

Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/19/2019 8:49:13 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 - 01/06/2020															
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, Large 4-meat w/sauce	1 each	597	40	1455	8.00	4.02	320.0	550	16.9	*9	23.17	69.0	24.33	8.58	0.00
French fry basket	1 Each	725	47	1869	9.00	2.72	272.1	471	12.94	*0	17.79	86.2	30.56	13.36	*0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Popcorn chicken basket	serving	494	48	505	5.08	3.21	13.3	119	1.61	*3	20.81	50.51	24.01	4.68	*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
MIXED VEGETABLES:frozen,boiled	1/2 CUP	74	0	50	4.00	0.75	22.8	3892	2.91	*3	2.6	11.91	1.8	0.86	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		757	63	1422	*8.78	*4.87	*454.2	*2574	*25.95	*14	28.41	95.90	28.70	9.57	*0.00
% of Calories										*7.6%	15.0%	50.6%	34.1%	11.4%	*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

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/07/2020															
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, Large 4-meat w/sauce	1 each	597	40	1455	8.00	4.02	320.0	550	16.9	*9	23.17	69.0	24.33	8.58	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	499	61	881	5.13	3.39	15.8	19	30.03	*3	26.92	58.76	18.5	4.23	*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	2	0	3	0.03	0.02	0.6	0	0.0	0	0.06	0.33	0.08	0.00	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
Sweet potato crunch	1/2 cup	255	61	75	2.54	1.09	114.8	15670	20.1	*14	5.49	49.71	4.11	1.71	*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		740	67	1388	*7.87	*4.33	*423.8	*3545	*36.13	*22	30.97	101.21	24.48	6.94	*0.00
% of Calories										*12.1%	16.7%	54.7%	29.8%	8.4%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/08/2020															
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, Large Buffalo w/sauce	1 each	617	45	1555	8.00	4.02	320.0	650	16.9	*8	23.17	68.0	26.33	8.58	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		830	72	1534	*9.24	*5.18	*510.2	*2118	*32.24	*22	31.30	110.92	29.50	9.51	*0.00
% of Calories										*10.5%	15.1%	53.5%	32.0%	10.3%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/09/2020															
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, Large 4-meat w/sauce	1 each	597	40	1455	8.00	4.02	320.0	550	16.9	*9	23.17	69.0	24.33	8.58	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	432	*17	1993	2.20	4.00	140.1	5914	58.69	*3	19.34	46.84	19.0	*4.05	*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		763	*50	1833	*8.66	*5.38	*480.1	*3574	*45.12	*19	28.34	101.49	27.08	*8.64	*0.00
% of Calories										*10.0%	14.8%	53.2%	31.9%	*10.2%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/10/2020															
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, Large Buffalo w/sauce	1 each	617	45	1555	8.00	4.02	320.0	650	16.9	*8	23.17	68.0	26.33	8.58	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	499	61	881	5.13	3.39	15.8	19	30.03	*3	26.92	58.76	18.5	4.23	*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		777	69	1652	*8.26	*5.28	*487.9	*2420	*36.54	*20	31.66	101.08	28.05	9.52	*0.00
% of Calories										*10.3%	16.3%	52.0%	32.5%	11.0%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/13/2020															
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, Large 4-meat w/sauce	1 each	597	40	1455	8.00	4.02	320.0	550	16.9	*9	23.17	69.0	24.33	8.58	0.00
French fry basket	1 Each	725	47	1869	9.00	2.72	272.1	471	12.94	*0	17.79	86.2	30.56	13.36	*0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Popcorn chicken basket	serving	494	48	505	5.08	3.21	13.3	119	1.61	*3	20.81	50.51	24.01	4.68	*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		788	64	1444	*8.07	*4.81	*404.1	*2313	*22.56	*17	28.85	102.10	29.09	8.38	*0.00
% of Calories										*8.5%	14.7%	51.8%	33.2%	9.6%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/14/2020															
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, Large 4-meat w/sauce	1 each	597	40	1455	8.00	4.02	320.0	550	16.9	*9	23.17	69.0	24.33	8.58	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	499	61	881	5.13	3.39	15.8	19	30.03	*3	26.92	58.76	18.5	4.23	*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	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, 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		754	68	1446	*8.26	*4.44	*428.3	*2252	*33.80	*20	32.34	100.89	25.32	7.57	*0.00
% of Calories										*10.9%	17.1%	53.5%	30.2%	9.0%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/15/2020															
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, Large Buffalo w/sauce	1 each	617	45	1555	8.00	4.02	320.0	650	16.9	*8	23.17	68.0	26.33	8.58	0.00
Mozzarella stick basket HS	Servings	454	20	1125	1.00	2.52	520.0	250	10.5	*4	26.5	49.0	18.0	5.25	0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
Crispito basket, chicken chs	serving	772	82	2334	14.00	5.37	448.1	871	1.13	*0	36.46	74.2	36.4	13.70	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken rings basket	servings	470	113	583	5.70	2.41	35.3	107	4.84	*3	23.05	53.18	19.56	4.18	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Turkey, bacon, cheddar & ranch sandwich	sandwich	519	80	1478	4.00	2.19	255.9	320	0.19	*0	33.36	36.47	27.16	9.22	0.00
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		680	67	1390	*8.76	*4.01	*270.4	*1687	*31.09	*24	24.78	87.67	26.21	7.63	*0.00
% of Calories										*14.3%	14.6%	51.6%	34.7%	10.1%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/16/2020															
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, Large 4-meat w/sauce	1 each	597	40	1455	8.00	4.02	320.0	550	16.9	*9	23.17	69.0	24.33	8.58	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	432	*17	1993	2.20	4.00	140.1	5914	58.69	*3	19.34	46.84	19.0	*4.05	*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		749	*53	1782	*7.92	*4.26	*483.5	*3607	*41.39	*18	28.43	96.43	27.38	*8.92	*0.06
% of Calories										*9.9%	15.2%	51.5%	32.9%	*10.7%	*0.1%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/17/2020															
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, Large Buffalo w/sauce	1 each	617	45	1555	8.00	4.02	320.0	650	16.9	*8	23.17	68.0	26.33	8.58	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	499	61	881	5.13	3.39	15.8	19	30.03	*3	26.92	58.76	18.5	4.23	*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 Dog	1 each	479	77	1675	1.48	3.48	*214.5	*412	*1.65	*0	24.93	27.92	29.75	12.32	*0.27
Fried potatoes	1/2 cup	143	0	476	1.44	0.00	0.3	0	0.0	*1	1.44	17.28	7.6	2.28	0.00
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
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		762	65	1603	*7.84	*5.15	*445.4	*1997	*39.97	*20	30.82	99.42	27.70	9.13	*0.03
% of Calories										*10.3%	16.2%	52.2%	32.7%	10.8%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/21/2020															
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, Large 4-meat w/sauce	1 each	597	40	1455	8.00	4.02	320.0	550	16.9	*9	23.17	69.0	24.33	8.58	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	499	61	881	5.13	3.39	15.8	19	30.03	*3	26.92	58.76	18.5	4.23	*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		798	72	1529	*9.62	*5.33	*419.2	*2846	*38.73	*18	34.49	101.21	29.26	8.90	*0.00
% of Calories										*9.0%	17.3%	50.8%	33.0%	10.0%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/22/2020															
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, Large Buffalo w/sauce	1 each	617	45	1555	8.00	4.02	320.0	650	16.9	*8	23.17	68.0	26.33	8.58	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		701	68	1377	*8.41	*4.33	*434.1	*1897	*26.23	*22	28.83	93.61	24.12	7.18	*0.00
% of Calories										*12.4%	16.5%	53.4%	31.0%	9.2%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/23/2020															
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, Large 4-meat w/sauce	1 each	597	40	1455	8.00	4.02	320.0	550	16.9	*9	23.17	69.0	24.33	8.58	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	432	*17	1993	2.20	4.00	140.1	5914	58.69	*3	19.34	46.84	19.0	*4.05	*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		754	*51	1768	*8.77	*4.41	*462.5	*3578	*43.04	*20	28.91	100.36	26.23	*8.15	*0.00
% of Calories										*10.5%	15.3%	53.3%	31.3%	*9.7%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/24/2020															
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, Large Buffalo w/sauce	1 each	617	45	1555	8.00	4.02	320.0	650	16.9	*8	23.17	68.0	26.33	8.58	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	499	61	881	5.13	3.39	15.8	19	30.03	*3	26.92	58.76	18.5	4.23	*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
Grilled chicken club	1 each	430	100	1128	3.00	*1.44	*95.9	*0	*0.0	*3	35.07	30.0	20.44	6.73	*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
Leaf lettuce/tomato/pickles	salad cup	8	0	143	0.64	0.23	17.2	1269	4.96	1	0.49	1.74	0.12	0.02	0.00
Boom Boom sauce	1/2 oz	28	0	95	0.02	0.01	0.1	0	0.0	*0	0.03	1.53	2.37	0.30	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		830	70	1777	*8.00	*5.10	*635.2	*2391	*35.55	*17	35.33	115.65	26.43	8.60	*0.00
% of Calories										*8.4%	17.0%	55.8%	28.7%	9.3%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/27/2020															
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, Large 4-meat w/sauce	1 each	597	40	1455	8.00	4.02	320.0	550	16.9	*9	23.17	69.0	24.33	8.58	0.00
French fry basket	1 Each	725	47	1869	9.00	2.72	272.1	471	12.94	*0	17.79	86.2	30.56	13.36	*0.00
Crispito basket, chicken chili	serving	912	92	2334	16.00	6.09	408.1	1971	1.13	*0	44.46	80.2	44.4	15.69	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Popcorn chicken basket	serving	494	48	505	5.08	3.21	13.3	119	1.61	*3	20.81	50.51	24.01	4.68	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Chicken Caesar Club	sandwich	419	49	804	3.42	2.67	43.8	700	3.12	*3	27.92	34.26	23.17	5.68	*0.00
Fried potatoes	1/2 cup	143	0	476	1.44	0.00	0.3	0	0.0	*1	1.44	17.28	7.6	2.28	0.00
Salad, side	Each	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
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
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		803	59	1351	*9.11	*6.16	*422.9	*2753	*37.71	*18	28.71	108.41	29.08	8.34	*0.00
% of Calories										*9.1%	14.3%	54.0%	32.6%	9.4%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/28/2020															
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, Large 4-meat w/sauce	1 each	597	40	1455	8.00	4.02	320.0	550	16.9	*9	23.17	69.0	24.33	8.58	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	499	61	881	5.13	3.39	15.8	19	30.03	*3	26.92	58.76	18.5	4.23	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Taco bar	servings	542	91	1020	4.76	3.00	355.1	1666	20.37	*2	31.19	47.02	26.24	9.96	*0.36
Fruit cocktail, Ex It syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		738	64	1383	*7.86	*5.32	*455.1	*2365	*38.95	*20	30.86	99.61	24.91	7.36	*0.05
% of Calories										*10.7%	16.7%	54.0%	30.4%	9.0%	*0.1%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/29/2020															
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, Large Buffalo w/sauce	1 each	617	45	1555	8.00	4.02	320.0	650	16.9	*8	23.17	68.0	26.33	8.58	0.00
Mozzarella stick basket HS	Servings	454	20	1125	1.00	2.52	520.0	250	10.5	*4	26.5	49.0	18.0	5.25	0.00
Nachos basket (HS)	Serving	746	60	2259	12.13	3.28	482.0	665	1.27	*0	28.88	69.47	38.3	20.40	*0.00
Crispito basket, chicken chs	serving	772	82	2334	14.00	5.37	448.1	871	1.13	*0	36.46	74.2	36.4	13.70	*0.00
French Bread Pizza w/sauce	1 Each	557	20	1505	8.00	3.12	370.0	750	19.3	*2	20.17	63.0	23.33	7.58	0.00
Chicken rings basket	servings	470	113	583	5.70	2.41	35.3	107	4.84	*3	23.05	53.18	19.56	4.18	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
Sour cream chicken enchiladas	1 Each	295	54	834	2.32	3.31	248.1	*304	*2.57	*0	22.69	29.06	9.58	4.11	*0.00
Salsa, homemade	1/4 cup	17	0	12	1.02	0.38	20.5	382	6.89	*0	0.25	6.28	0.0	0.00	*0.00
Pinto beans with cheese	1/2 cup	156	8	263	5.55	1.37	192.2	90	0.11	*0	10.94	20.78	3.51	1.83	0.00
Tortilla chips	2 oz	283	0	304	2.02	0.73	40.5	0	0.0	*N/A*	4.05	34.42	14.17	6.07	0.00
Peaches, canned, Ex Lt syrup	1/2 cup	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		752	71	1385	*8.67	*5.20	*524.7	*2091	*33.51	*22	30.62	102.43	25.11	7.71	*0.00
% of Calories										*11.9%	16.3%	54.5%	30.0%	9.2%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/30/2020															
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, Large 4-meat w/sauce	1 each	597	40	1455	8.00	4.02	320.0	550	16.9	*9	23.17	69.0	24.33	8.58	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	432	*17	1993	2.20	4.00	140.1	5914	58.69	*3	19.34	46.84	19.0	*4.05	*0.00
Bento Box variety	1 Each	544	142	860	2.14	1.93	262.8	1633	23.49	*7	41.48	48.44	20.26	6.82	*0.00
TACO SALAD	SERVINGS	313	42	508	3.29	2.44	113.1	3099	7.32	*2	17.51	24.87	16.1	5.00	*0.50
Pinto beans, canned	1/4 cup	58	0	80	2.77	0.67	32.0	0	0.05	*0	3.54	10.25	0.46	0.08	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
Cinnamon roll	1 EACH	222	0	297	1.45	1.56	36.6	5	0.13	*14	5.2	38.72	5.18	0.88	*0.00
Juice, Orange 4 oz. carton	Carton (4 oz.)	60	0	0	*N/A*	*N/A*	*N/A*	*N/A*	36.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Condiment bar	servings	75	3	194	0.02	0.03	1.3	200	2.4	*8	0.08	11.38	3.27	0.64	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Raisins	1.33 oz. bo	113	0	4	1.39	12.68	188.5	0	51.79	*N/A*	1.16	29.86	0.17	0.02	0.00
Weighted Daily Average		750	*50	1732	*8.23	*5.35	*482.9	*3630	*44.44	*19	28.01	99.86	26.37	*8.37	*0.04
% of Calories										*10.1%	14.9%	53.3%	31.6%	*10.0%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/31/2020															
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, Large Buffalo w/sauce	1 each	617	45	1555	8.00	4.02	320.0	650	16.9	*8	23.17	68.0	26.33	8.58	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	499	61	881	5.13	3.39	15.8	19	30.03	*3	26.92	58.76	18.5	4.23	*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	406	28	728	5.00	3.80	134.0	22	0.0	*N/A*	22.0	44.0	16.5	2.50	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		872	69	1617	*8.53	*6.06	*484.7	*2260	*35.87	*18	32.97	120.88	30.13	9.85	*0.00
% of Calories										*8.2%	15.1%	55.4%	31.1%	10.2%	*0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	
Weighted Average		768	*64	1548	*8.47	*5.00	*458.4	*2626	*35.73	*20	30.24	102.06	27.11	*8.43	*0.01
										*22.9%	15.7%	53.1%	31.8%	*9.9%	*0.0%

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Beebe Public Schools

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	768		750 - 850	100%												
Cholesterol (mg)	64				Missing											
Sodium 1 (mg)	1548		1420						128							
Sodium 2 (mg)	1548		1080						468							
Fiber (g)	8.47				Missing											
Iron (mg)	5.00				Missing											
Calcium (mg)	458.4				Missing											
Vitamin A (IU)	2626				Missing											
Sugars (g)	20	10.17%			Missing											
Vitamin C (mg)	35.73				Missing											
Protein (g)	30.24	15.75%														
Carbohydrate (g)	102.06	53.14%														
Total Fat (g)	27.11	31.76%	<=30.00%													
Saturated Fat (g)	8.43	9.88%	<10.00%		Missing											
Trans Fat ¹ (g)	0.01	0.01%			Missing											

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