

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Aug 20, 2017 thru Sep 16, 2017

Base Menu Spreadsheet

9-12 / k-12 menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Tue - 08/22/2017						
9-12 / k-12 menu	Total	100				
HAMBURGER ELE	1 EACH	100	268	*0	31.0	10.0
CHEESE, AMERICAN RF 1 slice	SLICE	100	35	*N/A*	1.0	2.0
BEANS BAKED 1/2	1/2 CUP	85	140	*N/A*	25.0	1.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	85	100	0	15.0	4.0
GRAPES,FRESH	1/2 C SERVING	100	76	*N/A*	19.45	0.4
GRAPES,FRESH	1/2 C SERVING	100	76	*N/A*	19.45	0.4
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	20	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	80	110	*N/A*	13.0	2.5
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	65	6	*N/A*	1.32	0.07
Weighted Daily Average			777	*4	120.75	19.08
% of Calories				*2.3%	62.2%	22.1%
Nutrient Guideline			750-850			

Wed - 08/23/2017						
9-12 / k-12 menu	Total	100				
BEEF FINGERS CNTRY FRD (4)	3.88	100	302	*N/A*	18.32	17.24
ROLL DINNER WG BAKER BOY	ROLL	100	110	*N/A*	19.0	2.0
POTATOES, MASHED INSTANT:1/2C	1/2 cup	100	90	0	17.0	1.0
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	100	66	0	15.24	0.82
PEACHES, DICED LIGHT S: 1 C	8 oz	50	106	0	26.79	0.25
GRAVY BROWN	2 OZ	80	25	*N/A*	0.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.0
Weighted Daily Average			760	*16	102.81	21.69
% of Calories				*8.7%	54.1%	25.7%
Nutrient Guideline			750-850			

Thu - 08/24/2017						
9-12 / k-12 menu	Total	100				
SPAGHETTI AND MEAT SAUCE	1 CUP	100	266	*1	40.98	7.54
BREAD, TOAST GARLIC MINI	1 oz SLICE	100	70	*N/A*	12.0	2.5
SALAD, ROMAINE 2016	SRV	100	56	*1	12.68	0.35
SALAD DRESSING, RANCH	1.5 OZ	100	101	*N/A*	2.73	9.27
BANANAS,RAW FRESH	1 EACH	95	90	12	23.07	0.33
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	15	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	80	110	*N/A*	13.0	2.5
JUICE/FRUITABLES/TROPICAL	6.75 OZ	100	90	*N/A*	22.0	*N/A*
Weighted Daily Average			776	*17	126.15	*21.98
% of Calories				*8.8%	65.0%	*25.5%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Fri - 08/25/2017						
9-12 / k-12 menu	Total	100				
PIZZA 4X6 TONY'S	SLICE	100	300	10	33.0	11.0
GREEN BEANS, CUT;K-51/2 C	.50 CUP	100	14	0	3.04	0.07
SWEET POTATO LATTICE FF 3/4	3/4 CUP (12 EA)	100	250	13	32.29	11.74
APPLESAUCE UNSWEETENED CUPS	1 EA	95	50	12	14.0	0.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	15	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	80	110	*N/A*	13.0	2.5
FRUIT VARIETY HS	4 OZ	100	80	*0	20.83	0.1
Weighted Daily Average			799	*38	116.32	24.92
% of Calories				*19.0%	58.2%	28.1%
Nutrient Guideline			750-850			

Mon - 08/28/2017						
9-12 / k-12 menu	Total	100				
CHICKEN BREAD K-6 san new BUN	SANDWICH	100	393	4	42.21	15.68
CARROTS, RAW BABY EL 6 OZ	6 OZ	100	60	*N/A*	14.02	0.22
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	15.12	0.12
HUMMAS DIP TRADITIONAL .25 V	1 EACH	100	110	1	12.0	5.0
JUICE APPLE JUICE CUP	1 EACH	100	60	13	14.0	0.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	15	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	80	110	*N/A*	13.0	2.5
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	65	6	*N/A*	1.32	0.07
Weighted Daily Average			792	*21	112.05	23.07
% of Calories				*10.8%	56.6%	26.2%
Nutrient Guideline			750-850			

Tue - 08/29/2017						
9-12 / k-12 menu	Total	100				
MEATLOAF /CHEESEBURGER	PATTY	100	190	5	8.0	12.0
ROLL DINNER WG BAKER BOY	ROLL	100	110	*N/A*	19.0	2.0
ROLL DINNER WG BAKER BOY	ROLL	100	110	*N/A*	19.0	2.0
POTATOES, MASHED INSTANT:1/2C	1/2 cup	100	90	0	17.0	1.0
GRAVY BROWN	2 OZ	100	25	*N/A*	0.0	0.0
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	4.56	0.1
STRAWBERRY CUP	serving	100	80	16	20.93	0.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	20	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	80	110	*N/A*	13.0	2.5
FRUIT VARIETY HS	4 OZ	100	80	*0	20.83	0.1
Weighted Daily Average			820	*25	124.32	19.21
% of Calories				*12.4%	60.6%	21.1%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Wed - 08/30/2017						
9-12 / k-12 menu	Total	100				
MACARONI N CHEESE	1 1/3 CUP	100	560	12	58.03	22.01
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	95	39	0	7.4	0.15
APPLES,FRESH,W/SKIN	1 EACH	65	77	15	20.58	0.25
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
JUICE/FRUITABLES/TROPICAL	6.75 OZ	35	90	*N/A*	22.0	*N/A*
Weighted Daily Average			805	*40	107.14	*22.82
% of Calories				*19.7%	53.2%	*25.5%
Nutrient Guideline			750-850			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Thu - 08/31/2017						
9-12 / k-12 menu	Total	100				
CHILI CON CARNE W/ BEANS	1 CUP	95	268	*0	33.27	8.21
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	75	80	0	0.57	5.19
PRETZEL WG SOFT 2.2 OZ	1 EACH	50	123	1	26.4	0.44
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	65	99	0	22.87	1.23
FRUIT,MIXED,CND,LIGHT: 1CUP	1 cup	65	136	0	35.76	0.2
COOKIE, CHOC CHIP / M&M WG (1	1 EACH	90	110	8	19.0	3.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
Weighted Daily Average			754	*25	121.44	16.04
% of Calories				*13.4%	64.4%	19.1%
Nutrient Guideline			750-850			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Fri - 09/01/2017						
9-12 / k-12 menu	Total	100				
FRENCH TOAST STICKS, WG :3 EA	3 EA	100	208	*N/A*	25.64	8.78
SAUSAGE LINKS lower sod (2)	ser -2	100	200	0	2.0	14.0
POTATO, TATER TOTS: 6-12 (15)	15 each	65	225	0	25.5	13.5
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	53	0	13.39	0.13
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
JUICE/FRUITABLES/TROPICAL	6.75 OZ	45	90	*N/A*	22.0	*N/A*
CRACKER BUNNY GRAHAMS	PACKAGE	45	162	9	25.31	6.07
Weighted Daily Average			828	*22	95.21	*34.87
% of Calories				*10.5%	46.0%	*37.9%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Tue - 09/05/2017						
9-12 / k-12 menu	Total	100				
TERIYAKI CHICKEN STIR FRY KIT	2.8 OZ	100	140	*N/A*	8.0	4.5
RICE, BROWN LONG, 1 CUP	1 cup	100	216	0	44.79	1.76
MANDARIN ORANGE SEGMENTS: 1 c	8 oz	100	180	*N/A*	42.0	0.0
GOLD RUSH FRUITABLE	BOX	100	40	8	10.0	0.0
PEAS, EDIBLE-PODDED, RAW	1 CUP	100	26	*N/A*	4.76	0.13
SALAD DRESSING, RANCH	1.5 OZ	100	101	*N/A*	2.73	9.27
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
Weighted Daily Average			829	*26	133.27	16.16
% of Calories				*12.3%	64.3%	17.5%
Nutrient Guideline			750-850			

Wed - 09/06/2017						
9-12 / k-12 menu	Total	100				
MANWICH SLOPPY JOE	SERVINGS	100	303	*3	35.68	9.79
WINTER MIX 3/4 C K-5	3/4 C	100	20	2	4.0	0.0
FRUIT, MIXED,, LIGHT: 1/2 C	1/2 C	100	68	0	17.88	0.1
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
JUICE/FRUITABLES/TROPICAL	6.75 OZ	100	90	*N/A*	22.0	*N/A*
Weighted Daily Average			607	*23	100.56	*10.39
% of Calories				*14.9%	66.3%	*15.4%
Nutrient Guideline			750-850			

Thu - 09/07/2017						
9-12 / k-12 menu	Total	100				
LASAGNA WITH GROUND BEEF	SERVINGS	100	264	*2	24.57	11.28
BREAD, TOAST GARLIC MINI (2)	2 oz SLICE	100	140	*N/A*	24.0	5.0
SPINACH & FRUIT SALAD	serving (2 cup)	100	218	*0	25.84	11.84
APPLESAUCE, UNSWEETENED	.5 CUP	100	52	0	13.79	0.06
FROZEN JUICE BAR GRAPE	1 EACH	100	39	*N/A*	9.78	*N/A*
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	13.0	2.5
Weighted Daily Average			838	*18	118.47	*28.80
% of Calories				*8.8%	56.5%	*30.9%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Fri - 09/08/2017						
9-12 / k-12 menu	Total	100				
HOT DOT W/ BUN	1 EACH	80	290	4	21.0	18.5
BEANS BAKED 1/2	1/2 CUP	80	140	*N/A*	25.0	1.0
POTATO, CRINKLE CUT: 4 OZ	4 OZ	80	160	*N/A*	25.33	6.0
PEACHES, DICED LIGHT S: 1 C	8 oz	100	106	0	26.79	0.25
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
PRETZEL GOLDFISH CRACKERS	BAG	80	90	*N/A*	16.0	1.5
Weighted Daily Average			776	*21	117.65	22.35
% of Calories				*10.7%	60.6%	25.9%
Nutrient Guideline			750-850			

Mon - 09/11/2017						
9-12 / k-12 menu	Total	100				
EGG ROLL 2 EACH	ROLL	100	320	6	40.01	10.0
RICE FRIED VEG.	SERVING (3/4C)	80	270	3	54.0	3.5
GREEN BEANS, CUT;K-51/2 C	.50 CUP	80	14	0	3.04	0.07
PINEAPPLE CHUNKS 1 C	1 cup	95	146	*N/A*	38.31	0.2
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
Weighted Daily Average			812	*26	143.03	13.54
% of Calories				*12.8%	70.4%	15.0%
Nutrient Guideline			750-850			

Tue - 09/12/2017						
9-12 / k-12 menu	Total	100				
BOSCO CHEESE STICK WG-2	Bread Stick (2)	100	300	2	34.0	10.0
DIPPING SAUCE 6-12 4 oz	4 oz	100	45	*N/A*	11.76	0.16
CARROTS, RAW BABY EL 4 oz	4 OZ	100	40	*N/A*	9.34	0.15
SALAD DRESSING, RANCH	1.5 OZ	100	101	*N/A*	2.73	9.27
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	15.12	0.12
JUICE APPLE JUICE CUP	1 EACH	100	60	13	14.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
Weighted Daily Average			729	*33	107.95	20.20
% of Calories				*17.9%	59.2%	24.9%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Wed - 09/13/2017						
9-12 / k-12 menu	Total	100				
CHICKEN, POPCORN	serv 3.36 oz	100	253	1	16.21	15.2
ROLL DINNER WG BAKER BOY	ROLL	100	110	*N/A*	19.0	2.0
POTATOES, MASHED INSTANT:1/2C	1/2 cup	100	90	0	17.0	1.0
GRAVY MIX, CHICKEN INSTANT	2 OZ	100	25	1	4.0	0.5
BROCCOLI, FLOR, FROZ 1/2 COM	1/2 C	85	26	0	4.93	0.1
ORANGES,FRESH	1 EACH	85	45	9	11.28	0.12
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
JUICE/FRUITABLES/TROPICAL	6.75 OZ	100	90	*N/A*	22.0	*N/A*
Weighted Daily Average			755	*27	112.99	*19.38
% of Calories				*14.4%	59.9%	*23.1%
Nutrient Guideline			750-850			

Thu - 09/14/2017						
9-12 / k-12 menu	Total	100				
TACO BOAT	SERVG	100	299	*0	21.55	16.37
REFRIED BEANS, 3/4 TRAI NF	3/4 cup	95	180	1	27.0	3.75
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	85	66	0	15.24	0.82
STRAWBERRY CUP	serving	85	80	16	20.93	0.0
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	100	6	*N/A*	1.32	0.07
SALSA , GREEN CHILI TOMATO, CH	2 oz	100	13	*N/A*	2.77	0.24
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
FRUIT VARIETY HS	4 OZ	100	80	*0	20.83	0.1
Weighted Daily Average			819	*33	123.87	21.53
% of Calories				*16.0%	60.5%	23.7%
Nutrient Guideline			750-850			

Fri - 09/15/2017						
9-12 / k-12 menu	Total	100				
BBQ PORK SAND	1 EA	100	390	*8	39.0	19.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	85	100	0	15.0	4.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	85	100	0	15.0	4.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	100	68	0	17.88	0.1
GRAPES,FRESH	1/2 C SERVING	50	76	*N/A*	19.45	0.4
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
Weighted Daily Average			792	*26	113.10	26.60
% of Calories				*12.9%	57.1%	30.2%
Nutrient Guideline			750-850			

Weighted Average			782	*24	116.51	*21.26
				*28.2%	59.6%	*24.5%

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SCHOOL DISTRICT**

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sugars (g) Shortfall	Carb (g) Overage	T-Fat (g) Error Messages (if any)
Calories	782		750 - 850	100%				
Sugars (g)	24	12.53%			Missing			
Carbohydrate (g)	116.51	59.62%						
Total Fat (g)	21.26	24.48%			Missing			

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