

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 1

Generated on: 2/8/2018 3:19:49 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/19/2018																
BREAKFAST 9-12	Total	100														
BAR BENEFIT COCOA CHIP	BAR	20	270	0	230	5.00	2.70	20.0	0	0.0	21	5.0	48.0	8.0	2.50	0.00
PANCAKE MINI MAPLE BURST IW	PACKAGE	45	222	0	131	3.03	0.73	20.2	0	0.0	12	4.04	39.38	6.06	0.51	0.00
SAUSAGE LINKS L SODIUM 1 ea	1 EA	45	100	25	170	0.00	0.36	0.0	0	0.0	0	7.0	1.0	7.0	3.00	0.00
CEREAL,1 BOWL VARIETY	SERVING	30	107	0	158	2.67	4.80	88.3	322	9.1	*5	2.0	23.0	1.25	0.25	0.00
BREAKFAST BAR CINN TOAST CRUNC	BAR	10	150	0	115	3.00	0.00	0.0	0	0.0	9	2.0	30.0	3.5	0.50	0.00
BREAKFAST BAR COCOA PUFFS	BAR	10	150	0	100	3.00	0.00	0.0	0	0.0	9	2.0	30.0	3.0	0.00	0.00
CRACKER BUNNY GRAHAMS	PACKAGE	10	162	0	111	3.04	1.09	253.1	0	0.0	9	3.04	25.31	6.07	0.51	0.00
CHEWY OATMEAL BITES	PACKAGE	10	130	0	150	2.00	0.72	0.0	0	0.0	8	2.0	24.0	0.0	0.00	0.00
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	2	2.00	0.26	9.0	0	2.5	0	0.38	15.12	0.12	0.00	0.00
JUICE APPLE JUICE CUP	1 EACH	100	60	0	10	0.00	0.00	0.0	0	60.0	13	0.0	14.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	125	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BR OTHERS	HALF PIN	75	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
MILK CHOCOLATE 1/2 GALLO N DARI	1 CUP	1	190	15	0	1.00	0.72	350.0	500	0.0	29	10.0	31.0	2.5	1.50	0.00
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	15	0	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			536	18	492	6.27	3.19	380.4	606	67.35	*48	16.04	95.66	9.91	2.66	0.62
% of Calories											*35.5%	12.0%	71.4%	16.6%	4.5%	1.0%
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.

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 2

Generated on: 2/8/2018 3:19:49 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/20/2018																
BREAKFAST 9-12	Total	100														
BOSCO CHEESE STICK WG-2	Bread Stick (2)	15	300	30	440	4.00	2.16	400.0	400	0.0	2	20.0	34.0	10.0	5.00	0.00
DIPPING SAUCE K-5 2 oz	2 OZ	15	22	0	279	0.71	0.54	10.9	255	3.62	*N/A*	0.72	5.88	0.08	0.02	0.00
BANANA BREAD ULTR SLICE	SLICE	50	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00
PEACHES, DICED LIGHT S: 1/2 C	4 oz	100	53	0	6	1.30	0.38	6.0	340	3.81	0	0.5	13.39	0.13	0.00	0.00
AMAZIN' RAISIN STRAWBERRY	PACKAGE	100	110	0	10	2.00	0.72	20.0	0	0.0	22	1.0	25.0	0.0	0.00	0.00
CRACKER BUNNY GRAHAMS	PACKAGE	10	162	0	111	3.04	1.09	253.1	0	0.0	9	3.04	25.31	6.07	0.51	0.00
CEREAL, 1 BOWL VARIETY	SERVING	10	107	0	158	2.67	4.80	88.3	322	9.1	*5	2.0	23.0	1.25	0.25	0.00
BREAKFAST BAR CINN TOAST CRUNC	BAR	10	150	0	115	3.00	0.00	0.0	0	0.0	9	2.0	30.0	3.5	0.50	0.00
BREAKFAST BAR COCOA PUFFS	BAR	10	150	0	100	3.00	0.00	0.0	0	0.0	9	2.0	30.0	3.0	0.00	0.00
YOGURT VARIETY UPSTATE	4 OZ	20	90	0	51	0.00	0.00	300.8	0	*0.3	15	3.01	19.05	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	20	110	10	125	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BR	HALF PIN	80	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
OTHERS																
Weighted Daily Average			552	11	501	6.17	2.92	521.9	1020	*7.48	*61	16.62	102.02	8.52	2.18	0.50
% of Calories											*44.2%	12.0%	73.9%	13.9%	3.5%	0.8%
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.

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 3

Generated on: 2/8/2018 3:19:49 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/21/2018																
BREAKFAST 9-12	Total	100														
BREAKFAST PIZZA BACON N EGG	1 EACH	25	211	55	321	2.01	1.81	150.7	0	0.0	5	10.04	23.1	8.04	3.52	0.00
BAR FRENCH TOAST BENEFIT	BAR	35	290	25	200	3.00	1.80	40.0	0	0.0	*N/A*	5.0	47.0	9.0	2.50	0.00
CEREAL, 1 BOWL VARIETY	SERVING	20	107	0	158	2.67	4.80	88.3	322	9.1	*5	2.0	23.0	1.25	0.25	0.00
CRACKER BUNNY GRAHAMS	PACKAGE	15	162	0	111	3.04	1.09	253.1	0	0.0	9	3.04	25.31	6.07	0.51	0.00
CHEWY OATMEAL BITES	PACKAGE	10	130	0	150	2.00	0.72	0.0	0	0.0	8	2.0	24.0	0.0	0.00	0.00
BREAKFAST BAR CINN TOAST CRUNC	BAR	25	150	0	115	3.00	0.00	0.0	0	0.0	9	2.0	30.0	3.5	0.50	0.00
BREAKFAST BAR COCOA PUFFS	BAR	20	150	0	100	3.00	0.00	0.0	0	0.0	9	2.0	30.0	3.0	0.00	0.00
APPLESAUCE, UNSWEETENED	.5 CUP	100	52	0	2	1.40	0.13	4.0	36	1.4	0	0.2	13.79	0.06	0.02	0.00
JUICE ORANGE JUICE CUP J	4 OZ	100	50	0	0	0.00	0.00	0.0	0	60.0	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	125	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BR OTHERS	HALF PIN	75	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
MILK CHOCOLATE 1/2 GALLO N DARI	1 CUP	1	190	15	0	1.00	0.72	350.0	500	0.0	29	10.0	31.0	2.5	1.50	0.00
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	15	0	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			510	29	468	5.50	2.69	417.8	610	65.33	*28 *22.2%	14.60 11.4%	94.25 73.9%	8.53 15.0%	2.43 4.3%	0.62 1.1%
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.

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 4

Generated on: 2/8/2018 3:19:49 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/22/2018																
BREAKFAST 9-12	Total	100														
BANANA BREAD ULTR SLICE	SLICE	50	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00
OMELET W/ COLBY CHEESE	1 EACH	20	110	195	210	0.00	0.72	80.0	400	0.0	0	8.0	1.0	8.0	3.00	0.00
BISCUIT WG	1 EACH	20	199	0	438	1.99	1.07	149.2	0	0.0	2	3.98	26.86	8.95	6.96	0.00
SAUSAGE LINKS L SODIUM 1 ea	1 EA	20	100	25	170	0.00	0.36	0.0	0	0.0	0	7.0	1.0	7.0	3.00	0.00
CEREAL,1 BOWL VARIETY	SERVING	10	107	0	158	2.67	4.80	88.3	322	9.1	*5	2.0	23.0	1.25	0.25	0.00
CRACKER BUNNY GRAHAMS	PACKAGE	10	162	0	111	3.04	1.09	253.1	0	0.0	9	3.04	25.31	6.07	0.51	0.00
BREAKFAST BAR CINN TOAST CRUNC	BAR	10	150	0	115	3.00	0.00	0.0	0	0.0	9	2.0	30.0	3.5	0.50	0.00
BREAKFAST BAR COCOA PUFFS	BAR	15	150	0	100	3.00	0.00	0.0	0	0.0	9	2.0	30.0	3.0	0.00	0.00
YOGURT VARIETY UPSTATE	4 OZ	15	90	0	51	0.00	0.00	300.8	0	*0.3	15	3.01	19.05	0.0	0.00	0.00
STRAWBERRY CUP	1 EACH	75	90	0	0	1.99	0.36	19.9	0	47.84	18	1.0	21.93	0.0	0.00	0.00
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	75	58	0	2	2.00	0.26	9.0	0	2.5	0	0.38	15.12	0.12	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	125	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BR OTHERS	HALF PIN	75	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
MILK CHOCOLATE 1/2 GALLO N DARI	1 CUP	1	190	15	0	1.00	0.72	350.0	500	0.0	29	10.0	31.0	2.5	1.50	0.00
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	15	0	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			538	51	540	5.72	2.30	493.3	672	*40.82	*52	16.98	91.68	12.09	4.12	0.62
% of Calories											*38.8%	12.6%	68.1%	20.2%	6.9%	1.0%
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.

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 5

Generated on: 2/8/2018 3:19:49 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/23/2018																
BREAKFAST 9-12	Total	100														
BREAKFAST PIZZA BACON N EGG	1 EACH	30	211	55	321	2.01	1.81	150.7	0	0.0	5	10.04	23.1	8.04	3.52	0.00
FRENCH TOAST STICKS, WG : 3 EA	3 EA	50	208	105	268	2.39	24.66	7050.2	2	0.6	11	7.65	25.64	8.78	2.10	0.10
CEREAL,1 BOWL VARIETY	SERVING	25	107	0	158	2.67	4.80	88.3	322	9.1	*5	2.0	23.0	1.25	0.25	0.00
CHEWY OATMEAL BITES	PACKAGE	10	130	0	150	2.00	0.72	0.0	0	0.0	8	2.0	24.0	0.0	0.00	0.00
YOGURT VARIETY UPSTATE	4 OZ	10	90	0	51	0.00	0.00	300.8	0	*0.3	15	3.01	19.05	0.0	0.00	0.00
BREAKFAST BAR COCOA PUFFS	BAR	10	150	0	100	3.00	0.00	0.0	0	0.0	9	2.0	30.0	3.0	0.00	0.00
BREAKFAST BAR CINN TOAST CRUNC	BAR	15	150	0	115	3.00	0.00	0.0	0	0.0	9	2.0	30.0	3.5	0.50	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	100	68	0	8	1.60	0.37	6.0	12	3.81	0	0.52	17.88	0.1	0.03	0.00
FRUIT BAR FRESH HS	1 EACH	100	67	0	1	2.80	0.27	19.7	95	32.45	*9	0.79	17.3	0.29	0.05	*0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	125	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BR OTHERS	HALF PIN	75	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
MILK CHOCOLATE 1/2 GALLO N DARI	1 CUP	1	190	15	0	1.00	0.72	350.0	500	0.0	29	10.0	31.0	2.5	1.50	0.00
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	15	0	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
SYRUP CUP, REDUCED CALORIE	1 EACH	50	50	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			542	76	538	7.82	15.05	3954.7	698	*40.97	*42 *31.2%	17.84 13.2%	99.92 73.8%	9.01 15.0%	2.73 4.5%	*0.67 *1.1%
Nutrient Guideline			450-600		640											<10.00

Weighted Average			536	37	508	6.30	5.23	1153.6	721	*44.39	*46 *77.8%	16.41 12.3%	96.70 72.2%	9.61 16.1%	2.82 4.7%	*0.61 *1.0%
------------------	--	--	-----	----	-----	------	------	--------	-----	--------	---------------	----------------	----------------	---------------	--------------	----------------

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 6

Generated on: 2/8/2018 3:19:49 PM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	536		450 - 600	100%													
Cholesterol (mg)	37																
Sodium (mg)	508		640														
Fiber (g)	6.30																
Iron (mg)	5.23																
Calcium (mg)	1153.6																
Vitamin A (IU)	721																
Sugars (g)	46	34.56%				Missing											
Vitamin C (mg)	44.39					Missing											
Protein (g)	16.41	12.25%															
Carbohydrate (g)	96.70	72.19%															
Total Fat (g)	9.61	16.14%															
Saturated Fat (g)	2.82	4.74%	<10.00%														
Trans Fat ¹ (g)	0.61	1.02%				Missing											

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.