

Kearney Public Schools

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2019								
Elementary Breakfast	Total	2						
Donut - Long John WGR RTI - Ba	1 Each	1	294	361	5.08	38.99	13.02	6.01
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			555	464	14.60	97.07	13.34	5.68
% of Calories					10.5%	70.0%	21.6%	9.2%
Nutrient Guideline			350-500	540			<=30.0	<10.00

Mon - 03/04/2019								
Elementary 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 Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	1	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average			515	521	18.06	86.04	12.08	4.43
% of Calories					14.0%	66.8%	21.1%	7.7%
Nutrient Guideline			350-500	540			<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/05/2019								
Elementary Breakfast	Total	2						
Yogurt Parfait - SR	1 Each	1	267	120	7.1	54.79	2.59	0.40
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
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average			519	336	15.61	98.94	8.13	2.88
% of Calories					12.0%	76.3%	14.1%	5.0%
Nutrient Guideline			350-500	540			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/06/2019								
Elementary Breakfast	Total	2						
Sausage Biscuit SR	1 Each	1	285	556	11.0	28.0	14.0	6.30
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average			528	554	17.56	85.54	13.83	5.83
% of Calories					13.3%	64.8%	23.6%	9.9%
Nutrient Guideline			350-500	540			<=30.0	<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 - 03/07/2019								
Elementary 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 Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			477	527	16.55	85.32	8.72	2.40
% of Calories					13.9%	71.5%	16.4%	4.5%
Nutrient Guideline			350-500	540			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/08/2019								
Elementary Breakfast	Total	2						
Muffin Wild Blueberry WGR - Ot	1 each	1	190	130	3.0	30.0	6.0	2.00
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			503	349	13.56	92.57	9.83	3.68
% of Calories					10.8%	73.6%	17.6%	6.6%
Nutrient Guideline			350-500	540			<=30.0	<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 - 03/11/2019								
Elementary Breakfast	Total	2						
Waffle Stix - WGR Belgian Chef	3 Each	1	180	247	3.75	28.5	5.25	0.75
Sausage C	serving	1	75	216	6.0	1.0	5.0	1.80
Cereal Cinnamon Toasters	1 each	0	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
Cereal Toasty O's	1 each	1	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			516	495	17.44	88.32	10.96	3.70
% of Calories					13.5%	68.5%	19.1%	6.5%
Nutrient Guideline			350-500	540			<=30.0	<10.00

Tue - 03/12/2019								
Elementary 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 Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average			545	411	14.56	92.04	14.33	6.18
% of Calories					10.7%	67.5%	23.7%	10.2%
Nutrient Guideline			350-500	540			<=30.0	<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 - 03/13/2019								
Elementary Breakfast	Total	2						
Pancakes, Mini Maple Pouch WG	Serving	1	220	130	4.0	39.0	6.0	0.50
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average			495	341	14.06	91.04	9.83	2.93
% of Calories					11.4%	73.5%	17.9%	5.3%
Nutrient Guideline			350-500	540			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/14/2019								
Elementary Breakfast	Total	2						
Scrambled Eggs with Cheese SR	3 OZ	1	192	259	16.51	0.65	12.87	5.59
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 Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average			538	565	20.89	79.87	15.55	5.76
% of Calories					15.5%	59.4%	26.0%	9.6%
Nutrient Guideline			350-500	540			<=30.0	<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 - 03/25/2019								
Elementary Breakfast	Total	2						
Pop Tarts WG	1 each	1	183	185	2.0	37.25	2.63	1.00
Cereal Cinnamon Toasters	1 each	0	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Oat Blenders	1 each	0	110	140	2.0	24.0	1.0	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			399	314	12.05	79.44	4.28	1.65
% of Calories					12.1%	79.7%	9.7%	3.7%
Nutrient Guideline			350-500	540			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/26/2019								
Elementary 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 Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			497	662	18.76	87.17	9.89	3.41
% of Calories					15.1%	70.1%	17.9%	6.2%
Nutrient Guideline			350-500	540			<=30.0	<10.00

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Wed - 03/27/2019								
Elementary Breakfast	Total	2						
Omelet, Cheese	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 Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			480	552	16.12	80.32	11.00	3.19
% of Calories					13.4%	67.0%	20.6%	6.0%
Nutrient Guideline			350-500	540			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/28/2019								
Elementary 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 Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			547	572	21.80	87.41	12.65	4.19
% of Calories					15.9%	63.9%	20.8%	6.9%
Nutrient Guideline			350-500	540			<=30.0	<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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Kearney Public Schools

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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Generated on: 2/27/2019 7:58:01 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/29/2019								
Elementary 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 Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			442	317	13.05	85.32	6.72	1.90
% of Calories					11.8%	77.1%	13.7%	3.9%
Nutrient Guideline			350-500	540			<=30.0	<10.00

Weighted Average			504	465	16.31 13.0%	87.76 69.7%	10.74 19.2%	3.85 6.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	504		350 - 500	101%			4	Correction Required - Calories too High
Sodium 1 (mg)	465		540					
Sodium 2 (mg)	465		485					
Protein (g)	16.31	12.95%						
Carbohydrate (g)	87.76	69.69%						
Total Fat (g)	10.74	19.19%	<=30.00%					
Saturated Fat (g)	3.85	6.88%	<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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