

# Kearney Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

KHS BREAKFAST NEW

Generated on: 8/23/2019 12:18:21 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/03/2019								
KHS BREAKFAST NEW	Total	5						
Breakfast Pizza	1 each	1	220	480	10.0	27.0	8.0	2.00
Breakfast Bread	1 each	1	273	210	5.75	43.75	9.5	1.75
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			571	553	17.32	101.74	11.83	3.56
% of Calories					12.1%	71.2%	18.6%	5.6%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/04/2019								
KHS BREAKFAST NEW	Total	5						
Cheese Omelet	1 each	1	110	210	8.0	1.0	8.0	3.00
Sausage C	serving	1	75	216	6.0	1.0	5.0	1.80
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			603	610	19.57	102.39	14.19	4.83
% of Calories					13.0%	67.9%	21.2%	7.2%
Nutrient Guideline			450-600	640				<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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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

KHS BREAKFAST NEW

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/05/2019								
KHS BREAKFAST NEW	Total	5						
French Toast Sticks Sunny Fres	4 each	1	280	413	10.67	37.35	9.34	2.67
Muffin Wild Blueberry WGR - Ot	1 each	1	190	130	3.0	30.0	6.0	2.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
SYRUP,PANCAKE	Serv	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			576	527	16.91	103.47	11.39	3.74
% of Calories					11.7%	71.8%	17.8%	5.8%
Nutrient Guideline			450-600	640				<10.00

Fri - 09/06/2019								
KHS BREAKFAST NEW	Total	5						
Donut - Long John WGR RTI - Ba	1 Each	1	294	361	5.08	38.99	13.02	6.01
Pancakes, Mini Maple Pouch WG	Serving	1	220	130	4.0	39.0	6.0	0.50
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			576	513	15.99	103.19	12.13	4.11
% of Calories					11.1%	71.7%	19.0%	6.4%
Nutrient Guideline			450-600	640				<10.00

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

KHS BREAKFAST NEW

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/09/2019								
KHS BREAKFAST NEW	Total	5						
Sausage Gravy w/Biscuit SR	Serving	1	294	1057	10.0	29.4	13.62	6.30
Donut Mini Chocolate WGR	Package	1	320	270	5.0	41.0	15.0	7.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			596	680	17.17	101.67	14.05	5.47
% of Calories					11.5%	68.3%	21.2%	8.3%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/10/2019								
KHS BREAKFAST NEW	Total	5						
Ham/Egg/Cheese Muffin SR	1 Each	1	232	434	13.09	24.41	9.02	3.00
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	120	3.0	30.0	5.0	2.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			555	526	17.39	98.47	11.13	3.81
% of Calories					12.5%	70.9%	18.0%	6.2%
Nutrient Guideline			450-600	640				<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 - 09/11/2019								
KHS BREAKFAST NEW	Total	5						
Waffle, Dutch 51% WG 5"	1 Each	1	316	350	4.0	47.16	13.0	3.00
Strawberries & Bananas	1/2 cup	1	148	3	1.22	39.05	0.34	0.08
Bagels - Mini Cream Cheese	1 Each	1	235	180	6.0	41.0	6.0	2.50
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
SYRUP.PANCAKE	Serv	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			622	525	16.42	115.44	12.20	3.92
% of Calories					10.6%	74.3%	17.7%	5.7%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/12/2019								
KHS BREAKFAST NEW	Total	5						
Pancake & Sausage on Stick WG	1 Each	1	200	310	7.0	17.0	10.0	2.50
Tator Tots C	1/2 cup	1	130	310	2.0	16.0	6.0	1.00
Breakfast Bread	1 each	1	273	210	5.75	43.75	9.5	1.75
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
SYRUP.PANCAKE	Serv	1	46	16	0.0	12.06	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

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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			603	584	17.12	105.35	13.43	3.86
% of Calories					11.4%	69.9%	20.1%	5.8%
Nutrient Guideline			450-600	640				<10.00

Fri - 09/13/2019								
KHS BREAKFAST NEW								
Total		5						
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	291	5.06	41.63	5.02	2.01
Mini Cinn Rush French Toast	1 Each	1	190	370	3.0	34.0	5.0	1.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			555	547	15.78	102.71	10.33	3.41
% of Calories					11.4%	74.0%	16.8%	5.5%
Nutrient Guideline			450-600	640				<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 - 09/16/2019								
KHS BREAKFAST NEW	Total	5						
Oatmeal - SR	3/4 cup	1	152	150	6.59	25.85	2.69	0.47
Brown Sugar	.25 Cup	1	138	10	0.04	35.56	0.0	0.00
Cinnamon	1 Tsp	1	6	0	0.1	2.1	0.03	0.01
Muffin Wild Blueberry WGR - Ot	1 each	1	190	130	3.0	30.0	6.0	2.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			570	473	16.12	106.29	10.07	3.30
% of Calories					11.3%	74.6%	15.9%	5.2%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/17/2019								
KHS BREAKFAST NEW	Total	5						
Chicken Biscuit w/Gravy	1 Each	1	174	501	7.5	11.9	9.12	1.50
Donut Mini Chocolate WGR	Package	1	320	270	5.0	41.0	15.0	7.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			572	569	16.67	98.17	13.15	4.51
% of Calories					11.7%	68.7%	20.7%	7.1%
Nutrient Guideline			450-600	640				<10.00

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KHS BREAKFAST NEW

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/18/2019								
KHS BREAKFAST NEW	Total	5						
Pancakes- Whole Wheat- C	4 each	1	320	520	6.8	54.8	8.0	1.32
Sausage C	serving	1	75	216	6.0	1.0	5.0	1.80
Frudel, Cherry	1 Each	1	210	280	5.0	36.0	6.5	1.50
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
SYRUP,PANCAKE	Serv	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			603	621	17.73	108.36	12.23	3.73
% of Calories					11.8%	71.9%	18.2%	5.6%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/19/2019								
KHS BREAKFAST NEW	Total	5						
Egg, Bacon-Cheese Eggstravagan	3 oz	1	180	420	12.0	1.5	13.5	5.25
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			557	559	17.57	95.89	12.43	4.26
% of Calories					12.6%	68.9%	20.1%	6.9%
Nutrient Guideline			450-600	640				<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

KHS BREAKFAST NEW

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/20/2019								
KHS BREAKFAST NEW	Total	5						
Donut - Long John WGR RTI - Ba	1 Each	1	294	361	5.08	38.99	13.02	6.01
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			580	547	16.19	103.39	12.33	4.41
% of Calories					11.2%	71.3%	19.1%	6.8%
Nutrient Guideline			450-600	640				<10.00

Mon - 09/23/2019								
KHS BREAKFAST NEW	Total	5						
Breakfast in a Bowl SR	Serving	1	280	1016	26.69	4.57	16.17	6.78
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	120	3.0	30.0	5.0	2.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
Peanut Butter & Jelly Sand C	1 Each	1	300	280	9.0	32.0	17.0	3.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			527	573	18.31	90.30	11.56	3.76
% of Calories					13.9%	68.6%	19.7%	6.4%
Nutrient Guideline			450-600	640				<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

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KHS BREAKFAST NEW

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/24/2019								
KHS BREAKFAST NEW	Total	5						
Breakfast Pizza	1 each	1	220	480	10.0	27.0	8.0	2.00
Breakfast Bread	1 each	1	273	210	5.75	43.75	9.5	1.75
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			571	553	17.32	101.74	11.83	3.56
% of Calories					12.1%	71.2%	18.6%	5.6%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/25/2019								
KHS BREAKFAST NEW	Total	5						
Cheese Omelet	1 each	1	110	210	8.0	1.0	8.0	3.00
Sausage C	serving	1	75	216	6.0	1.0	5.0	1.80
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			591	610	19.37	99.79	14.19	4.83
% of Calories					13.1%	67.5%	21.6%	7.4%
Nutrient Guideline			450-600	640				<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

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KHS BREAKFAST NEW

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/26/2019								
KHS BREAKFAST NEW	Total	5						
French Toast Sticks Sunny Fres	4 each	1	280	413	10.67	37.35	9.34	2.67
Muffin Wild Blueberry WGR - Ot	1 each	1	190	130	3.0	30.0	6.0	2.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			567	524	16.91	101.06	11.39	3.74
% of Calories					11.9%	71.3%	18.1%	5.9%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/30/2019								
KHS BREAKFAST NEW	Total	5						
Sausage Gravy w/Biscuit SR	Serving	1	294	1057	10.0	29.4	13.62	6.30
Donut Mini Chocolate WGR	Package	1	320	270	5.0	41.0	15.0	7.00
Cereal Assorted Bowl Packs	1 each	1	127	182	2.47	26.48	1.89	0.30
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			596	680	17.17	101.67	14.05	5.47
% of Calories					11.5%	68.3%	21.2%	8.3%
Nutrient Guideline			450-600	640				<10.00

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# Kearney Public Schools

Base Menu Spreadsheet

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KHS BREAKFAST NEW

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average			578	567	17.21 11.9%	102.16 70.6%	12.31 19.2%	4.12 6.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	578		450 - 600	100%				
Sodium 1 (mg)	567		640					
Sodium 2 (mg)	567		570					
Protein (g)	17.21	11.90%						
Carbohydrate (g)	102.16	70.65%						
Total Fat (g)	12.31	19.16%						
Saturated Fat (g)	4.12	6.41%	<10.00%					

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