

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru Mar 31, 2019

Middle School Breakfast

Generated on: 2/27/2019 8:00:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2019								
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	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
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			504	392	14.92	92.69	9.47	2.28
% of Calories					11.9%	73.6%	16.9%	4.1%
Nutrient Guideline			400-550	600				<10.00

Mon - 03/04/2019								
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	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
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			442	317	13.55	84.32	6.72	1.90
% of Calories					12.3%	76.2%	13.7%	3.9%
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)
Tue - 03/05/2019								
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	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
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			534	695	17.55	87.52	12.53	4.55
% of Calories					13.1%	65.5%	21.1%	7.7%
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 - 03/06/2019								
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	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
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			457	487	17.05	78.32	9.22	3.15
% of Calories					14.9%	68.5%	18.1%	6.2%
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 - 03/07/2019								
Middle School Breakfast	Total	2						
Egg, Bacon-Cheese Eggstravagan	Serving	1	60	140	4.0	0.5	4.5	1.75
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	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
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	21.15	0.47	0.28
Weighted Daily Average			453	438	11.62	81.49	9.01	2.42
% of Calories					10.3%	71.9%	17.9%	4.8%
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 - 03/08/2019								
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	1	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	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
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			466	367	14.55	91.45	5.47	1.40
% of Calories					12.5%	78.6%	10.6%	2.7%
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)
Mon - 03/11/2019								
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	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
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			527	422	14.55	91.32	12.22	4.90
% of Calories					11.0%	69.3%	20.8%	8.4%
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)
Tue - 03/12/2019								
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	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
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			570	580	22.30	92.45	12.65	4.19
% of Calories					15.7%	64.9%	20.0%	6.6%
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 - 03/13/2019								
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	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
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	575	17.03	89.69	10.46	2.65
% of Calories					13.1%	68.8%	18.0%	4.6%
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)
Thu - 03/14/2019								
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	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
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			501	524	23.30	71.64	13.65	5.09
% of Calories					18.6%	57.2%	24.5%	9.2%
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)
Mon - 03/25/2019								
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	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
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			550	472	14.05	108.07	7.34	2.40
% of Calories					10.2%	78.6%	12.0%	3.9%
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 - 03/26/2019								
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	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
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			497	662	19.26	86.17	9.89	3.41
% of Calories					15.5%	69.3%	17.9%	6.2%
Nutrient Guideline			400-550	600				<10.00

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Wed - 03/27/2019								
Middle School Breakfast	Total	2						
Omelet, Cheese	1 Each	1	110	210	8.0	1.0	8.0	3.00
Sausage C	1 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	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
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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
Weighted Daily Average			460	500	19.05	71.82	11.22	3.80
% of Calories					16.6%	62.5%	22.0%	7.4%
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 - 03/28/2019								
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	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
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			525	462	14.05	94.40	11.22	2.90
% of Calories					10.7%	71.9%	19.2%	5.0%
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 - 03/29/2019								
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	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
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			504	392	14.92	92.69	9.47	2.28
% of Calories					11.9%	73.6%	16.9%	4.1%
Nutrient Guideline			400-550	600				<10.00

Weighted Average			501	486	16.52 13.2%	87.60 70.0%	10.03 18.0%	3.15 5.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	501		400 - 550	100%				
Sodium 1 (mg)	486		600					
Sodium 2 (mg)	486		535					
Protein (g)	16.52	13.19%						
Carbohydrate (g)	87.60	69.97%						
Total Fat (g)	10.03	18.03%						
Saturated Fat (g)	3.15	5.67%	<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.