

Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 3/18/2021 7:40:37 AM

	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 - 04/01/2021															
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
Pears: canned Ex Lt Syrup	1/2 cup	48	0	4	1.59	0.00	0.0	0	0.95	10	0.0	12.77	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		767	54	1490	*8.89	*4.95	*452.0	*2055	*31.87	*18	28.28	102.20	27.35	9.13	*0.00
% of Calories										*9.6%	14.8%	53.3%	32.1%	10.7%	*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

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

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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)
Fri - 04/02/2021															
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
Chicken slider (2 each)	2 sliders	352	25	753	6.02	3.61	140.3	0	0.0	*0	20.11	42.1	11.57	2.52	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	1/2 cup	110	0	140	4.99	1.08	40.0	0	0.0	5	6.99	19.99	0.99	0.00	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
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		866	69	1659	*8.61	*5.91	*487.0	*2232	*28.61	*18	32.88	121.31	29.60	10.28	*0.00
% of Calories										*8.2%	15.2%	56.0%	30.7%	10.7%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

Generated on: 3/18/2021 7:40:37 AM

	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 - 04/05/2021															
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
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	servings	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	servings	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
Beef Nachos	SERVINGS	321	44	628	1.18	1.43	296.6	889	0.34	*3	18.59	22.39	17.33	8.40	*0.35
Salsa, homemade	1/2 cup	33	0	24	2.04	0.76	40.9	765	13.77	*1	0.5	12.57	0.0	0.00	*0.00
Refried beans, Santiago	1/2 cup	181	0	657	10.06	2.42	59.7	1	1.0	0	10.06	31.18	1.51	0.50	0.00
Cinnamon roll, WW 1 oz.	1 EACH	108	0	148	1.44	0.70	19.9	3	0.07	*7	2.69	19.22	2.66	0.46	*0.00
Applesauce	1/2 cup	84	0	15	1.02	1.84	0.0	0	2.45	*N/A*	0.0	21.44	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		783	54	1461	*9.73	*5.15	*462.7	*2198	*29.03	*16	30.00	104.95	27.06	8.64	*0.04
% of Calories										*8.1%	15.3%	53.6%	31.1%	9.9%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 4

Generated on: 3/18/2021 7:40:37 AM

	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)
Tue - 04/06/2021															
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
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
Chili cheese wrap w/Fritos	2 each	667	76	1347	3.98	4.42	641.7	*515	*10.34	*0	36.37	54.46	34.2	12.33	*0.55
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 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		759	65	1510	*8.18	*5.33	*496.9	*2400	*34.42	*21	31.43	103.38	25.70	8.17	*0.04
% of Calories										*10.8%	16.6%	54.5%	30.5%	9.7%	*0.1%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Portion Values - Detailed

	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 - 04/07/2021															
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
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	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	

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Page 6

Generated on: 3/18/2021 7:40:38 AM

	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 - 04/08/2021															
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
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
Poppy seed chicken	servings	357	58	688	1.19	2.87	*81.0	*156	*0.03	*1	20.4	31.32	17.74	7.04	*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
Pears: canned Ex Lt Syrup	1/2 cup	48	0	4	1.59	0.00	0.0	0	0.95	10	0.0	12.77	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		762	*54	1670	*8.39	*5.24	*461.8	*2868	*31.99	*18	27.84	100.83	27.22	*8.77	*0.00
% of Calories										*9.7%	14.6%	52.9%	32.2%	*10.4%	*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

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 7

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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)
Fri - 04/09/2021															
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

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 8

Generated on: 3/18/2021 7:40:38 AM

	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 - 04/12/2021															
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
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	servings	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	servings	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
Applesauce	1/2 cup	84	0	15	1.02	1.84	0.0	0	2.45	*N/A*	0.0	21.44	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		766	61	1481	*8.79	*4.91	*460.0	*2418	*26.63	*15	29.12	95.47	29.54	9.86	*0.00
% of Calories										*7.6%	15.2%	49.9%	34.7%	11.6%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 9

Generated on: 3/18/2021 7:40:38 AM

	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 - 04/13/2021															
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
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	1 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
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		741	63	1431	*8.12	*4.18	*420.0	*2320	*30.30	*21	31.00	101.17	24.73	7.56	*0.00
% of Calories										*11.5%	16.7%	54.6%	30.0%	9.2%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	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 - 04/14/2021															
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
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

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	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 - 04/15/2021															
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
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
Pears: canned Ex Lt Syrup	1/2 cup	48	0	4	1.59	0.00	0.0	0	0.95	10	0.0	12.77	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		761	*51	1717	*9.09	*5.21	*460.9	*2283	*32.03	*18	28.00	101.54	26.62	*8.60	*0.00
% of Calories										*9.6%	14.7%	53.4%	31.5%	*10.2%	*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

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	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 - 04/16/2021															
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	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	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 - 04/19/2021															
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
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	1 Each	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	1 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
Buffalo Chicken Wrap	1 Each	256	55	1461	2.18	2.26	115.7	443	0.07	*0	20.54	27.05	6.98	2.19	*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
Applesauce	1/2 cup	84	0	15	1.02	1.84	0.0	0	2.45	*N/A*	0.0	21.44	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		794	60	1499	*8.64	*4.93	*411.1	*2270	*22.56	*17	30.06	102.53	28.99	8.52	*0.00
% of Calories										*8.5%	15.1%	51.7%	32.9%	9.7%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 14

Generated on: 3/18/2021 7:40:38 AM

	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 - 04/20/2021															
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
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 fajitas	1 each	347	99	1044	2.00	2.63	112.9	218	7.93	*0	28.52	31.09	11.47	3.99	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
Peppers & Onions	1/2 cup	20	0	8	1.00	0.00	0.0	0	0.0	3	1.0	4.99	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
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		765	69	1509	*8.35	*4.36	*429.2	*2224	*27.32	*20	32.76	103.11	25.55	8.16	*0.00
% of Calories										*10.5%	17.1%	53.9%	30.0%	9.6%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	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 - 04/21/2021															
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
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	519	80	1478	4.00	2.19	255.9	320	0.19	*0	33.36	36.47	27.16	9.22	0.00
Corn: canned, yellow	1/2 cup	120	0	334	3.04	0.41	4.6	70	2.73	*7	3.48	21.76	3.9	1.39	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
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		678	67	1385	*8.71	*3.94	*269.2	*1668	*31.09	*24	24.78	87.53	26.10	7.82	*0.00
% of Calories										*14.2%	14.6%	51.6%	34.6%	10.4%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	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 - 04/22/2021															
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
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
Walking taco	servings	533	74	1014	5.67	3.16	352.6	2417	5.07	*2	30.62	42.6	25.49	9.27	0.73
Pears: canned Ex Lt Syrup	1/2 cup	48	0	4	1.59	0.00	0.0	0	0.95	10	0.0	12.77	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		746	*54	1666	*8.34	*4.09	*464.3	*2316	*28.31	*18	28.10	96.48	26.92	*8.88	*0.06
% of Calories										*9.4%	15.1%	51.7%	32.5%	*10.7%	*0.1%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 17

Generated on: 3/18/2021 7:40:38 AM

	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 - 04/26/2021															
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
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	1 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
Applesauce	1/2 cup	84	0	15	1.02	1.84	0.0	0	2.45	*N/A*	0.0	21.44	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		861	71	1582	*11.26	*6.39	*396.7	*4057	*25.51	*15	33.02	103.75	34.87	11.48	*0.00
% of Calories										*6.7%	15.3%	48.2%	36.4%	12.0%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 18

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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 - 04/27/2021															
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
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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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	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 - 04/28/2021															
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
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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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 20

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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 - 04/29/2021															
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
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
Pears: canned Ex Lt Syrup	1/2 cup	48	0	4	1.59	0.00	0.0	0	0.95	10	0.0	12.77	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	*52	1649	*9.20	*4.24	*443.0	*2267	*29.75	*19	28.57	100.41	25.77	*8.11	*0.00
% of Calories										*10.1%	15.2%	53.5%	30.9%	*9.7%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 21

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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 - 04/30/2021															
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	
Weighted Average		773	*63	1557	*8.78	*4.94	*457.1	*2460	*29.99	*19	30.32	102.31	27.39	*8.89	*0.01
										*21.9%	15.7%	53.0%	31.9%	*10.4%	*0.0%

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 22

Generated on: 3/18/2021 7:40:38 AM

Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	773		750 - 850		100%												
Cholesterol (mg)	63					Missing											
Sodium 1 (mg)	1557			1420					137								Correction Required - Sodium too High
Sodium 2 (mg)	1557			1080					477								Correction Required - Sodium too High
Fiber (g)	8.78					Missing											
Iron (mg)	4.94					Missing											
Calcium (mg)	457.1					Missing											
Vitamin A (IU)	2460					Missing											
Sugars (g)	19	9.74%				Missing											
Vitamin C (mg)	29.99					Missing											
Protein (g)	30.32	15.70%															
Carbohydrate (g)	102.31	52.97%															
Total Fat (g)	27.39	31.91%		<=30.00%													Correction Required - Total Fat too High
Saturated Fat (g)	8.89	10.36%		<10.00%		Missing											Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.01	0.01%				Missing											

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