

Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 6, 2017 thru Mar 3, 2017

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

Generated on: 1/31/2017 8:57:54 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/06/2017			
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: PASTA BAR	1 EACH	373	38.43
NACHOS PATTY MELT:G912	1 nacho	479	50.44
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
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53
BEANS: REFRIED W/ CHEESE	1/2 CUP	185	19.54
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		644	93.88
% of Calories			58.3%
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 2

Feb 6, 2017 thru Mar 3, 2017

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

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/07/2017			
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: PASTA BAR	1 EACH	373	38.43
TACO CHICKEN FLOUR:K12	2 taco	417	32.69
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
CORN: FROZEN, CKD	1/2 CUP	82	15.67
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
APRICOT HALVES IN JUICE	1/2 cup	59	13.76
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		603	84.21
% of Calories			55.9%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Feb 6, 2017 thru Mar 3, 2017

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

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/08/2017			
6-8 Breakfast NE	Total		
STRAWBERRY MINI BAGELS	Package	230	41.0
CINNAMON MINI BAGELS	Package	240	41.0
SAND BRKFST:BACON&CHZ TOASTER	1 EACH	321	32.26
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: PASTA BAR	1 EACH	373	38.43
SAND HOT:GRILLED CHEESE	1 EACH	362	32.0
Tomato Soup-Scratch	8 oz	67	16.5
SAND HOT:CHICKEN COR BLEU:K-12	1 EACH	388	27.15
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
YAMS: CND	1/2 CUP	76	18.92
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		548	81.50
% of Calories			59.4%
Nutrient Guideline		500-625	

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Portion Values - Detailed

Page 4

Feb 6, 2017 thru Mar 3, 2017

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

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 02/09/2017			
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: PASTA BAR	1 EACH	373	38.43
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		594	88.82
% of Calories			59.8%
Nutrient Guideline		500-625	

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Portion Values - Detailed

Page 5

Feb 6, 2017 thru Mar 3, 2017

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

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 02/10/2017			
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: PASTA BAR	1 EACH	373	38.43
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		564	80.66
% of Calories			57.2%
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 - 02/13/2017			
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: POPN CHICKEN	1 EACH	481	53.76
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		607	87.74
% of Calories			57.8%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Feb 6, 2017 thru Mar 3, 2017

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

Generated on: 1/31/2017 8:57:55 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/14/2017			
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: POPN CHICKEN	1 EACH	481	53.76
CORN DOG: MINI CHICKEN	1 EACH	326	28.5
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
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		571	84.61
% of Calories			59.3%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Feb 6, 2017 thru Mar 3, 2017

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

Generated on: 1/31/2017 8:57:55 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/15/2017			
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: 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 PARM: K-12	1 EACH	374	28.86
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" 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
YAMS: CND	1/2 CUP	76	18.92
VEGETABLE BLEND: CALI. w/CHZ	1/2 CUP	66	6.38
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		579	87.98
% of Calories			60.8%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Feb 6, 2017 thru Mar 3, 2017

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

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 02/16/2017			
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: POPN CHICKEN	1 EACH	481	53.76
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 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" 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		626	86.20
% of Calories			55.1%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Feb 6, 2017 thru Mar 3, 2017

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

Generated on: 1/31/2017 8:57:55 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 02/17/2017			
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: POPN CHICKEN	1 EACH	481	53.76
PIZZA STICKS	2 EACH	290	30.0
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72
SAND HOT PATTY MELT:G612	1 burger	409	33.76
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		540	79.18
% of Calories			58.7%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Feb 6, 2017 thru Mar 3, 2017

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

Generated on: 1/31/2017 8:57:56 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/20/2017			
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: CHINESE BAR	1 EACH	598	51.91
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 PUMPKIN APPLE SPC:K12	1 parfait	242	47.78
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 SW PINTO:veg	1/2 cup	137	22.89
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
BEANS: EDAMAME, POD	1/2 CUP	137	12.2
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		581	78.34
% of Calories			53.9%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Feb 6, 2017 thru Mar 3, 2017

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

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/21/2017			
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: CHINESE BAR	1 EACH	598	51.91
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		564	81.99
% of Calories			58.2%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Feb 6, 2017 thru Mar 3, 2017

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

Generated on: 1/31/2017 8:57:56 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/22/2017			
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: CHINESE BAR	1 EACH	598	51.91
CHICKEN NUGGETS:K12	5 nuggets	250	17.96
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
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
YAMS: CND	1/2 CUP	76	18.92
BROCCOLI TREES:blanched	1/2 cup	15	2.92
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		544	73.31
% of Calories			53.9%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Feb 6, 2017 thru Mar 3, 2017

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

Generated on: 1/31/2017 8:57:56 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 02/23/2017			
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: CHINESE BAR	1 EACH	598	51.91
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 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:SUB CHICKENSALAD:K12	1 EACH	419	38.47
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
PEACHES DICED CND	1/2 CUP	50	11.99
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		627	88.60
% of Calories			56.5%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Feb 6, 2017 thru Mar 3, 2017

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

Generated on: 1/31/2017 8:57:56 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 02/24/2017			
6-8 Breakfast NE	Total		
WAFFLE: DUTCH WG 5"/48ct.	EACH (83G)	386	66.21
Breakfast Flat Bread-Bacon	1 Pizza	639	49.1
Breakfast Flat Bread-Sausage	1 Pizza	585	48.99
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: CHINESE BAR	1 EACH	598	51.91
NACHOS BEEF & CHEESE NE	1 nacho	473	44.49
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 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: 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: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		745	104.76
% of Calories			56.3%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Feb 6, 2017 thru Mar 3, 2017

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

Generated on: 1/31/2017 8:57:56 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/27/2017			
6-8 Breakfast NE	Total		
SAND BRKFST:BAGEL, HAM&SWIS	1 EACH	302	41.87
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
APPLESAUCE: CINNAMON CND	1/2 CUPS	58	15.97
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
6-8 Lunch NE	Total		
ACTION STATION: DELI BAR	SAND	509	38.49
PIZZA STICKS	2 EACH	290	30.0
SAUCE: MARINARA	2 OZ PORTIONS	28	4.72
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
VEGGIE BOWL:W/COT. CHEESE:K12	1 EACH	394	52.25
Assorted Kyzd-ables	1	411	48.59
SAND COLD:SUB TURKEY&PJACK:K12	1 EACH	302	32.34
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO ROASTERS	1/2 cup	140	25.04
CARROTS: FRZ SLICES, CKD	1/2 CUP	38	6.53
BEANS SW BLACK:veg	1/2 cup	98	17.28
CARROTS BABY FRESH	1/2 cup	25	5.78
BROCCOLI FRESH	1/2 CUP	15	2.92
CUCUMBER SLICES	1/2 cup	10	2.47
SALAD SLAW MEXICAN	1/2 CUP	55	13.9
APPLESAUCE: CINNAMON CND	1/2 CUPS	58	15.97
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
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		593	84.93
% of Calories			57.3%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Feb 6, 2017 thru Mar 3, 2017

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

Generated on: 1/31/2017 8:57:56 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/28/2017			
6-8 Breakfast NE	Total		
ROLL MINI CINNIS IW	1 pkg	240	39.95
SAND BRKFST:CROISSA, SAUSG&CHZ	1 EACH	218	13.58
PARFAIT STRAWBERRY FIELDS:G912	1 parfait	476	97.3
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
NACHOS ITALIAN: G912	1 nacho	530	39.34
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" BBQ CHICKEN:6-12	1/8th slice	376	40.75
SALAD:ENT CHEF: 6-12	1 EACH	250	24.41
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
SAND COLD:SUB CHICKENSALAD:K12	1 EACH	419	38.47
SAND COLD:WRAP CHICK CAESAR	1 EACH	449	36.16
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
CASSEROLE: HASHBROWN	1/2 CUP	278	35.71
CORN: FROZEN, CKD	1/2 CUP	82	15.67
BEANS: CAJUN KIDNEY	1/2 CUP	170	29.0
CORN: CANNED, COLD	1/2 CUP	90	20.44
PEPPER RED BELL	1/2 CUP	12	2.84
BEANS: EDAMAME, SHELLED	1/2 CUP	123	9.24
APPLE CRISP:K12	1/24 slice	392	70.4
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		683	95.55
% of Calories			56.0%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Feb 6, 2017 thru Mar 3, 2017

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

Generated on: 1/31/2017 8:57:57 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/01/2017			
6-8 Breakfast NE	Total		
Cinnamon Roll & Yogurt	1roll + 1yogurt	302	61.12
SAND BRKFST BISCUIT SAUSAG:K12	1 sandwich	269	26.86
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: DELI BAR	SAND	509	38.49
CHILI: GRND BEEF	6 FL OZ	279	33.91
BREAD: CINNAMON ROLL (2oz)	1 EACH	208	42.45
SAND HOT:CHICKEN PATTY: K-12	1 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
FRUIT BOWL:W/CHEESE:K12	1 EACH	267	29.3
BREAD: TOASTED WW BAGEL: K12	1 BAGEL	180	38.0
SAND COLD:HAM & PROVLONE:K12	1 EACH	313	35.62
SAND COLD:WRAP S. ITALIAN:6-8	1 EACH	303	26.99
LETTUCE: ROMAINE MIX (95%)	1 CUP	13	2.51
POTATO MASHED:instant	1/2 cup	112	21.36
BEANS GREEN	1/2 CUP	22	4.93
YAMS: CND	1/2 CUP	76	18.92
CUCUMBER SLICES	1/2 cup	10	2.47
SALAD SIDE: BLACK BEAN & CORN	1/2 cup	109	20.91
SPINACH LEAVES FRESH	1 CUP	21	2.57
APPLES BAKED:K12	3/8 cup	118	25.38
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		589	88.54
% of Calories			60.1%
Nutrient Guideline		500-625	

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Elkhorn Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 6, 2017 thru Mar 3, 2017

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

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/02/2017			
6-8 Breakfast NE	Total		
DONUT: GLAZED RING	1 EACH	314	37.74
SAND BRKFST:CROISSANT, EGG&CHZ	1 EACH	228	14.56
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
SAND HOT:BBQ PULLED PORK, COM	1 EACH	319	41.96
SAND HOT SLOPPY JOE:K12-scrтч	1 sandwich	311	39.12
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
SALAD:ENT SPICY CHICKEN:6-12	1 EACH	262	21.51
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
Assorted Kyzd-ables	1	411	48.59
SAND COLD:TURKEY&CHDR:K12	1 EACH	307	33.34
LETTUCE: ROMAIN MIX (95%)	1 CUP	13	2.51
POTATO SEASONED FRY	1/2 cup	120	20.0
BEANS BAKED:veg	1/2 cup	219	51.84
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
CAULIFLOWER FRESH	1/2 CUP	13	2.66
SALAD SIDE: HMSTY POTATO SALAD	1/2 CUP	190	28.0
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
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		581	79.96
% of Calories			55.0%
Nutrient Guideline		500-625	

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Base Menu Spreadsheet

Portion Values - Detailed

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Feb 6, 2017 thru Mar 3, 2017

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

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/03/2017			
6-8 Breakfast NE	Total		
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23
SAND BRKFST:ENG MFFN SASG&EGG	1 EACH	249	23.99
Assorted Cereal Bowls & Bars	1	121	25.3
CHEESE STRING	1 stick	80	1.0
STRAWBERRIES	1/2 cup	24	5.84
Fruit-Assorted	1 whole fruit	90	23.15
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0
6-8 Lunch NE	Total		
ACTION STATION: DELI BAR	SAND	509	38.49
BEEFY MAC	1 CUP	320	43.85
BREAD: WG DINNER ROLL: K8	1 ROLL	110	20.0
SAND HOT:FISH MELT: K12	1 EACH	340	36.0
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" RSTD VEGGIE:6-12	1/8th slice	309	30.62
PARFAIT JUST PEACHY:G912	1 parfait	412	76.85
SAND COLD:SUB AMERICAN:K12	1 EACH	284	33.16
SAND COLD:WRAP CHICK RANCH:K8	1 EACH	431	38.14
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
CARROTS BABY FRESH	1/2 cup	25	5.78
PEPPER GREEN BELL DICED	1/2 cup	19	4.33
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		561	76.29
% of Calories			54.4%
Nutrient Guideline		500-625	

Weighted Average		597	85.35
			57.2%

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Portion Values - Detailed

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Feb 6, 2017 thru Mar 3, 2017

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

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Calories	597		500 - 625	100%				
Carbohydrate (g)	85.35	57.17%						

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