

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 31, 2019

Middle School Breakfast

Generated on: 4/23/2019 7:41:21 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/01/2019								
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	1/2 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			492	575	16.53	83.19	10.46	2.65
% of Calories					13.4%	67.7%	19.1%	4.9%
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)
Thu - 05/02/2019								
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	1/2 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			471	524	22.80	65.14	13.65	5.09
% of Calories					19.4%	55.4%	26.1%	9.7%
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 - 05/03/2019								
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	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	1/2 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			448	432	14.08	85.14	7.22	2.41
% of Calories					12.6%	76.1%	14.5%	4.8%
Nutrient Guideline			400-550	600				<10.00

Mon - 05/06/2019								
Middle School Breakfast	Total	2						
French Toast Mini Pouch	1 each	1	180	180	5.0	27.0	6.0	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	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	1/2 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			427	377	14.05	77.82	7.72	2.15
% of Calories					13.1%	72.8%	16.2%	4.5%
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 - 05/07/2019								
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	1/2 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			467	662	18.76	79.67	9.89	3.41
% of Calories					16.1%	68.2%	19.1%	6.6%
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 - 05/09/2019								
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	1/2 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			495	462	13.55	87.90	11.22	2.90
% of Calories					10.9%	71.0%	20.4%	5.3%
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 - 05/10/2019								
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	1/2 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			474	392	14.42	86.19	9.47	2.28
% of Calories					12.2%	72.8%	18.0%	4.3%
Nutrient Guideline			400-550	600				<10.00

Mon - 05/13/2019								
Middle School Breakfast	Total	2						
Oatmeal - SR	3/4 cup	1	152	150	6.59	25.85	2.69	0.47
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	1/2 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			413	362	14.84	77.24	6.06	1.64
% of Calories					14.4%	74.8%	13.2%	3.6%
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)
Tue - 05/14/2019								
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	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	1/2 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			447	527	16.55	77.82	8.72	2.40
% of Calories					14.8%	69.6%	17.5%	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)
Wed - 05/15/2019								
Middle School Breakfast	Total	2						
Pancakes- Whole Wheat- C	3 each	1	240	390	5.1	41.1	6.0	0.99
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
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	1/2 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			518	598	17.10	91.40	10.22	2.80
% of Calories					13.2%	70.6%	17.8%	4.9%
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)
Thu - 05/16/2019								
Middle School Breakfast	Total	2						
Pancakes, Confetti Bites, Eggo	Pouch	1	220	300	4.0	36.0	7.0	1.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
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	1/2 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			431	442	14.04	79.79	7.31	1.75
% of Calories					13.0%	74.0%	15.3%	3.7%
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)
Fri - 05/17/2019								
Middle School 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 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	1/2 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			502	456	14.60	83.54	13.34	5.68
% of Calories					11.6%	66.6%	23.9%	10.2%
Nutrient Guideline			400-550	600				<10.00

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Mon - 05/20/2019								
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	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
Fruit, Fresh Assorted	1 EACH	1	76	1	0.78	19.7	0.25	0.06
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			503	558	18.55	84.86	10.72	3.30
% of Calories					14.8%	67.5%	19.2%	5.9%
Nutrient Guideline			400-550	600				<10.00

Tue - 05/21/2019								
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	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	1/2 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			460	450	15.05	78.85	9.72	2.65
% of Calories					13.1%	68.5%	19.0%	5.2%
Nutrient Guideline			400-550	600				<10.00

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

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	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			400-550	600				<10.00

Weighted Average			468	487	16.07 13.7%	81.32 69.5%	9.69 18.7%	2.94 5.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	468		400 - 550	100%				
Sodium 1 (mg)	487		600					
Sodium 2 (mg)	487		535					
Protein (g)	16.07	13.74%						
Carbohydrate (g)	81.32	69.55%						
Total Fat (g)	9.69	18.65%						
Saturated Fat (g)	2.94	5.65%	<10.00%					

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* - 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.