KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2012 thru Oct 5, 2012 Spreadsheet - Portion Values - ACTUAL ANALYSIS

BREAKFAST 6-8

All Sites

	Portion Size	Actual Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 10/01/2012																
BREAKFAST 6-8	Total	0														
CEREAL,1 BOWL VARIETY	SERVING	0	93	0	138	1.50	4.18	88.3	233	34	5.6	1.5	20.83	0.83	0.00	0.00
NUTRI-GRAIN BAR, STRAWBERR	BAR	0	140	0	120	0.00	1.80	200.0	750	150	0.0	1.0	26.0	3.0	0.50	0.00
CEREAL, 2 BOWL VARIETY	SERVING	0	223	0	415	1.44	8.30	330.7	1097	169	19.17	2.44	48.62	0.94	0.00	0.00
BAR, CHERRY APPLE CRUNCH	1 EACH	0	240	0	180	2.00	1.80	20.0	100	20	1.2	3.0	37.0	8.0	2.50	0.00
APPLESAUCE, UNSWEETENED	1/2 CUP	0	60	0	10	2.00	1.44	0.0	0	0	2.4	0.0	15.0	0.0	0.00	0.00
JUICE CUP, VARIETY	1 EACH	0	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK VARIETY KPBSD	HALF PINT	0	134	7	178	0.00	0.29	300.0	500	100	1.2	8.2	25.0	0.5	0.30	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Tue - 10/02/2012																
BREAKFAST 6-8	Total	0														
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	0	190	95	300	1.00	1.80	80.0	200	40	0.0	8.0	25.0	6.0	2.50	0.00
MAXSTIX WHOLE GRAIN	1 EACH	0	150	5	390	2.00	0.72	150.0	0	20	0.0	7.0	16.0	7.0	2.50	0.00
YOGURT, LI'L YAMI VARIETY	4 OZ	0	130	15	46	0.00	0.00	100.0	500	100	1.3	4.17	18.17	5.0	3.50	0.00
CEREAL, 2 BOWL VARIETY	SERVING	0	223	0	415	1.44	8.30	330.7	1097	169	19.17	2.44	48.62	0.94	0.00	0.00
FRUIT, FROZEN WAWONA SPECTRUM	6 OZ	0	74	0	4	2.71	0.49	11.0	284	57	92.97	1.12	17.3	0.0	0.00	0.00
JUICE CUP, VARIETY	1 EACH	0	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK VARIETY KPBSD	HALF PINT	0	134	7	178	0.00	0.29	300.0	500	100	1.2	8.2	25.0	0.5	0.30	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Wed - 10/03/2012																
BREAKFAST 6-8	Total	0														
CEREAL,1 BOWL VARIETY	SERVING	0	93	0	138	1.50	4.18	88.3	233	34	5.6	1.5	20.83	0.83	0.00	0.00
POP TART, WHOLE GRAIN STRAWBER	PASTRY	0	190	0	160	3.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
CEREAL, 2 BOWL VARIETY	SERVING	0	223	0	415	1.44	8.30	330.7	1097	169	19.17	2.44	48.62	0.94	0.00	0.00
BREAKFAST BAR, SOFT-VARIETY PA	BAR	0	289	20	250	2.99	1.80	20.0	0	0	0.0	4.99	47.91	8.98	2.50	0.00
JUICE CUP, VARIETY	1 EACH	0	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
PEACHES, SLICED LIGHT SYRUP	1/2 CUP	0	70	0	10	0.00	0.00	0.0	300	60	1.2	0.0	17.0	0.0	0.00	0.00
MILK VARIETY KPBSD	HALF PINT	0	134	7	178	0.00	0.29	300.0	500	100	1.2	8.2	25.0	0.5	0.30	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

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] - denotes optional nutrient values

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2012 thru Oct 5, 2012 Spreadsheet - Portion Values - ACTUAL ANALYSIS

BREAKFAST 6-8

All Sites

	Portion Size	Actual Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Thu - 10/04/2012																
BREAKFAST 6-8	Total	0														
QUESADILLA, BREAKFAST	1 EACH	0	212	78	553	0.92	1.66	184.3	184	37	0.0	11.06	29.48	5.53	2.30	0.00
CEREAL,1 BOWL VARIETY	SERVING	0	93	0	138	1.50	4.18	88.3	233	34	5.6	1.5	20.83	0.83	0.00	0.00
NUTRI-GRAIN BAR, STRAWBERR	BAR	0	140	0	120	0.00	1.80	200.0	750	150	0.0	1.0	26.0	3.0	0.50	0.00
CEREAL, 2 BOWL VARIETY	SERVING	0	223	0	415	1.44	8.30	330.7	1097	169	19.17	2.44	48.62	0.94	0.00	0.00
PEARS, SLICED IN LIGHT SYRUP	1/2 CUP	0	80	0	5	2.00	0.36	0.0	0	0	1.2	0.0	20.0	0.0	0.00	0.00
JUICE CUP, VARIETY	1 EACH	0	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK VARIETY KPBSD	HALF PINT	0	134	7	178	0.00	0.29	300.0	500	100	1.2	8.2	25.0	0.5	0.30	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Fri - 10/05/2012																
BREAKFAST 6-8	Total	0														
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	0	227	14	628	1.10	1.75	139.7	281	56	0.42	9.41	22.51	11.16	3.37	0.00
CEREAL,1 BOWL VARIETY	SERVING	0	93	0	138	1.50	4.18	88.3	233	34	5.6	1.5	20.83	0.83	0.00	0.00
CRACKERS, CHOCOLATE BELLY BEAR	PKG	0	120	0	75	0.00	0.72	100.0	0	0	0.0	2.0	20.0	4.0	0.00	0.00
CEREAL, 2 BOWL VARIETY	SERVING	0	223	0	415	1.44	8.30	330.7	1097	169	19.17	2.44	48.62	0.94	0.00	0.00
BERRY, PACIFIC BLEND	5 OZ	0	80	0	5	6.00	1.08	20.0	0	0	9.0	2.0	18.0	0.0	0.00	0.00
JUICE CUP, VARIETY	1 EACH	0	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK VARIETY KPBSD	HALF PINT	0	134	7	178	0.00	0.29	300.0	500	100	1.2	8.2	25.0	0.5	0.30	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Weighted Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
												0.0%	0.0%	0.0%	0.0%	0.0%

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] - denotes optional nutrient values

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BREAKFAST 6-8

All Sites

Nutrient	Menu AVG	Portion Size % of Cals	Actual Qty Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Calories	0		0														
Cholesterol (mg)	0																
Sodium (mg)	0																
Fiber (g)	0.00																
Iron (mg)	0.00		0.00														
Calcium (mg)	0.0		0.00														
Vitamin A (IU)	0		0														
Vitamin A (RE)	0		0														
Vitamin C (mg)	0.00		0.00														
Protein (g)	0.00		0.00														
Carbohydrate (g)	0.00																
Total Fat (g)	0.00		<=30.00%														
Saturated Fat (g)	0.00		<10.00%														
Trans Fat (g)	0.00																

Error Messages (if any)

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