

Kearney Public Schools

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

KHS BREAKFAST NEW

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/02/2020							
KHS BREAKFAST NEW	Total	5					
Breakfast in a Bowl SR	Serving	1	280	1016	4.57	16.17	6.78
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	120	30.0	5.0	2.00
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
Peanut Butter & Jelly Sand C	1 Each	1	300	280	32.0	17.0	3.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
Weighted Daily Average			545	596	94.14	11.85	3.74
% of Calories					69.1%	19.6%	6.2%
Nutrient Guideline			450-600	640			<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/03/2020							
KHS BREAKFAST NEW	Total	5					
Breakfast Pizza	1 each	1	220	480	27.0	8.0	2.00
Breakfast Bread	1 each	1	273	210	43.75	9.5	1.75
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
Weighted Daily Average			589	576	105.57	12.12	3.53
% of Calories					71.7%	18.5%	5.4%
Nutrient Guideline			450-600	640			<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/04/2020							
KHS BREAKFAST NEW	Total	5					
Cheese Omelet	1 each	1	110	210	1.0	8.0	3.00
Sausage C	serving	1	75	216	1.0	5.0	1.80
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	40.0	7.0	2.00
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	4	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
Weighted Daily Average			621	632	106.22	14.48	4.81
% of Calories					68.4%	21.0%	7.0%
Nutrient Guideline			450-600	640			<10.00

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

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/05/2020							
KHS BREAKFAST NEW	Total	5					
French Toast Sticks Sunny Fres	4 each	1	280	413	37.35	9.34	2.67
Muffin Wild Blueberry WGR - Ot	1 each	1	190	130	30.0	6.0	2.00
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
SYRUP,PANCAKE	Serv	1	46	16	12.06	0.0	0.00
Weighted Daily Average			594	550	107.31	11.68	3.71
% of Calories					72.2%	17.7%	5.6%
Nutrient Guideline			450-600	640			<10.00

Mon - 03/09/2020							
KHS BREAKFAST NEW	Total	5					
Sausage Gravy w/Biscuit SR	Serving	1	294	1057	29.4	13.62	6.30
Donut Mini Chocolate WGR	Package	1	320	270	41.0	15.0	7.00
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
Weighted Daily Average			614	703	105.50	14.34	5.44
% of Calories					68.8%	21.0%	8.0%
Nutrient Guideline			450-600	640			<10.00

Tue - 03/10/2020							
KHS BREAKFAST NEW	Total	5					
Ham/Egg/Cheese Muffin SR	1 Each	1	232	434	24.41	9.02	3.00
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	120	30.0	5.0	2.00
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00

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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			573	549	102.31 71.4%	11.42 17.9%	3.78 5.9%
Nutrient Guideline			450-600	640			<10.00

Wed - 03/11/2020							
KHS BREAKFAST NEW	Total	5					
Waffle, Dutch 51% WG 5"	1 Each	1	316	350	47.16	13.0	3.00
Strawberries & Bananas	1/2 cup	1	148	3	39.05	0.34	0.08
Bagels - Mini Cream Cheese	1 Each	1	235	180	41.0	6.0	2.50
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
SYRUP,PANCAKE	Serv	1	46	16	12.06	0.0	0.00
Weighted Daily Average % of Calories			640	548	119.28 74.6%	12.48 17.6%	3.90 5.5%
Nutrient Guideline			450-600	640			<10.00

Thu - 03/12/2020							
KHS BREAKFAST NEW	Total	5					
Pancake & Sausage on Stick WG	1 Each	1	200	310	17.0	10.0	2.50
Tator Tots C	1/2 cup	1	130	310	16.0	6.0	1.00
Breakfast Bread	1 each	1	273	210	43.75	9.5	1.75
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
SYRUP,PANCAKE	Serv	1	46	16	12.06	0.0	0.00
Weighted Daily Average % of Calories			621	607	109.19 70.4%	13.72 19.9%	3.83 5.6%
Nutrient Guideline			450-600	640			<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/13/2020							
KHS BREAKFAST NEW	Total	5					
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	291	41.63	5.02	2.01
Mini Cinn Rush French Toast	1 Each	1	190	370	34.0	5.0	1.00
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
Weighted Daily Average			573	570	106.55	10.62	3.38
% of Calories					74.4%	16.7%	5.3%
Nutrient Guideline			450-600	640			<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/16/2020							
KHS BREAKFAST NEW	Total	5					
Oatmeal - SR	3/4 cup	1	152	150	25.85	2.69	0.47
Brown Sugar	.25 Cup	1	138	10	35.56	0.0	0.00
Cinnamon	1 Tsp	1	6	0	2.1	0.03	0.01
Muffin Wild Blueberry WGR - Ot	1 each	1	190	130	30.0	6.0	2.00
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
Weighted Daily Average			588	496	110.12	10.36	3.28
% of Calories					74.9%	15.9%	5.0%
Nutrient Guideline			450-600	640			<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/17/2020							
KHS BREAKFAST NEW	Total	5					
Chicken Biscuit w/Gravy	1 Each	1	174	501	11.9	9.12	1.50
Donut Mini Chocolate WGR	Package	1	320	270	41.0	15.0	7.00
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			590	592	102.00 69.2%	13.44 20.5%	4.48 6.8%
Nutrient Guideline			450-600	640			<10.00

Wed - 03/18/2020							
KHS BREAKFAST NEW	Total	5					
Pancakes- Whole Wheat- C	4 each	1	320	520	54.8	8.0	1.32
Sausage C	1 serving	1	75	216	1.0	5.0	1.80
Frudel, Cherry	1 Each	1	210	280	36.0	6.5	1.50
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
SYRUP,PANCAKE	Serv	1	46	16	12.06	0.0	0.00
Weighted Daily Average % of Calories			621	644	112.20 72.3%	12.52 18.1%	3.70 5.4%
Nutrient Guideline			450-600	640			<10.00

Thu - 03/19/2020							
KHS BREAKFAST NEW	Total	5					
Egg, Bacon-Cheese Eggstravagan	3 oz	1	180	420	1.5	13.5	5.25
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	40.0	7.0	2.00
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
Weighted Daily Average % of Calories			575	582	99.72 69.4%	12.72 19.9%	4.23 6.6%
Nutrient Guideline			450-600	640			<10.00

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Fri - 03/20/2020							
KHS BREAKFAST NEW	Total	5					
Donut - Long John WGR RTI - Ba	1 Each	1	294	361	38.99	13.02	6.01
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	40.0	7.0	2.00
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
Weighted Daily Average			598	570	107.22	12.62	4.38
% of Calories					71.8%	19.0%	6.6%
Nutrient Guideline			450-600	640			<10.00

Mon - 03/30/2020							
KHS BREAKFAST NEW	Total	5					
Breakfast in a Bowl SR	Serving	1	280	1016	4.57	16.17	6.78
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	120	30.0	5.0	2.00
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
Peanut Butter & Jelly Sand C	1 Each	1	300	280	32.0	17.0	3.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
Weighted Daily Average			545	596	94.14	11.85	3.74
% of Calories					69.1%	19.6%	6.2%
Nutrient Guideline			450-600	640			<10.00

Tue - 03/31/2020							
KHS BREAKFAST NEW	Total	5					
Breakfast Pizza	1 each	1	220	480	27.0	8.0	2.00
Breakfast Bread	1 each	1	273	210	43.75	9.5	1.75
Cereal KHS Assorted Bowl Packs	1 each	1	217	297	45.67	3.33	0.17
Pop Tarts WG	2 each	1	365	370	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
Weighted Daily Average			589	576	105.57	12.12	3.53
% of Calories					71.7%	18.5%	5.4%
Nutrient Guideline			450-600	640			<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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Kearney Public Schools

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

KHS BREAKFAST NEW

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average			592	587	105.44 71.2%	12.40 18.8%	3.97 6.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	592		450 - 600	100%				
Sodium 1 (mg)	587		640					
Sodium 2 (mg)	587		570					
Carbohydrate (g)	105.44	71.22%					17	Correction Required - Sodium too High
Total Fat (g)	12.40	18.84%						
Saturated Fat (g)	3.97	6.03%	<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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