

Kearney Public Schools

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Middle School Breakfast

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							
Middle School Breakfast	Total	2					
Churros Apple 51% WGR J&J	1 Each	1	150	60	27.0	4.0	1.00
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			407	352	77.82	6.47	1.90
% of Calories					76.4%	14.3%	4.2%
Nutrient Guideline			400-550	600			<10.00

Tue - 03/03/2020							
Middle School Breakfast	Total	2					
Sausage Gravy w/Biscuit SR	Serving	1	294	1057	29.4	13.62	6.30
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			479	850	79.02	11.28	4.55
% of Calories					66.0%	21.2%	8.5%
Nutrient Guideline			400-550	600			<10.00

Wed - 03/04/2020							
Middle School Breakfast	Total	2					
Egg Tac-Go	1 Each	1	180	400	15.0	9.0	3.50
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			422	522	71.82	8.97	3.15
% of Calories					68.0%	19.1%	6.7%
Nutrient Guideline			400-550	600			<10.00

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Thu - 03/05/2020							
Middle School Breakfast	Total	2					
Egg, Bacon-Cheese Eggstravagan	Serving	1	60	140	0.5	4.5	1.75
Potato, Tri Tater	1 Each	1	114	320	16.0	4.57	0.57
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	2	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	1	122	157	21.15	0.47	0.28
Weighted Daily Average			388	473	68.49	8.76	2.42
% of Calories					70.6%	20.3%	5.6%
Nutrient Guideline			400-550	600			<10.00

Mon - 03/09/2020							
Middle School Breakfast	Total	2					
Donut Mini Chocolate WGR	Package	1	320	270	41.0	15.0	7.00
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			492	457	84.82	11.97	4.90
% of Calories					68.9%	21.9%	9.0%
Nutrient Guideline			400-550	600			<10.00

Tue - 03/10/2020							
Middle School Breakfast	Total	2					
Breakfast Burrito SR	1 Each	1	359	571	31.19	15.87	5.59
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			512	607	79.91	12.40	4.19
% of Calories					62.4%	21.8%	7.4%
Nutrient Guideline			400-550	600			<10.00

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Wed - 03/11/2020							
Middle School Breakfast	Total	2					
Pancake & Sausage on Stick WG	1 Each	1	200	310	17.0	10.0	2.50
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	1	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			487	567	84.32	9.97	2.65
% of Calories					69.2%	18.4%	4.9%
Nutrient Guideline			400-550	600			<10.00

Thu - 03/12/2020							
Middle School Breakfast	Total	2					
Scrambled Eggs with Cheese SR	3 OZ	1	192	259	0.65	12.87	5.59
Sausage C	Serv	1	75	216	1.0	5.0	1.80
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			466	559	65.14	13.40	5.09
% of Calories					56.0%	25.9%	9.8%
Nutrient Guideline			400-550	600			<10.00

Fri - 03/13/2020							
Middle School Breakfast	Total	2					
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	291	41.63	5.02	2.01
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			443	467	85.14	6.97	2.41
% of Calories					77.0%	14.2%	4.9%
Nutrient Guideline			400-550	600			<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/16/2020							
Middle School Breakfast	Total	2					
French Toast Mini Pouch	1 each	1	180	180	27.0	6.0	1.50
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			422	412	77.82	7.47	2.15
% of Calories					73.7%	15.9%	4.6%
Nutrient Guideline			400-550	600			<10.00

Tue - 03/17/2020							
Middle School Breakfast	Total	2					
Ham & Cheese Pinwheel SR	1 Each	1	259	751	30.7	10.35	4.03
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			462	697	79.67	9.64	3.41
% of Calories					69.0%	18.8%	6.6%
Nutrient Guideline			400-550	600			<10.00

Wed - 03/18/2020							
Middle School Breakfast	Total	2					
Omelet, Cheese	1 Each	1	110	210	1.0	8.0	3.00
Sausage C	serving	1	75	216	1.0	5.0	1.80
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			425	535	65.32	10.97	3.80
% of Calories					61.5%	23.2%	8.1%
Nutrient Guideline			400-550	600			<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/19/2020							
Middle School Breakfast	Total	2					
Waffle, Dutch 51% WG 5"	1 Each	1	316	350	47.16	13.0	3.00
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			490	497	87.90	10.97	2.90
% of Calories					71.7%	20.1%	5.3%
Nutrient Guideline			400-550	600			<10.00

Fri - 03/20/2020							
Middle School Breakfast	Total	2					
Breakfast Bread	1 each	1	273	210	43.75	9.5	1.75
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			469	427	86.19	9.22	2.28
% of Calories					73.6%	17.7%	4.4%
Nutrient Guideline			400-550	600			<10.00

Mon - 03/30/2020							
Middle School Breakfast	Total	2					
Oatmeal - SR	3/4 cup	1	152	150	25.85	2.69	0.47
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			408	397	77.24	5.81	1.64
% of Calories					75.7%	12.8%	3.6%
Nutrient Guideline			400-550	600			<10.00

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Tue - 03/31/2020							
Middle School Breakfast	Total	2					
Breakfast Pizza	1 each	1	220	480	27.0	8.0	2.00
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			442	562	77.82	8.47	2.40
% of Calories					70.4%	17.2%	4.9%
Nutrient Guideline			400-550	600			<10.00

Weighted Average			451	524	78.03 69.2%	9.54 19.0%	3.12 6.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	451		400 - 550	100%				
Sodium 1 (mg)	524		600					
Sodium 2 (mg)	524		535					
Carbohydrate (g)	78.03	69.20%						
Total Fat (g)	9.54	19.05%						
Saturated Fat (g)	3.12	6.22%	<10.00%					

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