

# Keystone Foodservice

Sep 1, 2015 thru Sep 30, 2015

Base Menu Spreadsheet  
Portion Values - Detailed

Keystone Lunch

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/01/2015			
Keystone Lunch	Total	200	
Sweet and Sour Chicken	2 oz	200	13.07
Fried Rice	1/2 Cup	190	7.53
BROCCOLI, Steamed	3/4 Cup	160	7.65
Pineapple chunks in juice	1/2 Cup	190	19.0
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			54.36
% of Calories			61.8%
Nutrient Guideline			

Wed - 09/02/2015			
Keystone Lunch	Total	200	
Roasted Pork Loin	2 oz	200	0.51
Roasted Carrots 1/2 Cup	1/2 Cup	170	9.83
Roasted Potato	1/2 Cup	180	33.39
Dinner Roll, WG Bake Crafters	1 Each	190	25.86
ORANGES	1 EACH	185	15.39
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			87.69
% of Calories			43.6%
Nutrient Guideline			

Thu - 09/03/2015			
Keystone Lunch	Total	200	
Chicken, Nacho Bar	2 oz	195	1.81
Spanish Rice	1/2 Cup	185	6.09
Queso Cheese, White 1oz	1 oz	185	1.56
Salsa:1/4 cup	1/4 Cup	185	3.02
Pinto Beans, Low Sodium, Bush'	1/2 Cup	160	18.0
GRAPES, Fresh, K-8	1/2 Cup	175	7.89
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			42.90
% of Calories			42.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/04/2015			
Keystone Lunch	Total	200	
Hamburger on a Bun-grilled	1 Each	200	27.0
French Fries K-8	3/4 Cup	190	39.88
ORANGES	1 EACH	180	15.39
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			88.71
% of Calories			44.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 09/07/2015			
Keystone Lunch	Total	200	
Beef Taco	1 Each	200	16.62
Refried Beans, Santiago, Low S	1/2 Cup	165	31.0
Spanish Rice	1/2 Cup	170	6.09
Chips, Tortilla, Rudy's, 1oz	1 Oz	180	18.14
Salsa: 1/4 cup	1/4 Cup	180	3.02
APPLES, Fresh	1 EACH	170	19.06
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			92.58
% of Calories			51.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/08/2015			
Keystone Lunch	Total	200	
Chicken Tender K-8, Tyson	2 Tenders	200	10.0
Mashed Potatoes k-8	3/4 CUP	190	44.0
Gravy, Low Sodium Shawnee Mill	1/4 Cup	180	5.0
Dinner Roll, WG Bake Crafters	1 Each	190	25.86
BANANAS	1 Each	165	26.95
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			113.07
% of Calories			66.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/09/2015			
Keystone Lunch	Total	200	
Deli Wrap 1/2 each	1/2 Each Wrap	200	27.94
CARROT STICKS, 3/4c	3/4 c	160	8.77
Italian Salad 1cup	1 Cup	150	7.86
ORANGES	1 EACH	170	15.39
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			63.90
% of Calories			44.9%
Nutrient Guideline			

Thu - 09/10/2015			
Keystone Lunch	Total	200	
BBQ Chicken Flatbread	1 Each	200	28.89
Cucumber Salad 3/4c	3/4 Cup	150	4.93
Chip, Sunchip Original	Bag	185	18.0
GRAPES,Fresh, K-8	1/2 Cup	185	7.89
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			66.50
% of Calories			46.5%
Nutrient Guideline			

Fri - 09/11/2015			
Keystone Lunch	Total	200	
Hot Dog on a Bun	1 Each	200	33.0
Potato Salad	1/2 Cup	165	21.73
ORANGES	1 EACH	175	15.39
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			74.36
% of Calories			51.6%
Nutrient Guideline			

Mon - 09/14/2015			
Keystone Lunch	Total	200	
Corn Dog,Chicken, Sysco	1 Each	200	30.0
Green Beans; 1 Cup, Low Sodium	3/4 Cup	170	7.25
Mac and Cheese	1/2 Cup	185	17.77
GRAPES,Fresh, K-8	1/2 Cup	180	7.89
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			69.67
% of Calories			55.7%
Nutrient Guideline			

Tue - 09/15/2015			
Keystone Lunch	Total	200	
Chicken Wrap 1/2 each	1/2 Each	200	25.26
Chip, Sunchip Original	Bag	190	18.0
CARROT STICKS, 3/4c	3/4 c	180	8.77
Pineapple chunks in juice	1/2 Cup	185	19.0
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			77.79
% of Calories			49.6%
Nutrient Guideline			

Wed - 09/16/2015			
Keystone Lunch	Total	200	
Chicken Fajitas	1 Each	200	18.68
Spanish Rice	1/2 Cup	190	6.09
Chips, Tortilla, Rudy's, 1oz	1 Oz	195	18.14
Salsa: 1/4 cup	1/4 Cup	190	3.02
ORANGES	1 EACH	180	15.39
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			68.84
% of Calories			55.4%
Nutrient Guideline			

Thu - 09/17/2015			
Keystone Lunch	Total	200	
BBQ Pulled Pork Sandwich	1 Each	200	41.53
Ranch Roasted Potatoes 3/4c	3/4 Cup	180	26.87
APPLES, Fresh	1 EACH	175	19.06
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Chocolate chip cookie, Otis Sp	1 Each	195	17.0
Weighted Daily Average			108.92
% of Calories			45.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/18/2015			
Keystone Lunch	Total	200	
Pizza K-8: Beef Crum 24 slices	Slice	200	27.36
Caesar Salad: 1 cup	1 Cup	160	6.48
CARROT STICKS, K-8	1/4 Cup	175	2.92
GRAPES, Fresh, K-8	1/2 Cup	190	7.89
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			52.56
% of Calories			49.6%
Nutrient Guideline			

Mon - 09/21/2015			
Keystone Lunch	Total	200	
Spaghetti Sauce, low sodium	4 oz	195	6.9
SPAGHETTI,CKD noodles	1/2 Cup	200	35.0
Green Beans; 1 Cup, Low Sodium	3/4 Cup	165	7.25
Breadstick, Rich's WG	1 Each	185	15.0
APPLES, Fresh	1 EACH	165	19.06
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			87.27
% of Calories			57.4%
Nutrient Guideline			

Tue - 09/22/2015			
Keystone Lunch	Total	200	
Pigs In A Blanket	1 Each	200	21.0
French Fries K-8	3/4 Cup	195	39.88
GRAPES, Fresh, K-8	1/2 Cup	185	7.89
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			77.15
% of Calories			54.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/23/2015			
Keystone Lunch	Total	200	
Meatball Sub	1 Each	200	36.01
Italian Salad 1cup	1 Cup	165	7.86
CARROT STICKS, K-8	1/4 Cup	175	2.92
ORANGES	1 EACH	180	15.39
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			68.87
% of Calories			43.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/24/2015			
Keystone Lunch	Total	200	
Enchiladas, Beef	1 Each	200	16.17
Spanish Rice	1/2 Cup	180	6.09
Refried Beans, Santiago, Low S	1/2 Cup	165	31.0
Chips, Tortilla, Rudy's, 1oz	1 Oz	185	18.14
Salsa: 1/4 cup	1/4 Cup	185	3.02
BANANAS	1 Each	170	26.95
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			99.68
% of Calories			51.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/25/2015			
Keystone Lunch	Total	200	
Chicken Sandwich	1 Each	200	27.0
French Fries K-8	3/4 Cup	190	39.88
Pineapple chunks in juice	1/2 Cup	170	19.0
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			91.00
% of Calories			59.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/28/2015			
Keystone Lunch	Total	200	
Cajun Chicken Pasta	6oz serving	200	35.77
Green Beans; 1 Cup, Low Sodium	3/4 Cup	165	7.25
Breadstick, Rich's WG	1 Each	190	15.0
ORANGES	1 EACH	170	15.39
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			79.05
% of Calories			57.3%
Nutrient Guideline			

Tue - 09/29/2015			
Keystone Lunch	Total	200	
Chicken Fried Steak, Advance	1 Each	200	19.28
Mashed Potatoes k-8	3/4 CUP	195	44.0
Gravy, Low Sodium Shawnee Mill	1/4 Cup	185	5.0
Dinner Roll, WG Bake Crafters	1 Each	190	25.86
APPLES,Fresh	1 EACH	170	19.06
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			117.54
% of Calories			57.5%
Nutrient Guideline			

Wed - 09/30/2015			
Keystone Lunch	Total	200	
Ham and Cheese Sub	1 Each	200	27.81
Chip, Sunchip Original	Bag	190	18.0
CARROT STICKS, 3/4c	3/4 c	170	8.77
GRAPES,Fresh, K-8	1/2 Cup	185	7.89
1% White Milk, Hiland	Carton	30	11.0
Fat Free Chocolate, Hiland	Carton	50	24.0
Water, Bottled Hiland	1 Each	100	0.0
Salad Bar, Example	1/2 Cup	170	2.72
Weighted Daily Average			69.63
% of Calories			50.9%
Nutrient Guideline			

Weighted Average			79.64
			51.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	79.64	51.51%						

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