

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

KHS BREAKFAST NEW

Generated on: 1/31/2019 9:08:18 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/01/2019								
KHS BREAKFAST NEW	Total	5						
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	291	5.06	41.63	5.02	2.01
Mini Cinn Rush French Toast	1 Each	1	190	370	3.0	34.0	5.0	1.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			519	557	14.92	90.74	11.88	3.95
% of Calories					11.5%	69.9%	20.6%	6.8%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/04/2019								
KHS BREAKFAST NEW	Total	5						
Oatmeal - SR	3/4 cup	1	152	150	6.59	25.85	2.69	0.47
Brown Sugar	.25 Cup	1	138	10	0.04	35.56	0.0	0.00
Cinnamon	1 Tsp	1	6	0	0.1	2.1	0.03	0.01
Muffin Wild Blueberry WGR - Ot	1 each	1	190	130	3.0	30.0	6.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			535	483	15.26	94.31	11.62	3.84
% of Calories					11.4%	70.6%	19.6%	6.5%
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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/05/2019								
KHS BREAKFAST NEW	Total	5						
Chicken Biscuit w/Gravy	1 Each	1	174	501	7.5	11.9	9.12	1.50
Donut Mini Chocolate WGR	Package	1	320	270	5.0	41.0	15.0	7.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			536	579	15.81	86.19	14.70	5.05
% of Calories					11.8%	64.3%	24.7%	8.5%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/06/2019								
KHS BREAKFAST NEW	Total	5						
Pancakes- Whole Wheat- C	4 each	1	320	520	6.8	54.8	8.0	1.32
Sausage C	1 serving	1	75	216	6.0	1.0	5.0	1.80
Frudel, Cherry	1 Each	1	210	280	5.0	36.0	6.5	1.50
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	2	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	2	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	3	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	1	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			518	601	16.10	86.48	12.90	3.96
% of Calories					12.4%	66.8%	22.4%	6.9%
Nutrient Guideline			450-600	640				<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/07/2019								
KHS BREAKFAST NEW	Total	5						
Egg, Bacon-Cheese Eggstravagan	Serving	1	120	280	8.0	1.0	9.0	3.50
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			509	541	15.91	83.82	13.07	4.45
% of Calories					12.5%	65.8%	23.1%	7.9%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/08/2019								
KHS BREAKFAST NEW	Total	5						
Donut - Long John WGR RTI - Ba	1 Each	1	294	361	5.08	38.99	13.02	6.01
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			544	557	15.33	91.41	13.88	4.95
% of Calories					11.3%	67.2%	23.0%	8.2%
Nutrient Guideline			450-600	640				<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/11/2019								
KHS BREAKFAST NEW	Total	5						
Breakfast in a Bowl SR	1 Serving	1	280	1016	26.69	4.57	16.17	6.78
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	120	3.0	30.0	5.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
Peanut Butter & Jelly Sand C	1 Each	1	300	280	9.0	32.0	17.0	3.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			467	551	15.85	74.10	13.01	4.25
% of Calories					13.6%	63.5%	25.1%	8.2%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/12/2019								
KHS BREAKFAST NEW	Total	5						
Breakfast Pizza	1 each	1	220	480	10.0	27.0	8.0	2.00
Breakfast Bread	1 each	1	273	210	5.75	43.75	9.5	1.75
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			536	563	16.46	89.77	13.37	4.10
% of Calories					12.3%	67.0%	22.5%	6.9%
Nutrient Guideline			450-600	640				<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/13/2019								
KHS BREAKFAST NEW	Total	5						
Cheese Omelet	1 each	1	110	210	8.0	1.0	8.0	3.00
Sausage C	serving	1	75	216	6.0	1.0	5.0	1.80
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			522	570	17.11	84.02	13.87	4.71
% of Calories					13.1%	64.3%	23.9%	8.1%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/14/2019								
KHS BREAKFAST NEW	Total	5						
French Toast Sticks Sunny Fres	4 each	1	280	413	10.67	37.35	9.34	2.67
Muffin Wild Blueberry WGR - Ot	1 each	1	190	130	3.0	30.0	6.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			531	533	16.05	89.08	12.94	4.28
% of Calories					12.1%	67.1%	21.9%	7.3%
Nutrient Guideline			450-600	640				<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/18/2019								
KHS BREAKFAST NEW	Total	5						
Sausage Gravy w/Biscuit SR	Serving	1	334	817	11.0	33.4	15.62	6.30
Donut Mini Chocolate WGR	Package	1	320	270	5.0	41.0	15.0	7.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			568	642	16.51	90.50	16.00	6.01
% of Calories					11.6%	63.7%	25.3%	9.5%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/19/2019								
KHS BREAKFAST NEW	Total	5						
Ham/Egg/Cheese Muffin SR	1 Each	1	232	434	13.09	24.41	9.02	3.00
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	120	3.0	30.0	5.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			520	536	16.53	86.50	12.68	4.35
% of Calories					12.7%	66.6%	21.9%	7.5%
Nutrient Guideline			450-600	640				<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/20/2019								
KHS BREAKFAST NEW	Total	5						
Waffle, Dutch 51% WG 5"	1 Each	1	316	350	4.0	47.16	13.0	3.00
Strawberries & Bananas	1/2 cup	1	148	3	1.22	39.05	0.34	0.08
Bagels - Mini Cream Cheese	1 Each	1	235	180	6.0	41.0	6.0	2.50
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			577	531	15.56	101.06	13.74	4.46
% of Calories					10.8%	70.0%	21.4%	7.0%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/21/2019								
KHS BREAKFAST NEW	Total	5						
Pancake & Sausage on Stick WG	1 Each	1	200	310	7.0	17.0	10.0	2.50
Tator Tots C	1/2 cup	1	130	310	2.0	16.0	6.0	1.00
Breakfast Bread	1 each	1	273	210	5.75	43.75	9.5	1.75
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			558	591	16.26	90.97	14.97	4.40
% of Calories					11.7%	65.2%	24.2%	7.1%
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

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Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

KHS BREAKFAST NEW

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/22/2019								
KHS BREAKFAST NEW	Total	5						
Donut - Long John WGR RTI - Ba	1 Each	1	294	361	5.08	38.99	13.02	6.01
Mini Cinn Rush French Toast	1 Each	1	190	370	3.0	34.0	5.0	1.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			534	571	14.93	90.21	13.48	4.75
% of Calories					11.2%	67.6%	22.7%	8.0%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/25/2019								
KHS BREAKFAST NEW	Total	5						
Oatmeal - SR	3/4 cup	1	152	150	6.59	25.85	2.69	0.47
Brown Sugar	.25 Cup	1	138	10	0.04	35.56	0.0	0.00
Cinnamon	1 Tsp	1	6	0	0.1	2.1	0.03	0.01
Muffin Wild Blueberry WGR - Ot	1 each	1	190	130	3.0	30.0	6.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			535	483	15.26	94.31	11.62	3.84
% of Calories					11.4%	70.6%	19.6%	6.5%
Nutrient Guideline			450-600	640				<10.00

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Kearney Public Schools

Base Menu Spreadsheet

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KHS BREAKFAST NEW

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/26/2019								
KHS BREAKFAST NEW	Total	5						
Chicken Biscuit w/Gravy	1 Each	1	174	501	7.5	11.9	9.12	1.50
Donut Mini Chocolate WGR	Package	1	320	270	5.0	41.0	15.0	7.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			536	579	15.81	86.19	14.70	5.05
% of Calories					11.8%	64.3%	24.7%	8.5%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/27/2019								
KHS BREAKFAST NEW	Total	5						
Pancakes- Whole Wheat- C	4 each	1	320	520	6.8	54.8	8.0	1.32
Sausage C	1 serving	1	75	216	6.0	1.0	5.0	1.80
Frudel, Cherry	1 Each	1	210	280	5.0	36.0	6.5	1.50
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	5	61	4	0.32	15.64	0.06	0.00
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	3	122	157	8.0	21.15	0.47	0.28
Juice	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			558	628	16.87	93.98	13.77	4.27
% of Calories					12.1%	67.3%	22.2%	6.9%
Nutrient Guideline			450-600	640				<10.00

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Kearney Public Schools

Base Menu Spreadsheet

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KHS BREAKFAST NEW

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/28/2019								
KHS BREAKFAST NEW								
	Total	5						
	1 Each	1	180	400	10.0	15.0	9.0	3.50
	1 Each	1	240	300	5.0	40.0	7.0	2.00
	1 each	1	88	141	1.99	16.95	1.7	0.20
	2 each	1	365	370	4.0	74.5	5.25	2.00
	1 each	1	320	350	9.0	33.0	16.0	3.00
	4 oz	1	90	75	3.0	19.0	0.0	0.00
	1 each	1	80	200	6.0	1.0	6.0	4.00
	1 each	5	61	4	0.32	15.64	0.06	0.00
	1 each	4	113	123	4.0	16.0	4.67	1.67
	1 cup	3	122	157	8.0	21.15	0.47	0.28
	1/2 cup	2	60	0	0.5	14.0	0.0	0.00
Weighted Daily Average			521	565	16.31	86.62	13.07	4.45
% of Calories					12.5%	66.4%	22.6%	7.7%
Nutrient Guideline			450-600	640				<10.00

Weighted Average			533	561	15.94	88.96	13.43	4.48
					12.0%	66.8%	22.7%	7.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	533		450 - 600	100%				
Sodium 1 (mg)	561		640					
Sodium 2 (mg)	561		570					
Protein (g)	15.94	11.96%						
Carbohydrate (g)	88.96	66.77%						
Total Fat (g)	13.43	22.69%						
Saturated Fat (g)	4.48	7.56%	<10.00%					

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