

Beebe Public Schools

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 01/07/2019																
Middle & Jr High Lunch	Total	283														
Chicken rings, WG	servings	227	216	105	356	2.00	1.00	22.0	88	1.0	*N/A*	16.01	11.0	12.01	3.00	0.00
Mashed potatoes	1/2 cup	280	70	0	71	1.00	0.36	1.2	0	30.01	*0	1.0	13.01	1.12	0.56	0.00
Gravy, peppered lo-sodium	1/4 cup	1	35	0	140	0.00	0.00	1.3	0	0.0	*0	0.0	4.94	1.98	0.99	0.00
Steamed Carrots	1/4 cup	56	13	0	102	0.88	0.35	13.2	5959	1.46	*N/A*	0.34	2.95	0.1	0.02	0.00
Rolls, WW 2 oz. (allergy)	Each	227	172	0	126	2.40	1.36	8.9	2	0.04	*7	4.51	31.36	3.66	0.55	*0.00
Craisins, flavor variety	1 Each	130	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Chicken sandwich	servings	56	501	23	812	6.55	4.22	233.6	*248	*22.22	*15	20.92	76.28	13.33	1.91	0.00
Milk, Lunch- Variety	HALF PINT	250	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	280	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average % of Calories			676	97	903	7.46	3.19	341.2	*1745	*35.64	*20	28.99	98.55	19.10	4.31	*0.00
											*11.7%	17.1%	58.3%	25.4%	5.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 01/08/2019																
Middle & Jr High Lunch	Total	293														
Turkey, bacon, cheddar & ranch	sandwich	118	519	80	1478	4.00	2.19	255.9	320	0.19	*0	33.36	36.47	27.16	9.22	0.00
Broccoli w/ Cheese	1/2 cup	125	53	4	73	2.19	0.01	86.1	45	32.85	*N/A*	4.12	4.52	1.3	0.82	0.00
Tater Tots	1/2 cup	118	136	0	281	1.70	0.61	*N/A*	0	*N/A*	*N/A*	1.7	16.16	6.8	0.00	0.00
Rosy apples	1/2 cup	117	49	0	10	1.27	0.00	0.0	0	0.0	9	0.01	11.5	0.0	0.00	*0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Pizza Stick	Servings	175	369	45	681	6.27	2.85	269.3	530	22.18	20	18.58	50.15	11.22	5.04	0.00
Milk, Lunch- Variety	HALF PINT	225	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	400	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average % of Calories			668	69	1441	7.60	2.89	*533.0	852	*27.71	*15	33.40	79.87	24.51	7.66	*0.00
											*9.2%	20.0%	47.8%	33.0%	10.3%	*0.0%
Nutrient Guideline			600-700		1360										<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 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 01/09/2019																
Middle & Jr High Lunch	Total	321														
Fish sticks - commodity	servings	150	420	80	800	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	24.0	44.0	20.0	4.00	0.00
Macaroni & cheese	1/3 CUP	150	204	29	494	0.47	0.55	265.4	277	0.46	*4	11.08	15.24	10.89	6.54	*0.00
Salad, side	Each	85	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	1/4 cup	75	13	0	133	1.61	0.57	24.6	227	3.03	*N/A*	0.81	2.74	0.02	0.02	0.00
Fruit cocktail, Ex lt syrup	1/2 cup	75	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Cheeseburger	Servings	171	534	54	742	7.52	3.98	377.6	291	22.18	*14	23.87	67.63	19.37	6.87	0.00
Milk, Lunch- Variety	HALF PINT	150	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	1	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average			679	85	1158	4.86	*2.62	*478.5	*1416	*15.34	*13	33.42	80.22	27.30	9.22	*0.00
% of Calories											*7.7%	19.7%	47.3%	36.2%	12.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 01/10/2019																
Middle & Jr High Lunch	Total	271														
Chicken Caesar Club	sandwich	135	494	64	1104	3.42	2.79	229.8	793	3.12	*3	33.92	34.26	27.67	8.68	*0.00
Fried potatoes	1/2 cup	135	143	0	476	1.44	0.00	0.3	0	0.0	*1	1.44	17.28	7.6	2.28	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Mini Corn Dogs	servings	136	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	0.00
Carrots w/ Ranch dip	1/4 cup	50	41	4	74	1.03	0.34	21.4	4915	1.01	*2	0.56	4.29	2.7	0.92	*0.00
Vegetarian beans	1/2 cup	50	110	0	140	4.99	1.08	40.0	0	0.0	5	6.99	19.99	0.99	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	50	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Milk, Lunch- Variety	HALF PINT	200	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	100	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average			692	57	1292	8.69	3.13	466.5	1773	17.32	*13	31.76	83.76	27.98	8.11	*0.00
% of Calories											*7.6%	18.3%	48.4%	36.4%	10.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 01/11/2019																
Middle & Jr High Lunch	Total	294														
Boom Boom Chicken Sandwich	1 each	200	435	52	978	4.84	3.08	27.7	1734	9.79	*2	27.99	46.67	17.07	2.34	*0.00
Leaf lettuce/tomato	1/2 cup	150	16	0	14	1.16	0.49	19.6	3383	10.95	2	1.01	3.21	0.17	0.02	0.00
Butternut squash, roasted	1/4 cup	100	52	0	100	1.77	*0.01	*1.4	*0	*0.0	*1	0.59	8.1	2.43	1.21	*0.00
Applesauce	1/2 cup	230	84	0	15	1.02	1.84	0.0	0	2.45	*N/A*	0.0	21.44	0.0	0.00	0.00
OR	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Hot Ham & Cheese	sandwich	94	422	45	1227	4.25	2.39	416.0	297	0.0	*0	19.7	50.51	16.39	6.38	0.01
Milk, Lunch- Variety	HALF PINT	250	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	50	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average			634	56	1272	6.66	*4.56	*417.7	*3426	*14.56	*3	33.06	88.11	18.61	4.37	*0.00
% of Calories											*1.9%	20.9%	55.6%	26.4%	6.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 01/14/2019																
Middle & Jr High Lunch	Total	280														
Turkey taco (crunchy)	2 Each	130	237	29	248	3.00	*0.78	*158.1	*2023	*6.2	*2	13.97	18.13	11.83	3.73	0.00
Refried beans, Santiago	1/2 cup	100	181	0	657	10.06	2.42	59.7	1	1.0	0	10.06	31.18	1.51	0.50	0.00
Salsa, homemade	1/4 cup	125	17	0	12	1.02	0.38	20.5	382	6.89	*0	0.25	6.28	0.0	0.00	*0.00
Apple blueberry medley	1/2 cup	120	35	0	4	1.25	1.28	3.1	34	1.35	*N/A*	0.14	8.71	0.0	0.00	0.00
Tortilla chips	1 oz	130	142	0	152	1.01	0.36	20.2	0	0.0	*N/A*	2.03	17.21	7.09	3.04	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Chicken sandwich	servings	150	501	23	812	6.55	4.22	233.6	*248	*22.22	*15	20.92	76.28	13.33	1.91	0.00
Milk, Lunch- Variety	HALF PINT	189	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Taco sauce PC packet	1 each	50	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Condiment assortment	servings	100	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average			628	31	1034	9.99	*4.39	*442.8	*1596	*19.11	*9	27.97	91.16	17.65	4.65	*0.00
% of Calories											*6.0%	17.8%	58.0%	25.3%	6.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 01/15/2019																
Middle & Jr High Lunch	Total	300														
Macaroni & cheese	2/3 CUP	150	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	100	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	1/4 cup	145	13	0	133	1.61	0.57	24.6	227	3.03	*N/A*	0.81	2.74	0.02	0.02	0.00
Fruit cocktail, Ex lt syrup	1/2 cup	200	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Egg Rolls	servings	150	450	20	1244	5.25	4.14	220.0	825	4.8	*0	16.0	67.25	13.63	2.50	0.00
Milk, Lunch- Variety	HALF PINT	225	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	75	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average			612	47	1400	4.22	3.04	622.0	2314	8.12	*13	26.01	81.07	21.58	8.71	*0.00
% of Calories											*8.6%	17.0%	53.0%	31.7%	12.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 01/16/2019																
Middle & Jr High Lunch	Total	300														
NACHOS WITH GROUND BEEF	SERVINGS	150	299	44	480	2.08	1.71	317.2	889	0.34	*3	18.43	21.1	16.03	6.20	*0.35
Corn: canned, yellow	1/2 cup	150	120	0	334	3.04	0.41	4.6	70	2.73	*7	3.48	21.76	3.9	1.39	0.00
Salsa, homemade	1/4 cup	100	17	0	12	1.02	0.38	20.5	382	6.89	*0	0.25	6.28	0.0	0.00	*0.00
Fruit cocktail, Ex lt syrup	1/2 cup	250	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Cheeseburger	Servings	150	534	54	742	7.52	3.98	377.6	291	22.18	*14	23.87	67.63	19.37	6.87	0.00
Milk, Lunch- Variety	HALF PINT	250	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	1	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average			636	54	929	6.66	3.18	606.5	1337	16.32	*21	29.81	89.65	20.09	7.49	*0.18
% of Calories											*13.3%	18.7%	56.4%	28.4%	10.6%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

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	Portion Size	Reimb Qty	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 - 01/17/2019																
Middle & Jr High Lunch	Total	300														
Chicken fajitas	1 each	150	257	99	894	1.00	1.91	112.9	218	4.33	*0	25.52	16.09	9.47	3.49	0.00
Pinto beans with cheese	1/2 cup	100	156	8	263	5.55	1.37	192.2	90	0.11	*0	10.94	20.78	3.51	1.83	0.00
Peppers & Onions	1/4 cup	100	10	0	4	0.50	0.00	0.0	0	0.0	1	0.5	2.5	0.0	0.00	0.00
APPLE CRISP	1/2 cup	100	373	0	228	2.75	2.69	34.1	651	1.91	*29	3.58	56.39	15.48	3.11	*0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Mini Corn Dogs	servings	150	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	0.00
Milk, Lunch- Variety	HALF PINT	275	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	100	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average			663	77	1101	7.97	3.75	522.0	892	14.36	*17	31.86	88.44	20.74	5.91	*0.00
% of Calories											*10.3%	19.2%	53.3%	28.1%	8.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 01/18/2019																
Middle & Jr High Lunch	Total	300														
Pork Roast - Jr. High	servings	150	173	65	44	0.07	0.74	8.9	7	0.34	*0	19.86	1.06	9.8	3.61	*0.00
Brown gravy	1/4 cup	150	21	0	118	0.00	0.00	2.6	0	0.0	*0	0.0	3.3	0.82	0.00	0.00
Mashed potatoes	1/2 cup	100	70	0	71	1.00	0.36	1.2	0	30.01	*0	1.0	13.01	1.12	0.56	0.00
Succotash	1/4 cup	100	76	0	142	2.72	0.74	7.5	31	3.34	*N/A*	3.26	15.36	0.67	0.06	0.00
Peaches, canned,Ex Lt syrup	1/2 cup	200	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
Breadstick, WW 2 oz.	1 EACH	150	169	8	206	2.63	1.41	13.3	19	0.02	*3	4.92	27.3	4.9	1.18	*0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Chicken Quesadilla	Servings	150	405	48	445	6.27	1.80	170.0	221	25.78	*14	22.5	53.43	12.61	3.73	0.00
Milk, Lunch- Variety	HALF PINT	275	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average			587	66	633	6.39	2.34	375.3	636	24.62	*17	32.58	81.06	15.15	4.76	*0.00
% of Calories											*11.7%	22.2%	55.3%	23.2%	7.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Beebe Public Schools

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/22/2019																
Middle & Jr High Lunch	Total	300														
Grilled chicken sandwich	1 each	150	261	65	491	3.00	*1.80	*200.0	*0	*0.0	*0	26.13	31.0	4.52	0.00	0.00
Boom Boom sauce	1 oz	150	57	0	190	0.03	0.02	0.3	0	0.0	*0	0.06	3.07	4.74	0.59	0.00
Broccoli Casserole	1/4 cup	125	94	12	101	1.44	0.10	64.2	160	16.33	*0	4.23	9.55	4.28	2.51	0.00
Green beans, canned	1/2 cup	125	27	0	265	3.22	1.14	49.3	455	6.06	*N/A*	1.63	5.48	0.05	0.04	0.00
Sorbet frz. juice cup, variety	1 Each	250	70	0	5	3.00	0.36	60.0	0	60.0	*N/A*	0.0	19.0	0.0	0.00	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Pizza Stick	Servings	150	369	45	681	6.27	2.85	269.3	530	22.18	20	18.58	50.15	11.22	5.04	0.00
Milk, Lunch- Variety	HALF PINT	250	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	100	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average			567	66	1016	9.12	*3.17	*582.5	*938	*70.82	*10	31.70	83.55	13.25	4.22	0.00
% of Calories											*7.2%	22.4%	58.9%	21.0%	6.7%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 01/23/2019																
Middle & Jr High Lunch	Total	300														
Sriracha chicken nachos (5-8)	servings	150	323	52	938	1.01	0.60	211.0	330	0.7	*0	15.6	19.72	19.43	9.95	*0.00
Leaf lettuce/tomato	1/4 cup	111	8	0	7	0.58	0.24	9.8	1691	5.48	1	0.5	1.61	0.08	0.01	0.00
Salsa, homemade	1/4 cup	145	17	0	12	1.02	0.38	20.5	382	6.89	*0	0.25	6.28	0.0	0.00	*0.00
Peaches, canned, Ex Lt syrup	1/2 cup	90	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
Tortilla chips	1 oz	150	142	0	152	1.01	0.36	20.2	0	0.0	*N/A*	2.03	17.21	7.09	3.04	0.00
Sour cream	1 oz	100	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Cheeseburger	Servings	150	534	54	742	7.52	3.98	377.6	291	22.18	*14	23.87	67.63	19.37	6.87	0.00
Milk, Lunch- Variety	HALF PINT	225	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	100	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average			652	63	1095	5.81	2.76	549.7	1579	17.15	*11	27.56	78.27	26.03	11.35	*0.00
% of Calories											*7.0%	16.9%	48.0%	35.9%	15.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Beebe Public Schools

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 01/24/2019																
Middle & Jr High Lunch	Total	300														
Popcorn chicken, WG	serving	150	290	40	290	2.00	1.80	0.0	100	0.0	*N/A*	15.0	17.0	18.0	3.50	0.00
Mashed potatoes	1/2 cup	150	70	0	71	1.00	0.36	1.2	0	30.01	*0	1.0	13.01	1.12	0.56	0.00
Gravy, peppered lo-sodium	1/4 cup	150	35	0	140	0.00	0.00	1.3	0	0.0	*0	0.0	4.94	1.98	0.99	0.00
Great Northern beans, dried	1/2 cup	75	45	0	172	2.53	0.78	24.8	0	0.59	*N/A*	3.11	8.08	0.21	0.06	*0.00
Applesauce	1/2 cup	75	84	0	15	1.02	1.84	0.0	0	2.45	*N/A*	0.0	21.44	0.0	0.00	0.00
Rolls, WW 2 oz. (allergy)	Each	150	172	0	126	2.40	1.36	8.9	2	0.04	*7	4.51	31.36	3.66	0.55	*0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Mini Corn Dogs	servings	150	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	0.00
Milk, Lunch- Variety	HALF PINT	250	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	100	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average % of Calories			660	45	835	8.13	3.85	377.0	546	27.27	*11 *6.4%	24.44 14.8%	92.58 56.1%	22.06 30.1%	5.30 7.2%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 01/25/2019																
Middle & Jr High Lunch	Total	300														
Pizza, pepperoni 4x6 WG	1 Each	150	310	25	530	4.00	2.50	222.0	0	0.0	8	16.0	34.0	12.0	5.00	0.00
French Fries	3/4 cup	150	162	0	347	3.46	0.83	0.0	0	5.54	*N/A*	2.31	24.26	4.62	1.16	0.00
Broccoli & carrots w/ranch dip	1/4 cup	135	37	4	63	0.71	0.25	19.5	2593	0.78	*1	0.63	3.42	2.68	0.92	*0.00
Strawberries, frozen	1/2 cup	125	131	0	0	4.56	0.33	54.8	0	27.38	*N/A*	0.91	37.42	0.0	0.00	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Turkey & Cheese	1 each	150	436	51	1397	4.25	3.30	343.3	683	0.0	*0	30.6	48.49	13.39	4.54	0.00
Milk, Lunch- Variety	HALF PINT	280	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	200	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average % of Calories			664	47	1400	8.14	3.59	595.2	1977	14.97	*5 *2.7%	32.84 19.8%	93.39 56.3%	18.25 24.7%	6.22 8.4%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Beebe Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Middle & Jr High Lunch

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	Portion Size	Reimb Qty	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 - 01/28/2019																
Middle & Jr High Lunch	Total	300														
Mexican Chicken Casserole	1 cup	100	331	56	778	1.35	2.22	*249.3	*345	*0.81	*2	22.61	22.06	17.03	7.61	*0.00
Leaf lettuce/tomato	1/4 cup	50	8	0	7	0.58	0.24	9.8	1691	5.48	1	0.5	1.61	0.08	0.01	0.00
Salsa, homemade	1/4 cup	50	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, canned	1/2 cup	75	116	0	160	5.55	1.35	63.9	0	0.11	*0	7.07	20.5	0.92	0.16	0.00
Cheese Cup	1 oz	75	64	10	307	0.06	0.12	154.0	330	0.26	*N/A*	5.29	2.13	4.03	2.34	*N/A*
Fruit cocktail, Ex lt syrup	1/2 cup	100	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
Tortilla chips	1 oz	100	142	0	152	1.01	0.36	20.2	0	0.0	*N/A*	2.03	17.21	7.09	3.04	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Chicken sandwich	servings	200	501	23	812	6.55	4.22	233.6	*248	*22.22	*15	20.92	76.28	13.33	1.91	0.00
Milk, Lunch- Variety	HALF PINT	250	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average			664	42	1112	6.82	4.15	*555.1	*1192	*18.03	*15	32.22	94.61	18.62	5.71	*0.00
% of Calories											*8.9%	19.4%	57.0%	25.2%	7.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 01/29/2019																
Middle & Jr High Lunch	Total	400														
Chicken strips, WG	3 each	200	177	0	382	1.09	2.07	55.1	94	0.04	1	13.4	13.8	7.21	0.40	0.00
Mashed potatoes	1/2 cup	200	70	0	71	1.00	0.36	1.2	0	30.01	*0	1.0	13.01	1.12	0.56	0.00
Gravy, peppered lo-sodium	1/4 cup	200	35	0	140	0.00	0.00	1.3	0	0.0	*0	0.0	4.94	1.98	0.99	0.00
Green beans, canned	1/4 cup	150	13	0	133	1.61	0.57	24.6	227	3.03	*N/A*	0.81	2.74	0.02	0.02	0.00
Rosy apples	1/2 cup	300	49	0	10	1.27	0.00	0.0	0	0.0	9	0.01	11.5	0.0	0.00	*0.00
Rolls, WW 2 oz. (allergy)	Each	200	172	0	126	2.40	1.36	8.9	2	0.04	*7	4.51	31.36	3.66	0.55	*0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Egg Rolls	servings	200	450	20	1244	5.25	4.14	220.0	825	4.8	*0	16.0	67.25	13.63	2.50	0.00
Milk, Lunch- Variety	HALF PINT	375	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
KETCHUP: individual	2 each	250	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			623	16	1225	6.43	4.18	433.7	1015	19.03	*11	25.46	98.80	14.30	2.80	*0.00
% of Calories											*7.2%	16.4%	63.5%	20.7%	4.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Beebe Public Schools

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 01/30/2019																
Middle & Jr High Lunch	Total	300														
Boom boom naked chicken wrap	servings	100	245	47	523	2.02	2.06	100.1	0	0.0	*0	18.43	25.53	7.07	1.72	0.00
Fried potatoes	1/2 cup	100	143	0	476	1.44	0.00	0.3	0	0.0	*1	1.44	17.28	7.6	2.28	0.00
MIXED VEGETABLES:frozen,boiled	1/4 CUP	50	37	0	25	2.00	0.37	11.4	1946	1.46	*1	1.3	5.96	0.9	0.43	0.00
Strawberry applesauce	1/2 cup	100	105	0	37	1.07	1.93	0.1	0	2.57	*4	0.35	26.56	0.0	0.00	*0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Cheeseburger	Servings	200	534	54	742	7.52	3.98	377.6	291	22.18	*14	23.87	67.63	19.37	6.87	0.00
Milk, Lunch- Variety	HALF PINT	200	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	200	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average			632	57	1034	6.92	4.07	488.1	853	16.20	*11	28.40	86.34	19.85	6.37	*0.00
% of Calories											*7.3%	18.0%	54.7%	28.3%	9.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 01/31/2019																
Middle & Jr High Lunch	Total	300														
Bacon ranch quesadillas	1 Each	100	389	87	1130	2.03	*2.44	*141.6	*149	*7.86	*0	29.41	32.22	15.74	6.17	*0.00
Salsa, homemade	1/4 cup	79	17	0	12	1.02	0.38	20.5	382	6.89	*0	0.25	6.28	0.0	0.00	*0.00
Refried beans, Santiago	1/2 cup	50	181	0	657	10.06	2.42	59.7	1	1.0	0	10.06	31.18	1.51	0.50	0.00
Apple slices, 2 oz. bag	1/2 cup	190	30	0	0	0.00	0.00	19.9	0	19.89	6	0.0	6.96	0.0	0.00	0.00
Tortilla chips	1 oz	100	142	0	152	1.01	0.36	20.2	0	0.0	*N/A*	2.03	17.21	7.09	3.04	0.00
Sour cream	1 oz	50	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Mini Corn Dogs	servings	200	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	0.00
Milk, Lunch- Variety	HALF PINT	270	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average			658	62	1088	8.97	*3.34	*507.9	*735	*32.41	*13	28.48	91.06	20.50	6.84	*0.00
% of Calories											*8.1%	17.3%	55.3%	28.0%	9.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			644	58	1109	7.27	*3.45	*494.1	*1379	*22.72	*13	30.00	87.81	20.31	6.33	*0.01
											*17.8%	18.6%	54.5%	28.4%	8.8%	*0.0%

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Beebe Public Schools

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg)	Calcm (mg) Overage	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	644		600 - 700	100%													
Cholesterol (mg)	58																
Sodium 1 (mg)	1109		1360														
Sodium 2 (mg)	1109		1035						74								
Fiber (g)	7.27																
Iron (mg)	3.45					Missing											
Calcium (mg)	494.1					Missing											
Vitamin A (IU)	1379					Missing											
Sugars (g)	13	7.93%				Missing											
Vitamin C (mg)	22.72					Missing											
Protein (g)	30.00	18.63%															
Carbohydrate (g)	87.81	54.52%															
Total Fat (g)	20.31	28.37%															
Saturated Fat (g)	6.33	8.85%	<10.00%														
Trans Fat ¹ (g)	0.01	0.01%				Missing											

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