

# Kearney Public Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

KHS BREAKFAST NEW

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/03/2018							
KHS BREAKFAST NEW	Total	6					
Sausage Gravy w/Biscuit SR	Serving	1	334	11.0	33.4	15.62	6.30
Donut Mini Chocolate WGR	Package	1	320	5.0	41.0	15.0	7.00
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average			496	14.25	80.65	13.46	5.06
% of Calories				11.5%	65.1%	24.4%	9.2%
Nutrient Guideline			350-500				<10.00

Tue - 12/04/2018							
KHS BREAKFAST NEW	Total	6					
Ham/Egg/Cheese Muffin SR	1 Each	1	232	13.09	24.41	9.02	3.00
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	3.0	30.0	5.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average			456	14.26	77.32	10.69	3.68
% of Calories				12.5%	67.9%	21.1%	7.3%
Nutrient Guideline			350-500				<10.00

Wed - 12/05/2018							
KHS BREAKFAST NEW	Total	6					
Waffle, Dutch 51% WG 5"	1 Each	1	316	4.0	47.16	13.0	3.00
Strawberries & Bananas	1/2 cup	1	148	1.22	39.05	0.34	0.08
Bagels - Mini Cream Cheese	1 Each	1	235	6.0	41.0	6.0	2.50
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average			503	13.45	89.45	11.58	3.77
% of Calories				10.7%	71.1%	20.7%	6.7%
Nutrient Guideline			350-500				<10.00

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Base Menu Spreadsheet

KHS BREAKFAST NEW

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/06/2018							
KHS BREAKFAST NEW	Total	5					
Pancake & Sausage on Stick WG	1 Each	1	200	7.0	17.0	10.0	2.50
Tator Tots C	1/2 cup	1	130	2.0	16.0	6.0	1.00
Breakfast Bread	1 each	1	273	5.75	43.75	9.5	1.75
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average			585	16.85	97.25	15.13	4.46
% of Calories				11.5%	66.5%	23.3%	6.9%
Nutrient Guideline			350-500				<10.00

Fri - 12/07/2018							
KHS BREAKFAST NEW	Total	6					
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	5.06	41.63	5.02	2.01
Mini Cinn Rush French Toast	1 Each	1	190	3.0	34.0	5.0	1.00
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average			455	12.92	80.86	10.03	3.34
% of Calories				11.4%	71.0%	19.8%	6.6%
Nutrient Guideline			350-500				<10.00

Mon - 12/10/2018							
KHS BREAKFAST NEW	Total	6					
Oatmeal - SR	3/4 cup	1	152	6.59	25.85	2.69	0.47
Brown Sugar	.25 Cup	1	138	0.04	35.56	0.0	0.00
Cinnamon	1 Tsp	1	6	0.1	2.1	0.03	0.01
Muffin Wild Blueberry WGR - Ot	1 each	1	190	3.0	30.0	6.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00

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KHS BREAKFAST NEW

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			468	13.20 11.3%	83.83 71.7%	9.81 18.9%	3.26 6.3%
Nutrient Guideline			350-500				<10.00

Tue - 12/11/2018							
KHS BREAKFAST NEW	Total	6					
Chicken Biscuit w/Gravy	1 Each	1	174	7.5	11.9	9.12	1.50
Donut Mini Chocolate WGR	Package	1	320	5.0	41.0	15.0	7.00
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average % of Calories			469	13.66 11.7%	77.07 65.7%	12.38 23.7%	4.26 8.2%
Nutrient Guideline			350-500				<10.00

Wed - 12/12/2018							
KHS BREAKFAST NEW	Total	6					
Pancakes- Whole Wheat- C	4 each	1	320	6.8	54.8	8.0	1.32
Sausage C	1 serving	1	75	6.0	1.0	5.0	1.80
Frudel, Cherry	1 Each	1	210	5.0	36.0	6.5	1.50
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average % of Calories			488	14.55 11.9%	83.55 68.5%	11.61 21.4%	3.61 6.7%
Nutrient Guideline			350-500				<10.00

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KHS BREAKFAST NEW

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/13/2018							
KHS BREAKFAST NEW	Total	6					
Egg, Bacon-Cheese Eggstravagan	Serving	1	120	8.0	1.0	9.0	3.50
Mini Cinnis Cinnamon Roll	1 Each	1	240	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	3	120	1.0	28.0	0.0	0.00
Weighted Daily Average			467	13.91	79.75	11.02	3.76
% of Calories				11.9%	68.3%	21.3%	7.2%
Nutrient Guideline			350-500				<10.00

Fri - 12/14/2018							
KHS BREAKFAST NEW	Total	6					
Donut - Long John WGR RTI - Ba	1 Each	1	294	5.08	38.99	13.02	6.01
Mini Cinnis Cinnamon Roll	1 Each	1	240	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average			476	13.26	81.41	11.69	4.18
% of Calories				11.1%	68.4%	22.1%	7.9%
Nutrient Guideline			350-500				<10.00

Mon - 12/17/2018							
KHS BREAKFAST NEW	Total	5					
Breakfast in a Bowl SR	Serving	1	280	26.69	4.57	16.17	6.78
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	3.0	30.0	5.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
Peanut Butter & Jelly Sand C	1 Each	1	300	9.0	32.0	17.0	3.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	2	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average			494	16.43	80.45	13.15	4.30
% of Calories				13.3%	65.2%	24.0%	7.8%
Nutrient Guideline			350-500				<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/18/2018							
KHS BREAKFAST NEW	Total	6					
Breakfast Pizza	1 each	1	220	10.0	27.0	8.0	2.00
Breakfast Bread	1 each	1	273	5.75	43.75	9.5	1.75
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average			469	14.21	80.04	11.27	3.47
% of Calories				12.1%	68.3%	21.6%	6.7%
Nutrient Guideline			350-500				<10.00

Wed - 12/19/2018							
KHS BREAKFAST NEW	Total	6					
Cheese Omelet	1 each	1	110	8.0	1.0	8.0	3.00
Sausage C	serving	1	75	6.0	1.0	5.0	1.80
Mini Cinnis Cinnamon Roll	1 Each	1	240	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average			458	14.75	75.25	11.69	3.98
% of Calories				12.9%	65.8%	23.0%	7.8%
Nutrient Guideline			350-500				<10.00

Thu - 12/20/2018							
KHS BREAKFAST NEW	Total	6					
French Toast Sticks Sunny Fres	4 each	1	280	10.67	37.35	9.34	2.67
Muffin Wild Blueberry WGR - Ot	1 each	1	190	3.0	30.0	6.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average			465	13.86	79.47	10.91	3.62
% of Calories				11.9%	68.3%	21.1%	7.0%
Nutrient Guideline			350-500				<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/21/2018							
KHS BREAKFAST NEW	Total	6					
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	5.06	41.63	5.02	2.01
Pancakes, Mini Maple Pouch WG	Serving	1	220	4.0	39.0	6.0	0.50
Cereal Assorted Bowl Packs	1 each	1	88	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	6.0	1.0	6.0	4.00
Fruit - Assorted	1 each	5	64	0.7	16.52	0.18	0.04
Toast - SR	1 each	4	113	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	8.0	20.82	0.55	0.33
Juice	1 cup	2	120	1.0	28.0	0.0	0.00
Weighted Daily Average			460	13.09	81.69	10.19	3.26
% of Calories				11.4%	71.0%	19.9%	6.4%
Nutrient Guideline			350-500				<10.00

Weighted Average			480	14.18 11.8%	81.87 68.2%	11.64 21.8%	3.87 7.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	480		350 - 500	100%				
Protein (g)	14.18	11.80%						
Carbohydrate (g)	81.87	68.16%						
Total Fat (g)	11.64	21.81%						
Saturated Fat (g)	3.87	7.24%	<10.00%					

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\* - 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.