

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 1

Generated on: 5/30/2017 1:55:33 PM

Monday	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
BREAKFAST 9-12	Total	100			
BAR BENEFIT COCOA CHIP	BAR	40	270	21	48.0
PANCAKE MINI CINNAMON ROLL IW	PACKAGE	15	240	14	41.0
CEREAL,1 BOWL VARIETY	SERVING	30	107	*5	23.0
CRACKER BUNNY GRAHAMS	PACKAGE	30	162	9	25.31
CHEWY OATMEAL BITES	PACKAGE	30	130	8	24.0
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	15.12
JUICE APPLE JUICE CUP	1 EACH	100	60	13	14.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	29	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	12	13.0
Weighted Daily Average			510	*47	97.10
% of Calories				*36.9%	76.2%
Nutrient Guideline			450-600		

Tuesday	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
BREAKFAST 9-12	Total	100			
BOSCO CHEESE STICK WG ELM	Bread Stick	20	150	1	17.0
DIPPING SAUCE K-5 2 oz	2 OZ	20	22	*N/A*	5.88
BANANA BREAD ULTR SLICE	SLICE	55	280	25	44.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	100	53	0	13.39
AMAZIN' RAISIN STRAWBERRY	PACKAGE	100	110	22	25.0
CRACKER BUNNY GRAHAMS	PACKAGE	25	162	9	25.31
CEREAL,1 BOWL VARIETY	SERVING	15	107	*5	23.0
YOGURT VARIETY UPSTATE	4 OZ	20	90	15	19.05
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			552	*60	101.76
% of Calories				*43.2%	73.7%
Nutrient Guideline			450-600		

Wednesday	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
BREAKFAST 9-12	Total	100			
BREAKFAST PIZZA BACON N EGG	1 EACH	25	211	5	23.1
BAR FRENCH TOAST BENEFIT	BAR	35	290	*N/A*	47.0
CEREAL,1 BOWL VARIETY	SERVING	20	107	*5	23.0
CRACKER BUNNY GRAHAMS	PACKAGE	35	162	9	25.31
CHEWY OATMEAL BITES	PACKAGE	25	130	8	24.0
APPLESAUCE, UNSWEETENED	.5 CUP	100	52	0	13.79
JUICE ORANGE JUICE CUP J	4 OZ	100	50	*N/A*	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	29	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	12	13.0
Weighted Daily Average			495	*24	89.41
% of Calories				*19.7%	72.3%
Nutrient Guideline			450-600		

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.

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

BREAKFAST 9-12

Base Menu Spreadsheet Portion Values - Detailed

Page 2

Generated on: 5/30/2017 1:55:33 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Thursday					
BREAKFAST 9-12	Total	100			
BANANA BREAD ULTR SLICE	SLICE	50	280	25	44.0
OMELET W/ COLBY CHEESE	1 EACH	30	110	0	1.0
CEREAL,1 BOWL VARIETY	SERVING	25	107	*5	23.0
CRACKER BUNNY GRAHAMS	PACKAGE	30	162	9	25.31
YOGURT VARIETY UPSTATE	4 OZ	15	90	15	19.05
STRAWBERRY CUP	1 EACH	100	80	16	20.93
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	15.12
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	29	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	12	13.0
Weighted Daily Average			528	*52	95.49
% of Calories				*39.1%	72.4%
Nutrient Guideline			450-600		

Friday					
BREAKFAST 9-12	Total	100			
BREAKFAST PIZZA BACON N EGG	1 EACH	30	211	5	23.1
FRENCH TOAST STICKS, WG :3 EA	3 EA	50	208	*N/A*	25.64
CEREAL,1 BOWL VARIETY	SERVING	25	107	*5	23.0
CHEWY OATMEAL BITES	PACKAGE	30	130	8	24.0
YOGURT VARIETY UPSTATE	4 OZ	15	90	15	19.05
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	100	68	0	17.88
FRUIT BAR FRESH HS	1 EACH	100	67	*9	17.3
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	29	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	12	13.0
SYRUP CUP, REDUCED CALORIE	1 EACH	50	50	*N/A*	13.0
Weighted Daily Average			535	*34	98.17
% of Calories				*25.3%	73.4%
Nutrient Guideline			450-600		

Weighted Average			524	*43	96.39
				*74.4%	73.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	524		450 - 600	100%				
Sugars (g)	43	33.05%			Missing			
Carbohydrate (g)	96.39	73.61%						

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