

# Kearney Public Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 12/03/2018</b>							
Elementary Breakfast	Total	2					
Waffle Stix - WGR Belgian Chef	3 Each	1	180	3.75	28.5	5.25	0.75
Sausage C	serving	1	75	6.0	1.0	5.0	1.80
Cereal Cinnamon Toasters	1 each	0	120	1.0	22.0	3.5	0.50
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Toasty O's	1 each	1	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	8.52	20.87	2.59	1.56
SYRUP_PANCAKE	Serving	1	46	0.0	12.06	0.0	0.00
Weighted Daily Average			536	19.24	86.91	13.22	4.52
% of Calories				14.4%	64.9%	22.2%	7.6%
Nutrient Guideline			350-500			<=30.0	<10.00

<b>Tue - 12/04/2018</b>							
Elementary Breakfast	Total	2					
Donut Mini Chocolate WGR	Package	1	320	5.0	41.0	15.0	7.00
Cereal Cinnamon Toasters	1 each	1	120	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	8.52	20.87	2.59	1.56
Weighted Daily Average			566	16.36	90.63	16.60	7.00
% of Calories				11.6%	64.1%	26.4%	11.1%
Nutrient Guideline			350-500			<=30.0	<10.00

<b>Thu - 12/06/2018</b>							
Elementary Breakfast	Total	2					
Scrambled Eggs with Cheese SR	3 OZ	1	192	16.51	0.65	12.87	5.59
Potato, Tri Tater	1 Each	1	114	1.14	16.0	4.57	0.57
Cereal Cinnamon Toasters	1 each	1	120	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	8.52	20.87	2.59	1.56
Weighted Daily Average			558	22.69	78.46	17.82	6.58
% of Calories				16.3%	56.2%	28.7%	10.6%
Nutrient Guideline			350-500			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Fri - 12/07/2018</b>							
Elementary Breakfast	Total	2					
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	5.06	41.63	5.02	2.01
Cereal Cinnamon Toasters	1 each	1	120	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	8.52	20.87	2.59	1.56
Weighted Daily Average			516	16.39	90.95	11.60	4.50
% of Calories				12.7%	70.5%	20.3%	7.9%
Nutrient Guideline			350-500			<=30.0	<10.00

<b>Mon - 12/10/2018</b>							
Elementary Breakfast	Total	2					
French Toast Sticks Sunny Fres	3 each	1	210	8.0	28.01	7.0	2.00
Cereal Cinnamon Toasters	1 each	0	120	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Oat Blenders	1 each	0	110	2.0	24.0	1.0	0.00
Toast - SR	1 each	1	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
SYRUP, PANCAKE	Serving	1	46	0.0	12.06	0.0	0.00
Weighted Daily Average			398	14.85	71.12	6.47	2.18
% of Calories				14.9%	71.4%	14.6%	4.9%
Nutrient Guideline			350-500			<=30.0	<10.00

<b>Tue - 12/11/2018</b>							
Elementary Breakfast	Total	2					
Ham & Cheese Pinwheel SR	1 Each	1	259	14.43	30.7	10.35	4.03
Cereal Cinnamon Toasters	1 each	1	120	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
Weighted Daily Average			517	20.56	85.43	12.23	4.28
% of Calories				15.9%	66.1%	21.3%	7.5%
Nutrient Guideline			350-500			<=30.0	<10.00

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<b>Wed - 12/12/2018</b>							
Elementary Breakfast	Total	2					
Omelet, Cheese	1 Each	1	110	8.0	1.0	8.0	3.00
Potato, Tri Tater	1 Each	1	114	1.14	16.0	4.57	0.57
Cereal Cinnamon Toasters	1 each	1	120	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
Weighted Daily Average			443	15.92	70.58	11.01	3.22
% of Calories				14.4%	63.8%	22.4%	6.5%
Nutrient Guideline			350-500			<=30.0	<10.00

<b>Thu - 12/13/2018</b>							
Elementary Breakfast	Total	2					
Breakfast Burrito SR	1 Each	1	359	20.51	31.19	15.87	5.59
Cereal Cinnamon Toasters	1 each	1	120	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
Weighted Daily Average			567	23.60	85.67	14.99	5.06
% of Calories				16.7%	60.5%	23.8%	8.0%
Nutrient Guideline			350-500			<=30.0	<10.00

<b>Fri - 12/14/2018</b>							
Elementary Breakfast	Total	2					
Churros Apple 51% WGR J&J	1 Each	1	150	3.0	27.0	4.0	1.00
Cereal Cinnamon Toasters	1 each	1	120	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
Weighted Daily Average			462	14.85	83.58	9.05	2.77
% of Calories				12.9%	72.4%	17.6%	5.4%
Nutrient Guideline			350-500			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 12/17/2018</b>							
Elementary Breakfast	Total	2					
Oatmeal - SR	1 cup	1	202	8.78	34.46	3.59	0.63
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Toast - SR	1 each	1	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	8.52	20.87	2.59	1.56
Weighted Daily Average			434	16.75	76.84	7.66	2.83
% of Calories				15.4%	70.8%	15.9%	5.9%
Nutrient Guideline			350-500			<=30.0	<10.00

<b>Tue - 12/18/2018</b>							
Elementary Breakfast	Total	2					
Sausage Gravy w/Biscuit SR	Serving	1	334	11.0	33.4	15.62	6.30
Cereal Cinnamon Toasters	1 each	1	120	1.0	22.0	3.5	0.50
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Toasty O's	1 each	0	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	8.52	20.87	2.59	1.56
Weighted Daily Average			516	17.36	78.83	14.57	5.81
% of Calories				13.5%	61.2%	25.4%	10.1%
Nutrient Guideline			350-500			<=30.0	<10.00

<b>Wed - 12/19/2018</b>							
Elementary Breakfast	Total	2					
Pancakes- Whole Wheat- C	2 each	1	160	3.4	27.4	4.0	0.66
Sausage C	serving	1	75	6.0	1.0	5.0	1.80
Cereal Cinnamon Toasters	1 each	1	120	1.0	22.0	3.5	0.50
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Toasty O's	1 each	0	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	8.52	20.87	2.59	1.56
SYRUP, PANCAKE	Serving	1	46	0.0	12.06	0.0	0.00
Weighted Daily Average			489	16.56	82.36	11.26	3.89
% of Calories				13.5%	67.3%	20.7%	7.2%
Nutrient Guideline			350-500			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Thu - 12/20/2018</b>							
Elementary Breakfast	Total	2					
Pancakes, Confetti Bites, Eggo	Pouch	1	220	4.0	36.0	7.0	1.00
Cereal Cinnamon Toasters	1 each	0	120	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	1	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
Weighted Daily Average			380	12.85	69.08	6.47	1.68
% of Calories				13.5%	72.6%	15.3%	4.0%
Nutrient Guideline			350-500			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Fri - 12/21/2018</b>							
Elementary Breakfast	Total	2					
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	5.06	41.63	5.02	2.01
Cereal Cinnamon Toasters	1 each	1	120	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	4.0	16.0	4.67	1.67
Fruit - Assorted	1 each	1	64	0.7	16.52	0.18	0.04
Apple Juice Hiland	1/2 Cup	1	60	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
SYRUP, PANCAKE	Serving	1	46	0.0	12.06	0.0	0.00
Weighted Daily Average			464	13.88	88.93	7.23	2.44
% of Calories				12.0%	76.7%	14.0%	4.7%
Nutrient Guideline			350-500			<=30.0	<10.00

Weighted Average			489	17.28	81.38	11.44	4.05
				14.1%	66.6%	21.1%	7.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	489		350 - 500	100%				
Protein (g)	17.28	14.13%						
Carbohydrate (g)	81.38	66.58%						
Total Fat (g)	11.44	21.06%	<=30.00%					
Saturated Fat (g)	4.05	7.46%	<10.00%					

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