

# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Middle School Breakfast

Generated on: 12/18/2018 8:33:11 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/07/2019								
Middle School Breakfast	Total	2						
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			570	531	15.85	106.33	9.68	3.27
% of Calories					11.1%	74.7%	15.3%	5.2%
Nutrient Guideline			400-550	600				<10.00

Tue - 01/08/2019								
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			510	509	17.35	83.61	12.05	3.52
% of Calories					13.6%	65.6%	21.3%	6.2%
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 - 01/09/2019								
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			483	476	22.10	69.40	13.49	5.06
% of Calories					18.3%	57.5%	25.1%	9.4%
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)
Thu - 01/10/2019								
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Margarine	1 Each	1	25	40	0.0	0.0	2.5	0.50
Weighted Daily Average			512	563	15.51	88.26	11.92	3.27
% of Calories					12.1%	69.0%	21.0%	5.7%
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)
Fri - 01/11/2019								
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			497	492	16.38	89.90	9.56	3.27
% of Calories					13.2%	72.3%	17.3%	5.9%
Nutrient Guideline			400-550	600				<10.00

Mon - 01/14/2019								
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	Serv	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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
SYRUP,PANCAKE	Serv	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			553	617	20.85	89.62	13.06	4.17
% of Calories					15.1%	64.9%	21.3%	6.8%
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)
Tue - 01/15/2019								
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			522	619	18.42	83.61	13.34	4.05
% of Calories					14.1%	64.0%	23.0%	7.0%
Nutrient Guideline			400-550	600				<10.00

Thu - 01/17/2019								
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			497	586	18.85	82.58	11.05	3.27
% of Calories					15.2%	66.5%	20.0%	5.9%
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)
Fri - 01/18/2019								
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			523	451	16.72	90.95	11.80	3.14
% of Calories					12.8%	69.5%	20.3%	5.4%
Nutrient Guideline			400-550	600				<10.00

Mon - 01/21/2019								
Middle School Breakfast	Total	2						
Churros Apple 51% WGR J&J	1 Each	1	150	60	3.0	27.0	4.0	1.00
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			462	376	15.35	82.58	9.05	2.77
% of Calories					13.3%	71.5%	17.6%	5.4%
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)
Tue - 01/22/2019								
Middle School Breakfast	Total	2						
Sausage Gravy w/Biscuit SR	Serving	1	334	817	11.0	33.4	15.62	6.30
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			554	755	19.35	85.78	14.86	5.42
% of Calories					14.0%	61.9%	24.2%	8.8%
Nutrient Guideline			400-550	600				<10.00

Wed - 01/23/2019								
Middle School Breakfast	Total	2						
Egg Tac-Go	1 Each	1	180	400	10.0	15.0	9.0	3.50
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			477	546	18.85	76.58	11.55	4.02
% of Calories					15.8%	64.2%	21.8%	7.6%
Nutrient Guideline			400-550	600				<10.00

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Thu - 01/24/2019								
Middle School Breakfast	Total	2						
Egg, Bacon-Cheese Eggstravagan	Serving	1	120	280	8.0	1.0	9.0	3.50
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
Orange Juice Hiland	1 cup	2	120	0	2.0	26.0	0.0	0.00
Milk, Variety SR	1 cup	1	122	157	8.0	20.82	0.55	0.33
Weighted Daily Average			503	568	15.42	80.17	13.57	4.14
% of Calories					12.3%	63.7%	24.3%	7.4%
Nutrient Guideline			400-550	600				<10.00

Fri - 01/25/2019								
Middle School Breakfast	Total	2						
Bosco Stick - Cinnamon Apple	1 Each	1	196	160	5.0	41.26	1.5	0.00
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			485	426	16.35	89.71	7.80	2.27
% of Calories					13.5%	73.9%	14.5%	4.2%
Nutrient Guideline			400-550	600				<10.00

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Mon - 01/28/2019								
Middle School Breakfast	Total	2						
Donut Mini Chocolate WGR	Package	1	320	270	5.0	41.0	15.0	7.00
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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			547	481	16.35	89.58	14.55	5.77
% of Calories					12.0%	65.5%	23.9%	9.5%
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)
Tue - 01/29/2019								
Middle School Breakfast	Total	2						
Breakfast Burrito SR	1 Each	1	359	571	20.51	31.19	15.87	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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			590	640	24.10	90.71	14.99	5.06
% of Calories					16.4%	61.5%	22.9%	7.7%
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 - 01/30/2019								
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	1	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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			541	635	18.83	87.95	12.80	3.52
% of Calories					13.9%	65.0%	21.3%	5.8%
Nutrient Guideline			400-550	600				<10.00

Thu - 01/31/2019								
Middle School Breakfast	Total	2						
Scrambled Eggs with Cheese SR	3 OZ	1	192	259	16.51	0.65	12.87	5.59
Sausage C	Serv	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 - Assorted	1 each	1	64	2	0.7	16.52	0.18	0.04
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	20.82	0.55	0.33
Weighted Daily Average			520	584	25.10	69.90	15.99	5.96
% of Calories					19.3%	53.7%	27.7%	10.3%
Nutrient Guideline			400-550	600				<10.00

Weighted Average			519	548	18.43	85.40	12.28	3.99
					14.2%	65.8%	21.3%	6.9%

\*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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# Kearney Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	519		400 - 550	100%							
Sodium 1 (mg)	548		600								
Sodium 2 (mg)	548		535					13			Correction Required - Sodium too High
Protein (g)	18.43	14.20%									
Carbohydrate (g)	85.40	65.78%									
Total Fat (g)	12.28	21.29%									
Saturated Fat (g)	3.99	6.92%	<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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