

# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

KHS BREAKFAST NEW

Generated on: 12/18/2018 8:51:09 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/07/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	2	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			496	533	14.25	80.65	13.46	5.06
% of Calories					11.5%	65.1%	24.4%	9.2%
Nutrient Guideline			350-500	540				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/08/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			457	423	13.76	79.32	9.92	3.40
% of Calories					12.1%	69.5%	19.5%	6.7%
Nutrient Guideline			350-500	540				<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.

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/09/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	2	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			503	441	13.45	89.45	11.58	3.77
% of Calories					10.7%	71.1%	20.7%	6.7%
Nutrient Guideline			350-500	540				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/10/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			507	490	14.21	85.71	12.61	3.72
% of Calories					11.2%	67.6%	22.4%	6.6%
Nutrient Guideline			350-500	540				<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/11/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			487	473	13.09	85.08	11.36	4.01
% of Calories					10.7%	69.8%	21.0%	7.4%
Nutrient Guideline			350-500	540				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/14/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			488	400	13.37	88.50	9.81	3.26
% of Calories					11.0%	72.6%	18.1%	6.0%
Nutrient Guideline			350-500	540				<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/15/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			489	480	13.83	81.73	12.38	4.26
% of Calories					11.3%	66.8%	22.8%	7.8%
Nutrient Guideline			350-500	540				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/16/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			508	521	14.71	88.22	11.61	3.61
% of Calories					11.6%	69.5%	20.6%	6.4%
Nutrient Guideline			350-500	540				<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 - 01/17/2019								
KHS BREAKFAST NEW	Total	6						
Scrambled Eggs with Cheese SR	3 OZ	1	192	259	16.51	0.65	12.87	5.59
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			491	481	16.33	79.86	12.50	4.41
% of Calories					13.3%	65.0%	22.9%	8.1%
Nutrient Guideline			350-500	540				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/18/2019								
KHS BREAKFAST NEW	Total	6						
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	291	5.06	41.63	5.02	2.01
French Toast Sticks Choc Chip	1 each	1	210	260	5.0	35.0	6.0	1.25
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			479	443	13.42	85.69	10.19	3.39
% of Calories					11.2%	71.6%	19.2%	6.4%
Nutrient Guideline			350-500	540				<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 - 01/21/2019								
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	2	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			494	549	16.43	80.45	13.15	4.30
% of Calories					13.3%	65.2%	24.0%	7.8%
Nutrient Guideline			350-500	540				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/22/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			489	467	14.37	84.71	11.27	3.47
% of Calories					11.8%	69.3%	20.8%	6.4%
Nutrient Guideline			350-500	540				<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 - 01/23/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			478	473	14.91	79.92	11.69	3.98
% of Calories					12.5%	66.9%	22.0%	7.5%
Nutrient Guideline			350-500	540				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/24/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			485	442	14.03	84.14	10.91	3.62
% of Calories					11.6%	69.4%	20.2%	6.7%
Nutrient Guideline			350-500	540				<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 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 - 01/25/2019								
KHS BREAKFAST NEW	Total	6						
Donut - Long John WGR RTI - Ba	1 Each	1	294	361	5.08	38.99	13.02	6.01
Pancakes, Mini Maple Pouch WG	Serving	1	220	130	4.0	39.0	6.0	0.50
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			492	433	13.26	85.91	11.53	3.93
% of Calories					10.8%	69.8%	21.1%	7.2%
Nutrient Guideline			350-500	540				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/28/2019								
KHS BREAKFAST NEW	Total	6						
Sausage Gravy w/Biscuit SR	1 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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			516	533	14.41	85.32	13.46	5.06
% of Calories					11.2%	66.2%	23.5%	8.8%
Nutrient Guideline			350-500	540				<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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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 - 01/29/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			476	444	14.43	81.98	10.69	3.68
% of Calories					12.1%	69.0%	20.2%	7.0%
Nutrient Guideline			350-500	540				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/30/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			523	441	13.62	94.12	11.58	3.77
% of Calories					10.4%	71.9%	19.9%	6.5%
Nutrient Guideline			350-500	540				<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 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)
Thu - 01/31/2019								
KHS BREAKFAST NEW	Total	6						
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 - Assorted	1 each	5	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Juice	1 cup	3	120	0	1.0	28.0	0.0	0.00
Weighted Daily Average			507	490	14.21	85.71	12.61	3.72
% of Calories					11.2%	67.6%	22.4%	6.6%
Nutrient Guideline			350-500	540				<10.00

Weighted Average			493	471	14.22	84.55	11.70	3.92
					11.5%	68.6%	21.4%	7.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	493		350 - 500	100%				
Sodium 1 (mg)	471		540					
Sodium 2 (mg)	471		485					
Protein (g)	14.22	11.54%						
Carbohydrate (g)	84.55	68.62%						
Total Fat (g)	11.70	21.37%						
Saturated Fat (g)	3.92	7.15%	<10.00%					

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