

Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2019 thru Sep 30, 2019

Middle School Breakfast

Generated on: 8/23/2019 11:57:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/03/2019								
Middle School Breakfast	Total	2						
Sausage Gravy w/Biscuit SR	Serving	1	294	1057	10.0	29.4	13.62	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	1/2 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			484	815	16.55	79.02	11.53	4.55
% of Calories					13.7%	65.3%	21.4%	8.5%
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 - 09/04/2019								
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	1/2 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	487	16.55	71.82	9.22	3.15
% of Calories					15.5%	67.2%	19.4%	6.6%
Nutrient Guideline			400-550	600				<10.00

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Page 2

Sep 1, 2019 thru Sep 30, 2019

Middle School Breakfast

Generated on: 8/23/2019 11:57:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/05/2019								
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	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	1	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			393	438	10.62	68.49	9.01	2.42
% of Calories					10.8%	69.7%	20.6%	5.5%
Nutrient Guideline			400-550	600				<10.00

Fri - 09/06/2019								
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	1/2 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			436	367	14.05	84.95	5.47	1.40
% of Calories					12.9%	78.0%	11.3%	2.9%
Nutrient Guideline			400-550	600				<10.00

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Page 3

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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)
Mon - 09/09/2019								
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	1/2 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	422	14.05	84.82	12.22	4.90
% of Calories					11.3%	68.2%	22.1%	8.9%
Nutrient Guideline			400-550	600				<10.00

Tue - 09/10/2019								
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	1/2 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			517	572	21.80	79.91	12.65	4.19
% of Calories					16.9%	61.8%	22.0%	7.3%
Nutrient Guideline			400-550	600				<10.00

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Page 4

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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)
Wed - 09/11/2019								
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 - 09/12/2019								
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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Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/13/2019								
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 - 09/16/2019								
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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Page 6

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/17/2019								
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)
Wed - 09/18/2019								
Middle School Breakfast	Total	2						
Omelet, Cheese	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
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			430	500	18.55	65.32	11.22	3.80
% of Calories					17.3%	60.8%	23.5%	8.0%
Nutrient Guideline			400-550	600				<10.00

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Page 7

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/19/2019								
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

Fri - 09/20/2019								
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

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Page 8

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Mon - 09/23/2019								
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

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/24/2019								
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

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Sep 1, 2019 thru Sep 30, 2019

Middle School Breakfast

Generated on: 8/23/2019 11:57:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/30/2019								
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

Weighted Average			460	498	16.25	78.78	9.79	3.10
					14.1%	68.5%	19.1%	6.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	460		400 - 550	100%				
Sodium 1 (mg)	498		600					
Sodium 2 (mg)	498		535					
Protein (g)	16.25	14.13%						
Carbohydrate (g)	78.78	68.49%						
Total Fat (g)	9.79	19.15%						
Saturated Fat (g)	3.10	6.06%	<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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