

Kearney Public Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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Generated on: 11/28/2018 10:54:54 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-----------|-------------|-----------|----------|-----------|-----------|
| Mon - 12/03/2018 | | | | | | | |
| Middle School 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 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 547 | 16.35 | 89.58 | 14.55 | 5.77 |
| % of Calories | | | | 12.0% | 65.5% | 23.9% | 9.5% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

| | | | | | | | |
|-----------------------------|---------|---|---------|-------|-------|-------|--------|
| Tue - 12/04/2018 | | | | | | | |
| Middle School 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 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 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 | | | 590 | 24.10 | 90.71 | 14.99 | 5.06 |
| % of Calories | | | | 16.4% | 61.5% | 22.9% | 7.7% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

| | | | | | | | |
|-------------------------------|--------|---|---------|-------|-------|-------|--------|
| Thu - 12/06/2018 | | | | | | | |
| Middle School Breakfast | Total | 2 | | | | | |
| Scrambled Eggs with Cheese SR | 3 OZ | 1 | 192 | 16.51 | 0.65 | 12.87 | 5.59 |
| Sausage C | Serv | 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 520 | 25.10 | 69.90 | 15.99 | 5.96 |
| % of Calories | | | | 19.3% | 53.7% | 27.7% | 10.3% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|-----------|-----------|
| Fri - 12/07/2018 | | | | | | | |
| Middle School 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 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 497 | 16.38 | 89.90 | 9.56 | 3.27 |
| % of Calories | | | | 13.2% | 72.3% | 17.3% | 5.9% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

| | | | | | | | |
|-----------------------------|--------|---|---------|-------|-------|-------|--------|
| Mon - 12/10/2018 | | | | | | | |
| Middle School Breakfast | Total | 2 | | | | | |
| French Toast Mini Pouch | 1 each | 1 | 180 | 5.0 | 27.0 | 6.0 | 1.50 |
| 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 477 | 16.35 | 82.58 | 10.05 | 3.02 |
| % of Calories | | | | 13.7% | 69.2% | 19.0% | 5.7% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

| | | | | | | | |
|-----------------------------|--------|---|---------|-------|-------|-------|--------|
| Tue - 12/11/2018 | | | | | | | |
| Middle School 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 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 517 | 21.06 | 84.43 | 12.23 | 4.28 |
| % of Calories | | | | 16.3% | 65.3% | 21.3% | 7.5% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-----------|-------------|-----------|----------|-----------|-----------|
| Wed - 12/12/2018 | | | | | | | |
| Middle School Breakfast | Total | 2 | | | | | |
| Omelet, Cheese | 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 |
| 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 480 | 20.85 | 70.08 | 13.55 | 4.67 |
| % of Calories | | | | 17.4% | 58.5% | 25.4% | 8.8% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

| | | | | | | | |
|----------------------------|--------|---|---------|-------|-------|-------|--------|
| Thu - 12/13/2018 | | | | | | | |
| Middle School Breakfast | Total | 2 | | | | | |
| Waffle, Dutch 51% WG 5" | 1 Each | 1 | 316 | 4.0 | 47.16 | 13.0 | 3.00 |
| Cereal Cinnamon Toasters | 1 each | 1 | 120 | 1.0 | 22.0 | 3.5 | 0.50 |
| Cereal Honey Oat Blenders | 1 each | 0 | 110 | 2.0 | 24.0 | 1.0 | 0.00 |
| Cereal Marshmallow Matey's | 1 each | 0 | 109 | 2.96 | 20.74 | 1.48 | 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 545 | 15.85 | 92.66 | 13.55 | 3.77 |
| % of Calories | | | | 11.6% | 68.0% | 22.4% | 6.2% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

| | | | | | | | |
|-----------------------------|--------|---|---------|-------|-------|-------|--------|
| Fri - 12/14/2018 | | | | | | | |
| Middle School Breakfast | Total | 2 | | | | | |
| Breakfast Bread | 1 each | 1 | 273 | 5.75 | 43.75 | 9.5 | 1.75 |
| 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 523 | 16.72 | 90.95 | 11.80 | 3.14 |
| % of Calories | | | | 12.8% | 69.5% | 20.3% | 5.4% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

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|-----------------------------|--------------|-----------|-------------|-----------|----------|-----------|-----------|
| Mon - 12/17/2018 | | | | | | | |
| Middle School Breakfast | Total | 2 | | | | | |
| Oatmeal - SR | 3/4 cup | 1 | 152 | 6.59 | 25.85 | 2.69 | 0.47 |
| 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 463 | 17.14 | 82.00 | 8.40 | 2.50 |
| % of Calories | | | | 14.8% | 70.9% | 16.3% | 4.9% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

| | | | | | | | |
|-----------------------------|--------|---|---------|-------|-------|-------|--------|
| Tue - 12/18/2018 | | | | | | | |
| Middle School Breakfast | Total | 2 | | | | | |
| Breakfast Pizza | 1 each | 1 | 220 | 10.0 | 27.0 | 8.0 | 2.00 |
| 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 497 | 18.85 | 82.58 | 11.05 | 3.27 |
| % of Calories | | | | 15.2% | 66.5% | 20.0% | 5.9% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

| | | | | | | | |
|-----------------------------|---------|---|---------|-------|-------|-------|--------|
| Wed - 12/19/2018 | | | | | | | |
| Middle School Breakfast | Total | 2 | | | | | |
| Pancakes- Whole Wheat- C | 3 each | 1 | 240 | 5.1 | 41.1 | 6.0 | 0.99 |
| 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 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 | | | 568 | 19.40 | 96.16 | 12.55 | 3.66 |
| % of Calories | | | | 13.7% | 67.8% | 19.9% | 5.8% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

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|--------------------------------|--------------|-----------|-------------|-----------|----------|-----------|-----------|
| Thu - 12/20/2018 | | | | | | | |
| Middle School Breakfast | Total | 2 | | | | | |
| Pancakes, Confetti Bites, Eggo | Pouch | 1 | 220 | 4.0 | 36.0 | 7.0 | 1.00 |
| Cereal Assorted Bowl Packs | 1 each | 1 | 88 | 1.99 | 16.95 | 1.7 | 0.20 |
| 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| Milk, Variety SR | 1 cup | 2 | 122 | 8.0 | 20.82 | 0.55 | 0.33 |
| Weighted Daily Average | | | 481 | 16.34 | 84.55 | 9.65 | 2.62 |
| % of Calories | | | | 13.6% | 70.3% | 18.1% | 4.9% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

| | | | | | | | |
|--------------------------------|-----------|---|---------|-------|-------|-------|--------|
| Fri - 12/21/2018 | | | | | | | |
| Middle School Breakfast | Total | 2 | | | | | |
| Donut - Long John WGR RTI - Ba | 1 Each | 1 | 294 | 5.08 | 38.99 | 13.02 | 6.01 |
| 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 |
| 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 |
| Orange Juice Hiland | 1 cup | 1 | 120 | 2.0 | 26.0 | 0.0 | 0.00 |
| MILK - Variety | HALF PINT | 2 | 140 | 8.52 | 20.87 | 2.59 | 1.56 |
| Weighted Daily Average | | | 552 | 16.90 | 88.63 | 15.61 | 6.51 |
| % of Calories | | | | 12.2% | 64.2% | 25.4% | 10.6% |
| Nutrient Guideline | | | 400-550 | | | | <10.00 |

| | | | | | | | |
|------------------|--|--|-----|----------------|----------------|----------------|--------------|
| Weighted Average | | | 518 | 18.67 14.4% | 85.34 65.8% | 12.40 21.5% | 4.11 7.1% |
|------------------|--|--|-----|----------------|----------------|----------------|--------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 518 | | 400 - 550 | 100% | | | | |
| Protein (g) | 18.67 | 14.41% | | | | | | |
| Carbohydrate (g) | 85.34 | 65.85% | | | | | | |
| Total Fat (g) | 12.40 | 21.52% | | | | | | |
| Saturated Fat (g) | 4.11 | 7.13% | <10.00% | | | | | |

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