

Beebe Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 24, 2019

Middle & Jr High Lunch

Generated on: 4/26/2019 7:51:52 AM

	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 - 05/01/2019																
Middle & Jr High Lunch	Total	300														
Chicken Caesar Club	sandwich	150	494	64	1104	3.42	2.79	229.8	793	3.12	*3	33.92	34.26	27.67	8.68	*0.00
French Fries	1/2 cup	150	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	25	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
Strawberries, frozen	1/2 cup	25	46	0	0	1.52	0.18	10.1	0	27.34	9	0.0	11.64	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	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	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			696	66	1257	6.89	3.73	532.8	1170	17.79	*10	35.96	79.49	27.72	8.72	*0.00
% of Calories											*5.5%	20.7%	45.7%	35.8%	11.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 05/02/2019																
Middle & Jr High Lunch	Total	500														
Turkey Tetrazzini 7-12	1 cup	100	452	82	1511	1.34	1.71	272.4	452	0.33	*0	26.33	29.64	23.46	11.72	*0.00
Broccoli Casserole	1/4 cup	67	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	58	27	0	265	3.22	1.14	49.3	455	6.06	*N/A*	1.63	5.48	0.05	0.04	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
Breadstick, WW 2 oz.	1 EACH	100	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 Mini Corn Dogs	servings	300	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	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
Lunchable - Turkey	1 Each	100	493	*52	880	*1.30	*0.72	*130.0	*600	*60.0	*1	18.62	58.84	20.17	*6.79	*0.00
Milk, Lunch- Variety	HALF PINT	450	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
MUSTARD: individual PC	2 each	125	5	0	99	0.36	0.14	5.7	10	0.03	0	0.34	0.52	0.3	0.02	0.00
KETCHUP: individual	2 each	125	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			642	*58	1108	*7.12	*2.66	*506.4	*864	*28.88	*11	26.05	87.92	20.93	*7.14	*0.00
% of Calories											*6.9%	16.2%	54.8%	29.4%	*10.0%	*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

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May 1, 2019 thru May 24, 2019

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)
Fri - 05/03/2019																
Middle & Jr High Lunch	Total	300														
Beef taco (crunchy)	2 Each	150	286	48	166	2.60	2.37	175.3	2359	11.22	*1	17.14	18.77	15.6	6.05	*0.50
Pinto beans with cheese	1/2 cup	80	156	8	263	5.55	1.37	192.2	90	0.11	*0	10.94	20.78	3.51	1.83	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
Pears: canned Ex Lt Syrup	1/2 cup	75	48	0	4	1.59	0.00	0.0	0	0.95	10	0.0	12.77	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
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 dog	Servings	150	471	46	1083	7.52	3.23	299.6	155	23.4	*14	16.68	67.41	16.97	3.57	0.00
Milk, Lunch- Variety	HALF PINT	285	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	2 each	200	10	0	190	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			634	55	1060	7.78	3.47	590.6	1883	20.31	*10	28.72	84.35	21.26	7.12	*0.25
% of Calories											*6.4%	18.1%	53.3%	30.2%	10.1%	*0.4%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 05/06/2019																
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
Strawberries, frozen	1/2 cup	130	46	0	0	1.52	0.18	10.1	0	27.34	9	0.0	11.64	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			647	97	903	6.78	3.27	345.9	*1745	*48.20	*13	28.99	91.03	19.10	4.31	*0.00
% of Calories											*7.9%	17.9%	56.3%	26.6%	6.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

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May 1, 2019 thru May 24, 2019

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)
Tue - 05/07/2019																
Middle & Jr High Lunch	Total	500														
Turkey, bacon, cheddar & ranch sandwich	200		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	75	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	200	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	50	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 MaxSnax	Servings	200	390	10	690	5.50	3.06	170.0	50	0.0	*1	16.0	49.5	14.0	3.25	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
Lunchable - Pizza	1 Each	100	521	*38	1319	*2.02	*2.42	*120.6	*600	*60.0	*3	17.14	61.08	20.89	*7.54	*0.02
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	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			624	*49	1434	*5.41	*2.86	*358.5	*527	*17.24	*2	28.64	68.99	25.68	*6.98	*0.00
% of Calories											*1.2%	18.4%	44.2%	37.0%	*10.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 05/08/2019																
Middle & Jr High Lunch	Total	321														
Buffalo chicken quesadilla	servings	150	386	60	1176	2.00	1.89	512.4	438	7.2	*0	30.09	31.25	15.39	7.92	*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
Peppers & Onions	1/4 cup	75	10	0	4	0.50	0.00	0.0	0	0.0	1	0.5	2.5	0.0	0.00	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
Fritos, WG	1 oz	75	142	0	172	2.03	0.36	20.2	0	0.0	*N/A*	2.03	20.25	6.08	1.01	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			600	62	1113	5.79	3.20	592.9	1439	17.78	*12	31.49	71.82	21.47	8.23	*0.00
% of Calories											*7.7%	21.0%	47.9%	32.2%	12.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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May 1, 2019 thru May 24, 2019

Base Menu Spreadsheet

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)
Thu - 05/09/2019																
Middle & Jr High Lunch	Total	500														
Boom boom naked chicken wrap	servings	200	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	200	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	200	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	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
Lunchable - Ham	1 Each	100	476	*44	989	*1.30	*0.38	*130.0	*600	*60.0	*1	15.53	59.72	19.18	*6.14	*0.01
Vegetarian beans	1/2 cup	100	110	0	140	4.99	1.08	40.0	0	0.0	5	6.99	19.99	0.99	0.00	0.00
Wild blueberry fruit cup	1/2 cup	250	48	0	41	1.55	0.68	41.0	160	1.51	*N/A*	1.34	10.71	0.02	0.01	*0.00
Milk, Lunch- Variety	HALF PINT	300	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			561	*46	1007	*7.04	*2.60	*366.7	*563	*21.91	*8	23.29	78.34	17.42	*4.79	*0.00
% of Calories											*5.4%	16.6%	55.8%	27.9%	*7.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 05/10/2019																
Middle & Jr High Lunch	Total	294														
Pizza, cheese 4x6 WG	each	94	299	25	439	3.99	2.29	262.1	0	0.0	8	15.95	33.89	10.96	4.98	0.00
Salad, side	Each	94	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	50	13	0	133	1.61	0.57	24.6	227	3.03	*N/A*	0.81	2.74	0.02	0.02	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	200	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			595	47	1227	5.57	4.04	635.3	1630	5.36	*4	25.98	83.61	18.27	6.84	*0.01
% of Calories											*2.7%	17.5%	56.2%	27.6%	10.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Mon - 05/13/2019																
Middle & Jr High Lunch	Total	280														
Bacon ranch quesadillas	1 Each	130	389	87	1130	2.03	*2.44	*141.6	*149	*7.86	*0	29.41	32.22	15.74	6.17	*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	75	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	100	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	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	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	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
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			692	58	1431	9.07	*4.50	*439.7	*686	*18.09	*13	35.14	96.82	18.73	5.47	*0.00
% of Calories											*7.5%	20.3%	56.0%	24.4%	7.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 05/14/2019																
Middle & Jr High Lunch	Total	500														
Roasted chicken	servings	200	100	37	200	0.00	0.24	0.0	0	0.0	*N/A*	9.3	0.0	6.6	2.00	0.00
Macaroni & cheese	2/3 CUP	200	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
Broccoli w/ Cheese	1/4 cup	145	26	2	37	1.09	0.00	43.1	22	16.42	*N/A*	2.06	2.26	0.65	0.41	0.00
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
Chocolate chip cookie, small	1 each	150	74	5	63	0.00	0.38	0.0	106	0.0	*N/A*	1.06	12.66	2.64	1.06	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	489	45	855	7.52	3.39	329.3	555	22.18	*20	20.58	67.4	15.84	5.54	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
Lunchable - Pizza	1 Each	150	521	*38	1319	*2.02	*2.42	*120.6	*600	*60.0	*3	17.14	61.08	20.89	*7.54	*0.02
Milk, Lunch- Variety	HALF PINT	400	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			674	*72	1345	*3.77	*2.49	*605.6	*1650	*31.99	*13	31.61	77.83	25.85	*11.05	*0.01
% of Calories											*7.9%	18.8%	46.2%	34.5%	*14.8%	*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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May 1, 2019 thru May 24, 2019

Middle & Jr High Lunch

Generated on: 4/26/2019 7:51:53 AM

	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 - 05/15/2019																
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	100	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	75	17	0	12	1.02	0.38	20.5	382	6.89	*0	0.25	6.28	0.0	0.00	*0.00
Blueberry crisp	servings	100	212	0	77	3.38	1.86	27.5	105	1.48	*13	3.76	36.03	6.15	2.73	*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			635	54	889	7.20	3.69	613.2	1160	14.78	*15	30.46	83.19	21.49	8.17	*0.18
% of Calories											*9.6%	19.2%	52.4%	30.5%	11.6%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 05/16/2019																
Middle & Jr High Lunch	Total	500														
Chicken fajitas	1 each	100	257	99	894	1.00	1.91	112.9	218	4.33	*0	25.52	16.09	9.47	3.49	0.00
Tossed green salad	1 cup	179	35	4	57	1.30	0.93	40.6	5461	6.89	*1	1.33	3.23	2.43	0.80	*0.00
Peppers & Onions	1/2 cup	183	20	0	8	1.00	0.00	0.0	0	0.0	3	1.0	4.99	0.0	0.00	0.00
Rosy apples	1/2 cup	250	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 Mini Corn Dogs	servings	300	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	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
Lunchable - Turkey	1 Each	100	493	*52	880	*1.30	*0.72	*130.0	*600	*60.0	*1	18.62	58.84	20.17	*6.79	*0.00
Milk, Lunch- Variety	HALF PINT	450	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			589	*60	913	*7.36	*2.58	*471.0	*2662	*29.07	*15	24.92	83.19	17.84	*5.24	*0.00
% of Calories											*9.9%	16.9%	56.5%	27.3%	*8.0%	*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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May 1, 2019 thru May 24, 2019

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)
Fri - 05/17/2019																
Middle & Jr High Lunch	Total	300														
Boom Boom Chicken Sandwich	1 each	150	435	52	978	4.84	3.08	27.7	1734	9.79	*2	27.99	46.67	17.07	2.34	*0.00
Tater Tots	1/2 cup	100	136	0	281	1.70	0.61	*N/A*	0	*N/A*	*N/A*	1.7	16.16	6.8	0.00	0.00
Succotash	1/4 cup	80	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	175	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	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 Crispito	Servings	150	390	25	544	4.25	2.34	100.0	775	0.0	*0	14.0	40.25	18.63	3.50	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
Weighted Daily Average			606	43	1019	6.42	3.11	*290.8	1676	*6.13	*9	28.59	77.24	20.69	3.17	*0.00
% of Calories											*5.9%	18.9%	51.0%	30.7%	4.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 05/20/2019																
Middle & Jr High Lunch	Total	300														
Sloppy Joe on WW bun	SERVINGS	150	371	53	449	4.15	4.00	226.5	600	13.01	*5	21.62	41.19	13.95	4.49	*0.67
French Fries	1/2 cup	150	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	1	55	0	70	2.50	0.54	20.0	0	0.0	2	3.5	10.0	0.49	0.00	0.00
Rosy apples	1/2 cup	150	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 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	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
KETCHUP: individual	2 each	300	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	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			649	44	979	7.18	4.40	480.6	*841	*19.86	*14	28.93	97.95	16.40	3.93	*0.34
% of Calories											*8.9%	17.8%	60.4%	22.7%	5.5%	*0.5%
Nutrient Guideline			600-700		1360										<10.00	

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Beebe Public Schools

May 1, 2019 thru May 24, 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)
Tue - 05/21/2019																
Middle & Jr High Lunch	Total	500														
Chicken nuggets	serving	250	177	0	382	1.09	2.07	55.1	94	55.08	1	13.4	13.8	7.21	0.40	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
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
Great Northern beans, canned	1/4 cup	100	105	0	241	4.51	1.35	60.2	75	0.9	*N/A*	6.77	18.05	0.75	0.00	0.00
Sorbet frz. juice cup, variety	1 Each	400	70	0	5	3.00	0.36	60.0	0	60.0	*N/A*	0.0	19.0	0.0	0.00	0.00
Roll, WW 2 oz.	2 oz. roll	1	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 MaxSnax	Servings	150	390	10	690	5.50	3.06	170.0	50	0.0	*1	16.0	49.5	14.0	3.25	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
Lunchable - Pizza	1 Each	150	521	*38	1319	*2.02	*2.42	*120.6	*600	*60.0	*3	17.14	61.08	20.89	*7.54	*0.02
Milk, Lunch- Variety	HALF PINT	450	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			572	*21	1034	*6.33	*3.32	*445.3	*708	*100.15	*2	25.61	81.79	15.40	*3.89	*0.01
% of Calories											*1.4%	17.9%	57.2%	24.2%	*6.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 05/22/2019																
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	150	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
Sour cream	1 oz	125	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			598	64	1021	5.50	2.58	541.1	1608	17.15	*14	26.62	72.61	22.96	10.11	*0.00
% of Calories											*9.4%	17.8%	48.6%	34.6%	15.2%	*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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May 1, 2019 thru May 24, 2019

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)
Thu - 05/23/2019																
Middle & Jr High Lunch	Total	350														
Pizza, pepperoni 4x6 WG	1 Each	200	310	25	530	4.00	2.50	222.0	0	0.0	8	16.0	34.0	12.0	5.00	0.00
Broccoli w/ Cheese	1/2 cup	150	53	4	73	2.19	0.01	86.1	45	32.85	*N/A*	4.12	4.52	1.3	0.82	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
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
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	312	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			538	38	803	7.68	3.18	535.2	581	25.18	*11	24.03	74.98	15.77	5.40	0.00
% of Calories											*7.9%	17.9%	55.7%	26.4%	9.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 05/24/2019																
Middle & Jr High Lunch	Total	150														
Turkey & cheese sandwich	1 each	150	316	51	1113	4.00	2.40	263.3	658	0.0	*0	29.6	35.23	7.77	3.04	0.00
Green beans, canned	1/2 cup	50	27	0	265	3.22	1.14	49.3	455	6.06	*N/A*	1.63	5.48	0.05	0.04	0.00
Baby Carrots	1/4 cup	50	12	0	28	1.03	0.32	11.3	4887	0.92	2	0.23	2.92	0.05	0.01	0.00
Blueberry apple blend	1/2 cup	50	44	0	8	1.44	0.21	3.0	32	0.45	*7	0.13	10.51	0.0	0.00	0.00
Doritos, Nacho RF WG	bag	150	130	0	200	1.00	0.36	0.0	100	0.0	*N/A*	2.0	20.0	5.0	0.50	0.00
Milk, Lunch- Variety	HALF PINT	120	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			596	58	1626	6.95	3.34	525.4	2951	2.86	*3	38.89	81.55	14.77	3.97	0.00
% of Calories											*1.9%	26.1%	54.8%	22.3%	6.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			619	*55	1121	*6.66	*3.28	*493.2	*1352	*24.60	*10	29.11	81.82	20.10	*6.36	*0.04
											*14.3%	18.8%	52.8%	29.2%	*9.2%	*0.1%

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Beebe Public Schools

May 1, 2019 thru May 24, 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	619		600 - 700	100%													
Cholesterol (mg)	55					Missing											
Sodium 1 (mg)	1121		1360														
Sodium 2 (mg)	1121		1035						86								
Fiber (g)	6.66					Missing											
Iron (mg)	3.28					Missing											
Calcium (mg)	493.2					Missing											
Vitamin A (IU)	1352					Missing											
Sugars (g)	10	6.37%				Missing											
Vitamin C (mg)	24.60					Missing											
Protein (g)	29.11	18.80%															
Carbohydrate (g)	81.82	52.84%															
Total Fat (g)	20.10	29.21%															
Saturated Fat (g)	6.36	9.25%	<10.00%			Missing											
Trans Fat ¹ (g)	0.04	0.06%				Missing											

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* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.