

# Keller ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 14, 2017 thru Aug 18, 2017

Elementary Lunch K-6

Generated on: 8/3/2017 2:50:48 PM

	Portion Size	Sodm (mg)	Carb (g)
Tue - 08/15/2017			
Elementary Lunch K-6	Total		
Chicken Rings K-8	5 RINGS	422	17.91
WITH	1 EACH	0	0.0
ROLL,DINNER,WG, RICHS 2.5 OZ	1 EACH	135	28.0
SPAGHETTI W/MEATBALL	1 EACH	499	33.06
WITH	1 EACH	0	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	100	14.5
QUESADILLA FAJITA CHICKEN	1 EACH	711	28.46
SANDWICH,HAM&CHEESE WG BAIRD	1 EACH	798	29.85
SALAD, ASIAN- ELEMENTARY	1 salad	454	23.66
WITH	1 EACH	0	0.0
ROLL,DINNER,WG, RICHS 2.5 OZ	1 EACH	135	28.0
POTATO,MASHED BASIC AMERICAN	1/2 CUP	354	14.89
Salad Mix, Romaine/Spinach	CUP	20	2.64
Carrots, Baby, Raw	1/2 CUP	56	6.07
SPINACH, FRZ, SAUTEED	1/2 CUP	126	12.65
PINEAPPLE,CND,DRND,TIDBIT	1/2 CUP	10	16.59
STRAWBERRIES, FRZN, SWEET	1/2 CUP	2	21.43
Orange Bites:138ct	1/2 cup	0	15.66
JUICE, APPLE, 4 OZ OAK FARMS	1 EACH	15	15.0
JUICE, ORANGE 4OZ. OAK FARMS	1 EACH	15	12.0
MILK, CHOCOLATE, FAT FREE	HALF PINT	180	20.0
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99
GRAVY, PEPPERED FF	1/4 CUP	243	6.05
KETCHUP, DISPENSER PACK	1 OZ	321	7.72
RANCH, LIGHT, DISPENSER PACK	1 OZ	267	6.67
BBQ SAUCE, DISPENSER PACK	1 OZ	377	7.57
Weighted Daily Average		1039	75.57
% of Calories			50.9%
Nutrient Guideline		1230	

\*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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	Portion Size	Sodm (mg)	Carb (g)
Wed - 08/16/2017			
Elementary Lunch K-6	Total		
BREAKFAST PLATE	1 EACH	530	15.01
HAMBURGER , RAW PATTY, BAIRD	1 EACH	360	31.38
CHEESEBURGER,RAW PATTY/BAIRD	EACH	477	32.4
LASAGNA, BEEF, SCRATCH	1 EACH	369	35.53
WITH	1 EACH	0	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	100	14.5
SALAD POPCORN CHICKEN, K-8	1 EACH	388	17.66
WITH	1 EACH	0	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	100	14.5
SUB, AMERICAN/BAIRDS-K-5	1 EACH	991	33.76
POTATO TATER TOTS	1/2 cup	164	13.98
Salad Mix, Romaine/Spinach	CUP	20	2.64
CORN,SWEET YELLOW CANNED	1/2 CUP	32	12.98
TOMATOES,WEDGE	1/2 CUP	4	3.42
FRUIT CUPS,MIXED FRUIT,FRZ	EACH	0	24.0
BANANAS 150ct	EACH	1	23.23
Orange Bites:138ct	1/2 cup	0	15.66
JUICE, APPLE, 4 OZ OAK FARMS	1 EACH	15	15.0
JUICE, ORANGE 4OZ. OAK FARMS	1 EACH	15	12.0
MILK, CHOCOLATE, FAT FREE	HALF PINT	180	20.0
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99
KETCHUP, DISPENSER PACK	1 OZ	321	7.72
MUSTARD, DISPENSER PACK	1 OZ	369	0.0
MAYO HEINZ DISPENSER PACK	1 FL OZ	158	0.46
RANCH, LIGHT, DISPENSER PACK	1 OZ	267	6.67
Weighted Daily Average		4991	365.48
% of Calories			45.5%
Nutrient Guideline		1230	

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	Portion Size	Sodm (mg)	Carb (g)
Thu - 08/17/2017			
Elementary Lunch K-6	Total		
CHICKEN ENCHILADA BAKE	1 EACH	520	20.06
WITH	1 EACH	0	0.0
RICE CILANTRO LIME	2/3 CUP	183	29.68
HOT DOG, TURKEY/ BAIRDS WW	1 EACH	900	35.0
SANDWICH GRILL CHEESE/BIMBO	1 EACH	779	32.05
WRAP, FIESTA FRITO	1 EACH	615	46.42
SALAD, TURKEY CHEF, K-8	1 EACH	302	7.77
WITH	1 EACH	0	0.0
ROLL, DINNER, WG, RICHES	1 EACH	135	28.0
Salad Mix, Romaine/Spinach	CUP	20	2.64
Peas, Frozen, CKD	1/2 CUP	291	13.06
Carrots, Baby, Raw	1/2 CUP	56	6.07
PEAS, BLACK-EYED, SALAD	1/2 CUP	307	25.62
FRUIT CUPS, PEACHES, FRZ	EACH	15	23.0
Applesauce, Canned w/Jello	1/2 CUP	15	14.4
Grapefruit Halves	1/2 EACH	0	30.0
JUICE, APPLE, 4 OZ OAK FARMS	1 EACH	15	15.0
JUICE, ORANGE 4OZ. OAK FARMS	1 EACH	15	12.0
MILK, CHOCOLATE, FAT FREE	HALF PINT	180	20.0
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99
RANCH, LIGHT, DISPENSER PACK	1 OZ	267	6.67
MARGARINE WHIP CUP, 5 GR NO TF	1 EACH	40	0.0
SALSA, RED GOLD	1/8 CUP	72	2.06
Weighted Daily Average		4855	382.49
% of Calories			56.0%
Nutrient Guideline		1230	

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	Portion Size	Sodm (mg)	Carb (g)
Fri - 08/18/2017			
Elementary Lunch K-6	Total		
CHICKEN TERIYAKI	4 OZ.	800	10.08
WITH	1 EACH	0	0.0
RICE, MANDARIN ORANGE	1.25 CUP	13	99.26
FISH, PARMESAN BREADED, BAKED	SERVING	294	4.61
WITH	1 EACH	0	0.0
RICE PILAF	1.33 CUP	163	11.43
Pizza, Cheese PK - 6	Slice	781	42.45
Pizza, Pepperoni PK - 6	Slice	856	42.45
WRAP CRISPY CHICKEN	1 EACH	562	36.88
SALAD, CHICKEN BLT- ELEMENTARY	1 EACH	832	34.07
WITH	1 EACH	0	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	100	14.5
Salad Mix, Romaine/Spinach	CUP	20	2.64
Beans, Green, Roasted	1/2 CUP	102	5.29
CUCUMBER SLICES, PARED	1/2 CUP	2	1.88
Celery Sticks, 4 Inch	6 STICKS	60	2.25
Fruit, Mixed, Canned w/Cherrie	1/2 CUP	4	20.85
Apples, Sliced, bagged	2 oz bag	17	14.8
STRAWBERRIES, FRESH	1/2 CUP	1	6.64
JUICE, APPLE, 4 OZ OAK FARMS	1 EACH	15	15.0
JUICE, ORANGE 4OZ. OAK FARMS	1 EACH	15	12.0
MILK, CHOCOLATE, FAT FREE	HALF PINT	180	20.0
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99
SALSA,RED GOLD	1/8 CUP	72	2.06
RANCH, LIGHT, DISPENSER PACK	1 OZ	267	6.67
MARGARINE WHIP CUP, 5 GR NO TF	1 EACH	40	0.0
Weighted Daily Average		5326	418.79
% of Calories			51.9%
Nutrient Guideline		1230	

Weighted Average		4053	310.58
			50.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	4053		1230					
Carbohydrate (g)	310.58	50.87%					2823	Correction Required - Sodium too High

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