

Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/04/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
French fry basket	1 Each	725	47	1869	9.00	2.72	272.1	471	12.94	*0	17.79	86.2	30.56	13.36	*0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Popcorn chicken basket	serving	518	35	692	7.16	3.86	40.5	19	1.61	*5	24.89	52.58	23.72	4.59	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Macaroni & cheese	2/3 CUP	408	58	988	0.95	1.10	530.7	553	0.92	*9	22.17	30.48	21.79	13.08	*0.00
Mini corn dogs, chicken WG	6 each	270	37	420	4.50	2.16	150.0	0	0.0	*N/A*	10.5	29.99	12.0	3.75	0.00
Creamed spinach	1/2 cup	150	13	484	4.71	3.10	244.7	19160	9.27	*1	6.87	8.24	11.33	5.69	0.00
Green beans, canned	1/2 cup	27	0	265	3.22	1.14	49.3	455	6.06	*N/A*	1.63	5.48	0.05	0.04	0.00
Blueberry apple blend	1/2 cup	44	0	8	1.44	0.21	3.0	32	0.45	*7	0.13	10.51	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
CC oatmeal cookie	1 EACH	222	19	123	2.84	1.54	21.5	196	0.06	*14	5.16	36.39	6.65	1.77	*0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		853	71	1580	*11.35	*6.04	*397.3	*4064	*25.08	*16	33.05	101.41	34.87	11.48	*0.00
% of Calories										*7.5%	15.5%	47.6%	36.8%	12.1%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/05/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Egg roll basket	1 Each	370	60	930	6.00	3.60	80.0	1500	12.0	*N/A*	20.0	52.0	10.0	2.00	0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken tenders basket	Servings	503	61	1076	5.38	3.25	29.9	19	0.02	*5	27.17	61.97	18.63	4.92	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Mexican Chicken Casserole	1 cup	331	56	778	1.35	2.22	*249.3	*345	*0.81	*2	22.61	22.06	17.03	7.61	*0.00
Pinto beans, canned	1/2 cup	116	0	160	5.55	1.35	63.9	0	0.11	*0	7.07	20.5	0.92	0.16	0.00
Salad, side	Each	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
Salsa, homemade	1/4 cup	17	0	12	1.02	0.38	20.5	382	6.89	*0	0.25	6.28	0.0	0.00	*0.00
Tortilla chips	1 oz	142	0	152	1.01	0.36	20.2	0	0.0	*N/A*	2.03	17.21	7.09	3.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Fruit cocktail,Ex lt syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		797	72	1581	*9.58	*5.13	*420.3	*2814	*30.54	*17	34.56	101.65	29.24	9.53	*0.00
% of Calories										*8.8%	17.3%	51.0%	33.0%	10.8%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/06/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Mozzarella stick basket HS	Servings	454	20	1125	1.00	2.52	520.0	250	10.5	*4	26.5	49.0	18.0	5.25	0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
Crispito basket, chicken chs	serving	772	82	2334	14.00	5.37	448.1	871	1.13	*0	36.46	74.2	36.4	13.70	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken rings basket	servings	470	113	583	5.70	2.41	35.3	107	4.84	*3	23.05	53.18	19.56	4.18	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Chicken & dumplings	servings	253	60	705	1.80	3.53	*127.5	*81	*0.06	*2	23.47	18.63	10.1	4.21	*0.00
Corn: canned, yellow	1/4 cup	60	0	167	1.52	0.20	2.3	35	1.37	*3	1.74	10.88	1.95	0.70	0.00
Blackeyed peas	1/2 cup	93	0	163	4.03	1.81	20.2	0	0.05	*0	6.05	16.22	1.0	0.00	*0.00
Biscuits, homemade	1 Each	103	0	360	1.58	0.93	92.7	31	0.0	*1	2.72	15.25	3.7	1.70	*0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Peaches, canned,Ex Lt syrup	1/2 cup	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		699	68	1372	*8.37	*4.26	*433.0	*1878	*26.23	*21	28.83	93.47	24.01	7.37	*0.00
% of Calories										*12.2%	16.5%	53.5%	30.9%	9.5%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/07/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
French fry basket	1 Each	725	47	1869	9.00	2.72	272.1	471	12.94	*0	17.79	86.2	30.56	13.36	*0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Boneless Buffalo Wings basket	servings	423	*21	1491	4.23	3.54	61.9	380	1.99	*1	17.88	47.87	17.13	*3.08	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Boom Boom Chicken Sandwich HS	1 each	406	52	883	4.82	3.07	27.6	1734	9.78	*2	27.97	45.14	14.7	2.04	*0.00
French Fries	1/2 cup	108	0	231	2.31	0.55	0.0	0	3.7	*N/A*	1.54	16.17	3.08	0.77	0.00
Vegetarian beans	1/4 cup	55	0	70	2.50	0.54	20.0	0	0.0	2	3.5	10.0	0.49	0.00	0.00
Strawberries, frozen	1/2 cup	46	0	0	1.52	0.18	10.1	0	27.34	9	0.0	11.64	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		750	*52	1648	*9.17	*4.30	*447.0	*2267	*40.06	*18	28.57	99.97	25.77	*8.11	*0.00
% of Calories										*9.9%	15.2%	53.3%	30.9%	*9.7%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Fri - 01/08/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
Crispito basket, chicken chs	serving	772	82	2334	14.00	5.37	448.1	871	1.13	*0	36.46	74.2	36.4	13.70	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken tenders basket	Servings	503	61	1076	5.38	3.25	29.9	19	0.02	*5	27.17	61.97	18.63	4.92	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Pizza sub sandwich	1 Each	368	30	1189	3.00	*1.62	*20.0	*250	*10.5	*1	19.68	33.52	17.7	6.34	0.00
French Fries	1/2 cup	108	0	231	2.31	0.55	0.0	0	3.7	*N/A*	1.54	16.17	3.08	0.77	0.00
Salad, side	1 Each	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Fruit cocktail,Ex lt syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Pudding, chocolate	1/2 cup	130	3	324	*0.00	0.00	249.4	308	0.74	*0	4.93	29.67	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		829	62	1814	*8.03	*5.02	*628.1	*2591	*31.01	*17	33.49	116.99	26.71	9.13	*0.00
% of Calories										*8.4%	16.2%	56.5%	29.0%	9.9%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/11/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
French fry basket	1 Each	725	47	1869	9.00	2.72	272.1	471	12.94	*0	17.79	86.2	30.56	13.36	*0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Popcorn chicken basket	serving	518	35	692	7.16	3.86	40.5	19	1.61	*5	24.89	52.58	23.72	4.59	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Chicken Caesar Club	sandwich	419	49	804	3.42	2.67	43.8	700	3.12	*3	27.92	34.26	23.17	5.68	*0.00
Fried potatoes	1/2 cup	143	0	476	1.44	0.00	0.3	0	0.0	*1	1.44	17.28	7.6	2.28	0.00
Salad, side	Each	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Blueberry apple blend	1/2 cup	44	0	8	1.44	0.21	3.0	32	0.45	*7	0.13	10.51	0.0	0.00	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		784	56	1393	*9.84	*5.28	*430.4	*2733	*36.52	*22	29.82	102.23	28.98	8.50	*0.00
% of Calories										*11.3%	15.2%	52.1%	33.3%	9.7%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/12/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Egg roll basket	1 Each	370	60	930	6.00	3.60	80.0	1500	12.0	*N/A*	20.0	52.0	10.0	2.00	0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken tenders basket	Servings	503	61	1076	5.38	3.25	29.9	19	0.02	*5	27.17	61.97	18.63	4.92	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Taco bar	servings	542	91	1020	4.76	3.00	355.1	1666	20.37	*2	31.19	47.02	26.24	9.96	*0.36
Fruit cocktail, Ex It syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		737	64	1427	*7.82	*5.14	*456.1	*2337	*32.02	*19	30.92	99.98	24.90	7.89	*0.05
% of Calories										*10.5%	16.8%	54.2%	30.4%	9.6%	*0.1%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/13/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Mozzarella stick basket HS	Servings	454	20	1125	1.00	2.52	520.0	250	10.5	*4	26.5	49.0	18.0	5.25	0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
Crispito basket, chicken chs	serving	772	82	2334	14.00	5.37	448.1	871	1.13	*0	36.46	74.2	36.4	13.70	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken rings basket	servings	470	113	583	5.70	2.41	35.3	107	4.84	*3	23.05	53.18	19.56	4.18	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Sour cream chicken enchiladas	1 Each	295	54	834	2.32	3.31	248.1	*304	*2.57	*0	22.69	29.06	9.58	4.11	*0.00
Salsa, homemade	1/4 cup	17	0	12	1.02	0.38	20.5	382	6.89	*0	0.25	6.28	0.0	0.00	*0.00
Pinto beans with cheese	1/2 cup	156	8	263	5.55	1.37	192.2	90	0.11	*0	10.94	20.78	3.51	1.83	0.00
Tortilla chips	2 oz	283	0	304	2.02	0.73	40.5	0	0.0	*N/A*	4.05	34.42	14.17	6.07	0.00
Peaches, canned, Ex Lt syrup	1/2 cup	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		751	71	1380	*8.62	*5.12	*523.5	*2072	*33.51	*22	30.62	102.29	24.99	7.90	*0.00
% of Calories										*11.8%	16.3%	54.5%	30.0%	9.5%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/14/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
French fry basket	1 Each	725	47	1869	9.00	2.72	272.1	471	12.94	*0	17.79	86.2	30.56	13.36	*0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken fries basket	serving	498	28	909	5.70	3.40	43.9	19	0.02	*5	18.99	60.12	20.97	5.75	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Honey Sriracha Boneless Wings	servings	290	53	381	1.52	0.28	0.0	0	0.0	3	22.86	21.33	13.71	2.29	0.00
Mashed potatoes	1/2 cup	75	0	265	1.25	0.22	15.3	0	0.0	1	1.25	16.22	1.25	1.25	0.00
Sweet peas	1/4 cup	54	0	19	2.30	0.59	13.1	328	19.71	*N/A*	2.63	6.9	1.78	0.81	0.00
Strawberries, frozen	1/2 cup	46	0	0	1.52	0.18	10.1	0	27.34	9	0.0	11.64	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Garlic Toast WW	1 each	92	0	145	1.20	0.99	15.0	20	0.1	*0	2.77	16.92	1.55	0.37	*0.00
Ranch dressing, homemade	4 Tbsp	113	17	185	0.03	0.10	40.3	146	0.37	*0	1.33	5.52	10.61	3.66	*0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		766	54	1488	*8.86	*5.01	*455.9	*2055	*42.02	*18	28.28	101.77	27.35	9.13	*0.00
% of Calories										*9.4%	14.8%	53.2%	32.1%	10.7%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/15/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
Crispito basket, chicken chs	serving	772	82	2334	14.00	5.37	448.1	871	1.13	*0	36.46	74.2	36.4	13.70	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken tenders basket	Servings	503	61	1076	5.38	3.25	29.9	19	0.02	*5	27.17	61.97	18.63	4.92	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
BBQ Pork sandwich	Sandwiche	364	65	701	1.00	2.19	109.5	*240	*2.54	*10	24.84	41.26	11.82	3.61	*0.00
French Fries	1/2 cup	108	0	231	2.31	0.55	0.0	0	3.7	*N/A*	1.54	16.17	3.08	0.77	0.00
CREAMY COLE SLAW	1/2 CUP	78	5	151	1.96	0.47	35.0	1352	24.97	*4	1.23	7.22	5.53	0.55	*0.02
Fruit cocktail, Ex lt syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Chocolate chip cookie, small	2 each	148	11	127	0.00	0.76	0.0	211	0.0	*N/A*	2.11	25.33	5.28	2.11	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		865	72	1656	*7.96	*5.75	*484.1	*2361	*30.83	*18	32.79	120.21	29.99	10.41	*0.00
% of Calories										*8.5%	15.2%	55.6%	31.2%	10.8%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/19/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Egg roll basket	1 Each	370	60	930	6.00	3.60	80.0	1500	12.0	*N/A*	20.0	52.0	10.0	2.00	0.00
Crispito basket, chicken chs	serving	772	82	2334	14.00	5.37	448.1	871	1.13	*0	36.46	74.2	36.4	13.70	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken tenders basket	Servings	503	61	1076	5.38	3.25	29.9	19	0.02	*5	27.17	61.97	18.63	4.92	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Frito Chili Pie	portion	453	38	641	5.22	2.19	320.3	473	3.96	*2	18.85	45.36	22.32	7.16	*0.27
French Fries	1/2 cup	108	0	231	2.31	0.55	0.0	0	3.7	*N/A*	1.54	16.17	3.08	0.77	0.00
CREAMY COLE SLAW	1/2 CUP	78	5	151	1.96	0.47	35.0	1352	24.97	*4	1.23	7.22	5.53	0.55	*0.02
Fruit cocktail, Ex lt syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		740	61	1452	*8.36	*5.16	*471.9	*2264	*35.27	*21	30.05	102.70	24.51	7.66	*0.02
% of Calories										*11.2%	16.2%	55.5%	29.8%	9.3%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/20/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Mozzarella stick basket HS	Servings	454	20	1125	1.00	2.52	520.0	250	10.5	*4	26.5	49.0	18.0	5.25	0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
Crispito basket, chicken chs	serving	772	82	2334	14.00	5.37	448.1	871	1.13	*0	36.46	74.2	36.4	13.70	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken rings basket	servings	470	113	583	5.70	2.41	35.3	107	4.84	*3	23.05	53.18	19.56	4.18	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Turkey, bacon, cheddar & ranch sandwich	sandwich	519	80	1478	4.00	2.19	255.9	320	0.19	*0	33.36	36.47	27.16	9.22	0.00
French Fries	1/2 cup	108	0	231	2.31	0.55	0.0	0	3.7	*N/A*	1.54	16.17	3.08	0.77	0.00
Creamed spinach	1/2 cup	150	13	484	4.71	3.10	244.7	19160	9.27	*1	6.87	8.24	11.33	5.69	0.00
Peaches, canned, Ex Lt syrup	1/2 cup	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		743	75	1438	*8.24	*5.10	*524.2	*3591	*32.29	*20	31.29	97.09	26.19	8.26	*0.00
% of Calories										*10.9%	16.8%	52.2%	31.7%	10.0%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/21/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
French fry basket	1 Each	725	47	1869	9.00	2.72	272.1	471	12.94	*0	17.79	86.2	30.56	13.36	*0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Boneless Buffalo Wings basket	servings	423	*21	1491	4.23	3.54	61.9	380	1.99	*1	17.88	47.87	17.13	*3.08	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Baked Ranch Chicken	servings	201	57	868	0.13	3.76	99.9	349	2.07	*0	19.55	8.95	8.77	3.18	*0.00
Salad, side	Each	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
Steamed Carrots	1/4 cup	13	0	102	0.88	0.35	13.2	5959	1.46	*N/A*	0.34	2.95	0.1	0.02	0.00
Roll, WW 2 oz.	2 oz. roll	169	8	206	2.63	1.41	13.3	19	0.02	*3	4.92	27.3	4.9	1.18	*0.00
Strawberries, frozen	1/2 cup	46	0	0	1.52	0.18	10.1	0	27.34	9	0.0	11.64	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		749	*54	1683	*8.29	*5.36	*466.4	*2883	*40.40	*18	27.77	98.73	26.52	*8.46	*0.00
% of Calories										*9.6%	14.8%	52.7%	31.9%	*10.2%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/22/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
Crispito basket, chicken chs	serving	772	82	2334	14.00	5.37	448.1	871	1.13	*0	36.46	74.2	36.4	13.70	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken tenders basket	Servings	503	61	1076	5.38	3.25	29.9	19	0.02	*5	27.17	61.97	18.63	4.92	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Pizza Stick	Each	125	12	255	1.50	0.90	50.0	0	0.0	2	5.5	15.0	4.5	2.25	0.00
French Fries	1/2 cup	108	0	231	2.31	0.55	0.0	0	3.7	*N/A*	1.54	16.17	3.08	0.77	0.00
Marinara sauce, low sodium	1/4 cup	45	0	71	1.01	0.55	10.1	2524	30.29	*N/A*	1.01	7.57	1.77	0.50	0.00
Fruit cocktail, Ex lt syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		749	60	1554	*8.35	*5.15	*480.7	*2716	*38.12	*20	29.74	102.22	25.67	8.78	*0.00
% of Calories										*10.6%	15.9%	54.6%	30.8%	10.6%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/25/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
French fry basket	1 Each	725	47	1869	9.00	2.72	272.1	471	12.94	*0	17.79	86.2	30.56	13.36	*0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Popcorn chicken basket	serving	518	35	692	7.16	3.86	40.5	19	1.61	*5	24.89	52.58	23.72	4.59	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Mini corn dogs, chicken WG	6 each	270	37	420	4.50	2.16	150.0	0	0.0	*N/A*	10.5	29.99	12.0	3.75	0.00
Macaroni & cheese	2/3 CUP	408	58	988	0.95	1.10	530.7	553	0.92	*9	22.17	30.48	21.79	13.08	*0.00
Salad, side	Each	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
Green beans, canned	1/2 cup	27	0	265	3.22	1.14	49.3	455	6.06	*N/A*	1.63	5.48	0.05	0.04	0.00
Blueberry apple blend	1/2 cup	44	0	8	1.44	0.21	3.0	32	0.45	*7	0.13	10.51	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		754	61	1479	*8.92	*4.41	*460.9	*2428	*26.02	*17	29.16	92.16	29.54	9.86	*0.00
% of Calories										*8.8%	15.5%	48.9%	35.3%	11.8%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/26/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Egg roll basket	1 Each	370	60	930	6.00	3.60	80.0	1500	12.0	*N/A*	20.0	52.0	10.0	2.00	0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken tenders basket	Servings	503	61	1076	5.38	3.25	29.9	19	0.02	*5	27.17	61.97	18.63	4.92	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Chicken tenders	3 pieces	225	52	465	1.50	1.62	0.0	0	0.0	*N/A*	21.0	13.5	10.5	1.50	0.00
Waffles, WG	servings	80	5	105	1.00	0.72	20.0	0	0.0	2	2.0	12.0	3.0	0.00	0.00
Jalapeach sauce	4 Tbsp	44	0	323	0.58	0.10	8.2	38	0.62	*10	0.05	10.72	0.0	0.00	*0.00
Syrup, pancake	2 TBSP	92	0	32	0.00	0.01	1.2	0	0.0	8	0.0	24.13	0.0	0.00	*N/A*
Butternut squash, mashed	1/2 cup	108	0	204	3.56	*0.03	*12.3	*15	*0.04	*2	1.45	16.6	4.94	2.48	*0.00
Sweet peas	1/2 cup	108	0	39	4.60	1.18	26.3	657	39.42	*N/A*	5.26	13.8	3.57	1.62	0.00
Fruit cocktail, Ex It syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		744	63	1457	*8.16	*4.19	*420.6	*2323	*30.35	*22	31.00	102.02	24.73	7.56	*0.00
% of Calories										*11.9%	16.7%	54.8%	29.9%	9.1%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/27/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Mozzarella stick basket HS	Servings	454	20	1125	1.00	2.52	520.0	250	10.5	*4	26.5	49.0	18.0	5.25	0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
Crispito basket, chicken chs	serving	772	82	2334	14.00	5.37	448.1	871	1.13	*0	36.46	74.2	36.4	13.70	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken rings basket	servings	470	113	583	5.70	2.41	35.3	107	4.84	*3	23.05	53.18	19.56	4.18	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Sriracha chicken nachos - HS	servings	276	32	469	1.53	0.83	31.0	0	0.92	*0	12.29	27.02	12.24	4.59	*0.00
Salsa, homemade	1/4 cup	17	0	12	1.02	0.38	20.5	382	6.89	*0	0.25	6.28	0.0	0.00	*0.00
Black beans	1/2 cup	190	0	1211	12.11	1.73	76.3	0	0.0	*0	12.11	34.91	0.0	0.00	*0.00
Sour cream	1 oz	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	0.00
Peaches, canned, Ex Lt syrup	1/2 cup	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Tortilla chips	2 oz	283	0	304	2.02	0.73	40.5	0	0.0	*N/A*	4.05	34.42	14.17	6.07	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		828	72	1528	*9.19	*5.10	*509.0	*2098	*32.24	*21	31.30	110.77	29.38	9.70	*0.00
% of Calories										*10.4%	15.1%	53.5%	31.9%	10.5%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/28/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
French fry basket	1 Each	725	47	1869	9.00	2.72	272.1	471	12.94	*0	17.79	86.2	30.56	13.36	*0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Boneless Buffalo Wings basket	servings	423	*21	1491	4.23	3.54	61.9	380	1.99	*1	17.88	47.87	17.13	*3.08	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Boom Boom Chicken Sandwich HS	1 each	406	52	883	4.82	3.07	27.6	1734	9.78	*2	27.97	45.14	14.7	2.04	*0.00
French Fries	1/2 cup	108	0	231	2.31	0.55	0.0	0	3.7	*N/A*	1.54	16.17	3.08	0.77	0.00
Green beans, canned	1/2 cup	27	0	265	3.22	1.14	49.3	455	6.06	*N/A*	1.63	5.48	0.05	0.04	0.00
Strawberries, frozen	1/2 cup	46	0	0	1.52	0.18	10.1	0	27.34	9	0.0	11.64	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		760	*51	1715	*9.06	*5.27	*464.8	*2283	*42.18	*18	28.00	101.11	26.62	*8.60	*0.00
% of Calories										*9.4%	14.7%	53.2%	31.5%	*10.2%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/29/2021															
High School Lunch	Total														
Cheeseburger Basket HS	Servings	495	39	896	5.00	3.87	218.0	*136	*6.4	*0	21.81	57.23	17.76	6.62	0.00
Chicken Sandwich basket HS	1 each	472	30	1111	5.00	2.76	120.1	*0	*6.4	*N/A*	16.7	62.02	16.36	2.34	0.00
Vegetable bar	servings	187	17	384	2.90	1.02	80.5	6553	21.39	*7	2.79	15.75	13.89	3.63	*0.00
Pizza, 5" round w/sauce	each	582	43	1449	7.00	2.49	295.0	250	16.9	*2	23.17	65.0	23.83	12.58	0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
Crispito basket, chicken chs	serving	772	82	2334	14.00	5.37	448.1	871	1.13	*0	36.46	74.2	36.4	13.70	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken tenders basket	Servings	503	61	1076	5.38	3.25	29.9	19	0.02	*5	27.17	61.97	18.63	4.92	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Turkey Tetrazzini 7-12	1 cup	452	82	1511	1.34	1.71	272.4	452	0.33	*0	26.33	29.64	23.46	11.72	*0.00
Salad, side	Each	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
Green beans, canned	1/2 cup	27	0	265	3.22	1.14	49.3	455	6.06	*N/A*	1.63	5.48	0.05	0.04	0.00
Breadstick, WW 2 oz.	1 EACH	169	8	206	2.63	1.41	13.3	19	0.02	*3	4.92	27.3	4.9	1.18	*0.00
Fruit cocktail, Ex lt syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		776	69	1689	*8.25	*5.16	*489.6	*2396	*29.82	*20	31.71	101.62	27.93	9.91	*0.00
% of Calories										*10.3%	16.3%	52.4%	32.4%	11.5%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	
Weighted Average		772	*64	1544	*8.76	*5.05	*471.8	*2534	*33.40	*19	30.58	102.55	27.26	*8.85	*0.00
										*22.6%	15.8%	53.1%	31.8%	*10.3%	*0.0%

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Beebe Public Schools

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	772		750 - 850	100%												
Cholesterol (mg)	64				Missing											
Sodium 1 (mg)	1544		1420						124							
Sodium 2 (mg)	1544		1080						464							
Fiber (g)	8.76				Missing											
Iron (mg)	5.05				Missing											
Calcium (mg)	471.8				Missing											
Vitamin A (IU)	2534				Missing											
Sugars (g)	19	10.02%			Missing											
Vitamin C (mg)	33.40				Missing											
Protein (g)	30.58	15.84%														
Carbohydrate (g)	102.55	53.11%														
Total Fat (g)	27.26	31.76%	<=30.00%													
Saturated Fat (g)	8.85	10.32%	<10.00%		Missing											
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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