: AU GRATIN	1/2 CUP	108	17.82
BEANS GREEN	1/2 CUP	22	4.93
YAMS: CND	1/2 CUP	76	18.92
PEAS GREEN:from frozen	1/2 cup	74	12.74
PEPPER RED BELL	1/2 CUP	12	2.84
BEANS: GARBANZO, COLD	1/2 CUP	138	23.05
SALAD SIDE: BROCCOLI & RAISIN	1/2 cup	150	22.83
PEARS: SLICED CND	1/2 CUP	57	13.34
MELON HONEYDEW CUBES	1/2 cup	58	14.54
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: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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		528	77.52
% of Calories			58.7%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

Generated on: 4/7/2017 12:46:36 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/24/2017			
6-8 Breakfast NE	Total		
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23
SAND BRKFST:CROISSA, SAUSG&CHZ	1 EACH	218	13.58
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
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
6-8 Lunch NE	Total		
ACTION STATION: POPN CHICKEN	1 EACH	481	53.76
PASTA: SPAGHETTI:boil	1 CUP	213	41.51
SAUCE MEATBALL:2M	5 meatballs	249	15.32
SAND HOT:CHICKEN PATTY: K-12	EACH	320	26.0
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
PARFAIT DOUBLE BERRY:G912	1 parfait	435	85.05
Assorted Kyzd-ables	1	411	48.59
SAND COLD:WRAP BBQ CHICKEN:K8	1 EACH	365	35.75
LETTUCE: ROMAIN MIX (95%)	1 CUP	13	2.51
POTATO: FRENCH FRIES	1/2 cup	80	13.33
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53
TOMATO: FRESH WEDGES	1/2 CUP	19	4.1
BROCCOLI FRESH	1/2 CUP	15	2.92
CUCUMBER SLICES	1/2 cup	10	2.47
SALAD SIDE: PASTA:veg	1/2 CUP	120	18.1
BLUEBERRIES: FRZ	1/2 CUP	40	9.67
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: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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		565	79.54
% of Calories			56.3%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/25/2017			
6-8 Breakfast NE	Total		
STRAWBERRY MINI BAGELS	Package	230	41.0
CINNAMON MINI BAGELS	Package	240	41.0
DONUT: MINI CHOCOLATE	package	320	41.0
DONUT: MINI POWDERED	package	270	41.0
PANCAKES:1G	1 pancakes	77	13.67
SAUSAGE: LINKS,PORK (1oz M/MA)	2 LINKS	78	1.0
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
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
6-8 Lunch NE	Total		
ACTION STATION: POPN CHICKEN	1 EACH	481	53.76
PANCAKES:2G	2 pancakes	153	27.33
EGG OMELET:K12	1 omelet	129	0.99
CASSEROLE: HASHBROWN	1/2 CUP	278	35.71
SAND HOT:SPICY CHICK PTY: K12	1 EACH	304	35.0
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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"BUFFALO CHICK:6-12	1/8th slice	410	31.75
SALAD:ENT CHEF: 6-12	1 EACH	250	24.41
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
SAND COLD:WRAP TURKEY & CHZ:K8	1 EACH	327	26.53
SAND COLD:SUB S. ITALIAN:K12	1 EACH	313	33.99
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO: SWEET WAFFLE CUT	1/2 cup	140	23.01
CORN: FROZEN, CKD	1/2 CUP	82	15.67
VEGGIE BLEND ASIAN	1/2 cup	51	8.25
BROCCOLI FRESH	1/2 CUP	15	2.92
CARROTS BABY FRESH	1/2 cup	25	5.78
CELERY STICKS	1/2 cup	12	2.2
APPLE CRISP:K12	1/24 slice	392	70.4
ORANGE MANDARIN CND	1/2 CUP	63	15.2
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: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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		543	82.31
% of Calories			60.6%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

Generated on: 4/7/2017 12:46:36 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/26/2017			
6-8 Breakfast NE	Total		
SAND BRKFST:CROISSANT, HAM&EGG	1 EACH	214	16.39
EGG SCRAMBLED:K12	SERV	92	0.0
BREAD: WG TOAST (1G)	1 toast	83	13.33
PORK: BACON	2 slices Bacon	60	0.26
MUFFIN: IW DOUBLE CHOC. 2oz	1 muffin	190	32.0
CHEESE STRING	1 stick	80	1.0
Assorted Cereal Bowls & Bars	1 bowl or 1 bar	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: 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: JELLY	INDV CUP	18	4.5
6-8 Lunch NE	Total		
ACTION STATION: POPN CHICKEN	1 EACH	481	53.76
CHILI: GRND BEEF	6 FL OZ	279	33.91
BREAD: CINNAMON ROLL (2oz)	1 EACH	208	42.45
SAND HOT:HAM & CHEESE:6-12	1 EACH	272	32.58
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
FRUIT BOWL:W/CHEESE:K12	1 EACH	267	29.3
MUFFIN VARIETY:IW 2oz	1 muffin	190	31.0
SAND COLD:WRAP HAM & SWISS:K8	1 EACH	324	28.12
SAND COLD:SUB TURKEY&PJACK:K12	1 EACH	302	32.34
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO MASHED:instant	1/2 cup	112	21.36
POTATO SWT BITES	1/2 cup	120	19.03
BROCCOLI: FROZEN, CKD w/CHEESE	#8 dishers	153	5.92
PEPPER RED BELL	1/2 CUP	12	2.84
CUCUMBER SLICES	1/2 cup	10	2.47
SPINACH LEAVES FRESH	1 CUP	21	2.57
SALAD SLAW HOMESTYLE	1/2 CUP	150	19.0
APPLESAUCE CND	1/2 cup	50	13.0
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
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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		555	77.88
% of Calories			56.1%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

Generated on: 4/7/2017 12:46:36 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/27/2017			
6-8 Breakfast NE	Total		
FRUDEL APPLE	1 package	210	35.96
FRUDEL CHERRY	1 package	210	36.95
SAND BRKFST:CROIS., BACON&CHZ	1 EACH	269	13.83
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
BREAD: WG TOAST (1G)	1 toast	83	13.33
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
6-8 Lunch NE	Total		
ACTION STATION: POPN CHICKEN	1 EACH	481	53.76
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
Chicken Strip Basket	1	455	41.47
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
SALAD:ENT POPCORN CHICKEN:6-12	1 EACH	248	18.27
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
Assorted Kyzd-ables	1	411	48.59
SAND COLD:WRAP TUNA SALAD:612	1 EACH	312	29.76
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATOES: SCALLOPED	1/2 CUP	108	18.63
BEANS: CAJUN KIDNEY	1/2 CUP	170	29.0
CORN: FROZEN, CKD	1/2 CUP	82	15.67
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
SALAD SIDE: PASTA:veg	1/2 CUP	120	18.1
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
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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		612	89.49
% of Calories			58.5%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/28/2017			
6-8 Breakfast NE	Total		
WAFFLE: DUTCH WG 5"/48ct.	EACH (83G)	386	66.21
TACO BRKFST-Breakfast Portion	1 taco	326	31.32
Assorted Cereal Bowls & Bars	1	121	25.3
BREAD: WG TOAST (1G)	1 toast	83	13.33
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: JELLY	INDV CUP	18	4.5
6-8 Lunch NE	Total		
ACTION STATION: POPN CHICKEN	1 EACH	481	53.76
NACHOS BEEF & CHEESE NE	1 nacho	473	44.49
SAND GRILL JERSEY:K12	1 sand + dip	328	36.96
SAND HOT:CHEESEBURGER BEEF:612	1 EACH	362	30.28
SAND HOT:HAMBURGER BEEF:6-12	1 EACH	312	30.28
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
PARFAIT JUST PEACHY:G912	1 parfait	412	76.85
SAND COLD:SUB AMERICAN:K12	1 EACH	284	33.16
WRAP FT BUFFALO:G6-12	1 wrap	397	41.5
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO SEASONED FRY	1/2 cup	120	20.0
BEANS GREEN	1/2 CUP	22	4.93
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54
CARROTS BABY FRESH	1/2 cup	25	5.78
SPINACH LEAVES FRESH	1 CUP	21	2.57
CUCUMBER SLICES	1/2 cup	10	2.47
SALAD SIDE:JELL-O CHRY/FRT MIX	1/2 CUP	141	33.19
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
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
LETTUCE: ICEBERG SHREDDED	1 CUP	7	1.3
CONDIMENTS: JALAPENO PEPPERS	1 OZ	4	0.83
CONDIMENT:DRESSING CAESAR LITE	1 OZ	66	1.89
Weighted Daily Average		650	97.43
% of Calories			60.0%
Nutrient Guideline		500-625	

Weighted Average		589	84.69
			57.5%

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Base Menu Spreadsheet

Portion Values - Detailed

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Apr 10, 2017 thru Apr 28, 2017

Combined: 6-8 Breakfast NE/6-8 Lunch NE

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				Portion Size	Cals (kcal)	Carb (g)		
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	589		500 - 625	100%				
Carbohydrate (g)	84.69	57.52%						

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