

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

Middle School Breakfast

Generated on: 1/31/2019 8:41:04 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/01/2019								
Middle School Breakfast	Total	2						
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	291	5.06	41.63	5.02	2.01
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			496	493	16.18	89.78	9.43	3.21
% of Calories					13.0%	72.4%	17.1%	5.8%
Nutrient Guideline			400-550	600				<10.00

Mon - 02/04/2019								
Middle School Breakfast	Total	2						
French Toast Mini Pouch	1 each	1	180	180	5.0	27.0	6.0	1.50
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			476	438	16.16	82.47	9.92	2.95
% of Calories					13.6%	69.3%	18.8%	5.6%
Nutrient Guideline			400-550	600				<10.00

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Middle School Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/05/2019								
Middle School Breakfast	Total	2						
Ham & Cheese Pinwheel SR	1 Each	1	259	751	14.43	30.7	10.35	4.03
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			516	723	20.87	84.32	12.10	4.22
% of Calories					16.2%	65.4%	21.1%	7.4%
Nutrient Guideline			400-550	600				<10.00

Wed - 02/06/2019								
Middle School Breakfast	Total	2						
Omelet, Cheese	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
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			479	561	20.66	69.97	13.42	4.60
% of Calories					17.3%	58.5%	25.2%	8.7%
Nutrient Guideline			400-550	600				<10.00

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Middle School Breakfast

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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								
Middle School Breakfast	Total	2						
Waffle, Dutch 51% WG 5"	1 Each	1	316	350	4.0	47.16	13.0	3.00
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Honey Oat Blenders	1 each	0	110	140	2.0	24.0	1.0	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			544	523	15.66	92.55	13.42	3.70
% of Calories					11.5%	68.0%	22.2%	6.1%
Nutrient Guideline			400-550	600				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/08/2019								
Middle School Breakfast	Total	2						
Breakfast Bread	1 each	1	273	210	5.75	43.75	9.5	1.75
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			522	453	16.53	90.84	11.67	3.08
% of Calories					12.7%	69.6%	20.1%	5.3%
Nutrient Guideline			400-550	600				<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								
Middle School Breakfast	Total	2						
Oatmeal - SR	3/4 cup	1	152	150	6.59	25.85	2.69	0.47
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			462	423	16.95	81.89	8.27	2.44
% of Calories					14.7%	70.9%	16.1%	4.8%
Nutrient Guideline			400-550	600				<10.00

Tue - 02/12/2019								
Middle School Breakfast	Total	2						
Breakfast Pizza	1 each	1	220	480	10.0	27.0	8.0	2.00
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			496	588	18.66	82.47	10.92	3.20
% of Calories					15.0%	66.5%	19.8%	5.8%
Nutrient Guideline			400-550	600				<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								
Middle School Breakfast	Total	2						
Pancakes- Whole Wheat- C	3 each	1	240	390	5.1	41.1	6.0	0.99
Sausage C	serving	1	75	216	6.0	1.0	5.0	1.80
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			567	659	19.21	96.05	12.42	3.60
% of Calories					13.6%	67.8%	19.7%	5.7%
Nutrient Guideline			400-550	600				<10.00

Mon - 02/18/2019								
Middle School Breakfast	Total	2						
French Toast Sticks Sunny Fres	3 each	1	210	310	8.0	28.01	7.0	2.00
Sausage C	serving	1	75	216	6.0	1.0	5.0	1.80
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			552	619	20.66	89.50	12.92	4.10
% of Calories					15.0%	64.9%	21.1%	6.7%
Nutrient Guideline			400-550	600				<10.00

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Middle School Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/19/2019								
Middle School Breakfast	Total	2						
Pancake & Sausage on Stick WG	1 Each	1	200	310	7.0	17.0	10.0	2.50
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
SYRUP.PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			509	511	17.16	83.50	11.92	3.45
% of Calories					13.5%	65.6%	21.1%	6.1%
Nutrient Guideline			400-550	600				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/20/2019								
Middle School Breakfast	Total	2						
Scrambled Eggs with Cheese SR	3 OZ	1	192	259	16.51	0.65	12.87	5.59
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			482	477	21.91	69.29	13.36	5.00
% of Calories					18.2%	57.5%	24.9%	9.3%
Nutrient Guideline			400-550	600				<10.00

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Thu - 02/21/2019								
Middle School Breakfast	Total	2						
Chocolate Chip Muffin	1 each	1	225	394	3.32	38.36	7.23	1.50
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Margarine	1 Each	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			511	565	15.32	88.15	11.79	3.20
% of Calories					12.0%	69.0%	20.8%	5.6%
Nutrient Guideline			400-550	600				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/22/2019								
Middle School Breakfast	Total	2						
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	291	5.06	41.63	5.02	2.01
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			496	493	16.18	89.78	9.43	3.21
% of Calories					13.0%	72.4%	17.1%	5.8%
Nutrient Guideline			400-550	600				<10.00

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Mon - 02/25/2019								
Middle School Breakfast	Total	2						
Pop Tarts Cinnamon WG	2 each	1	370	380	4.0	74.0	6.0	2.00
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			571	538	15.66	105.97	9.92	3.20
% of Calories					11.0%	74.2%	15.6%	5.0%
Nutrient Guideline			400-550	600				<10.00

Tue - 02/26/2019								
Middle School Breakfast	Total	2						
Cheese Omelet	1 each	1	110	210	8.0	1.0	8.0	3.00
Potato, Tri Tater	1 Each	1	114	320	1.14	16.0	4.57	0.57
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			521	621	18.23	83.50	13.21	3.99
% of Calories					14.0%	64.1%	22.8%	6.9%
Nutrient Guideline			400-550	600				<10.00

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Middle School Breakfast

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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								
Middle School Breakfast	Total	2						
Breakfast Pizza	1 each	1	220	480	10.0	27.0	8.0	2.00
Cereal Cinnamon Toasters	1 each	1	120	130	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	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Orange Juice Hiland	1 cup	1	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			496	588	18.66	82.47	10.92	3.20
% of Calories					15.0%	66.5%	19.8%	5.8%
Nutrient Guideline			400-550	600				<10.00

Weighted Average			512	545	17.92 14.0%	86.03 67.3%	11.47 20.2%	3.55 6.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	512		400 - 550	100%				
Sodium 1 (mg)	545		600					
Sodium 2 (mg)	545		535				10	Correction Required - Sodium too High
Protein (g)	17.92	14.01%						
Carbohydrate (g)	86.03	67.27%						
Total Fat (g)	11.47	20.19%						
Saturated Fat (g)	3.55	6.25%	<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

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.