

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 31, 2019

Elementary Breakfast

Generated on: 4/23/2019 7:39:18 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/01/2019								
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 - 05/02/2019								
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)
Fri - 05/03/2019								
Elementary 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 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			495	421	14.59	92.36	9.34	3.68
% of Calories					11.8%	74.6%	17.0%	6.7%
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)
Mon - 05/06/2019								
Elementary Breakfast	Total	2						
French Toast Sticks Sunny Fres	3 each	1	210	310	8.0	28.01	7.0	2.00
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
SYRUP.PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			435	385	15.05	80.86	6.47	2.15
% of Calories					13.8%	74.3%	13.4%	4.4%
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)
Tue - 05/07/2019								
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

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/09/2019								
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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/10/2019								
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

Mon - 05/13/2019								
Elementary Breakfast	Total	2						
Oatmeal - SR	1 cup	1	202	200	8.78	34.46	3.59	0.63
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
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			470	381	16.95	86.25	7.73	2.84
% of Calories					14.4%	73.4%	14.8%	5.4%
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)
Tue - 05/14/2019								
Elementary 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
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			552	684	17.56	88.24	14.64	5.83
% of Calories					12.7%	63.9%	23.9%	9.5%
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)
Wed - 05/15/2019								
Elementary Breakfast	Total	2						
Pancakes- Whole Wheat- C	2 each	1	160	260	3.4	27.4	4.0	0.66
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
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			526	522	16.76	91.77	11.33	3.91
% of Calories					12.8%	69.8%	19.4%	6.7%
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 - 05/16/2019								
Elementary Breakfast	Total	2						
Pancakes, Confetti Bites, Eggo	Pouch	1	220	300	4.0	36.0	7.0	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	1	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			417	372	13.05	78.82	6.47	1.65
% of Calories					12.5%	75.5%	13.9%	3.6%
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 - 05/17/2019								
Elementary 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 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			478	432	14.08	92.64	7.22	2.41
% of Calories					11.8%	77.6%	13.6%	4.5%
Nutrient Guideline			350-500	540			<=30.0	<10.00

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Mon - 05/20/2019								
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	1 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

Tue - 05/21/2019								
Elementary 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 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			463	416	19.80	72.14	11.15	4.19
% of Calories					17.1%	62.3%	21.7%	8.1%
Nutrient Guideline			350-500	540			<=30.0	<10.00

Wed - 05/22/2019								
Elementary Breakfast	Total	1						
Cooks Choice	1 Each	1	0	0	0.0	0.0	0.0	0.00

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.

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 31, 2019

Elementary Breakfast

Generated on: 4/23/2019 7:39:18 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			0	0	0.00	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500	540			<=30.0	<10.00

Weighted Average			488	471	16.64 13.6%	85.66 70.2%	9.84 18.1%	3.38 6.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	488		350 - 500	100%				
Sodium 1 (mg)	471		540					
Sodium 2 (mg)	471		485					
Protein (g)	16.64	13.64%						
Carbohydrate (g)	85.66	70.19%						
Total Fat (g)	9.84	18.14%	<=30.00%					
Saturated Fat (g)	3.38	6.22%	<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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