

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

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

Feb 6, 2013

NIHI MIDDLE

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																
NIHI MIDDLE	Total	0														
PIZZA, WG ROLLED EDGE CHEE SE 8	SLICE	0	320	15	490	4.00	2.70	250.0	400	80	0.0	19.0	39.0	9.0	3.50	0.00
CHICKEN STRIPS, SPICY	3 EACH	0	263	37	716	0.00	1.58	29.2	146	29	0.0	14.6	14.6	16.06	3.65	0.00
HAMBURGER	1 EACH	0	310	35	520	4.00	3.60	60.0	100	407	30.0	18.0	29.0	13.0	4.50	0.00
CHICKEN, TERIYAKI	SERVG 2. 85 OZ	0	146	53	414	0.00	1.08	20.0	100	20	0.0	15.0	14.0	2.5	1.00	0.00
NOODLES, CHOW MEIN VEGET ABLE T	4 OZ	0	170	0	290	2.00	1.44	20.0	3000	600	3.6	4.0	35.0	1.5	0.00	0.00
RICE, BROWN LONG, QUICK CO OKED	1/2 CUP	0	108	0	5	1.80	0.41	10.0	0	0	0.0	2.52	22.39	0.88	0.18	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
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
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																
NIHI MIDDLE	Total	0														
CHICKEN, NEW ORLEANS MAN DARIN	SERVG 2. 85 OZ	0	146	53	414	0.00	1.08	0.0	0	0	0.0	15.0	14.0	2.5	1.00	0.00
PHILLY STEAK HOAGIE	1 EACH	0	287	31	597	4.00	7.83	36.8	125	25	25.73	16.46	31.84	10.18	3.62	0.00
CHICKEN NUGGETS, WHOLE G RAIN C	5 EACH	0	180	46	585	1.00	2.00	38.1	142	3	1.0	14.03	13.03	9.02	2.00	0.00
POLLOCK BURGER	1 EACH	0	451	56	689	4.65	3.04	52.0	790	48	36.32	19.54	51.5	19.27	2.13	0.00
NOODLES, CHOW MEIN VEGET ABLE T	4 OZ	0	170	0	290	2.00	1.44	20.0	3000	600	3.6	4.0	35.0	1.5	0.00	0.00
RICE, BROWN LONG, QUICK CO OKED	1/2 CUP	0	108	0	5	1.80	0.41	10.0	0	0	0.0	2.52	22.39	0.88	0.18	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
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
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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NIHI MIDDLE

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)
Wed - 10/03/2012																
NIHI MIDDLE	Total	0														
BEEF TERIYAKI WONDERBITES	4 EACH	0	179	0	503	0.00	2.17	0.0	51	10	0.03	16.35	6.8	9.5	3.80	0.00
CHICKEN, BBQ FILLET BURGER	1 EACH	0	350	46	834	4.00	3.80	78.0	140	28	31.0	19.0	41.0	14.0	2.00	0.00
TURKEY & HAM HOAGIE 6-8 GRADE	1 EACH	0	235	26	1064	3.12	2.40	24.9	527	19	22.41	18.65	28.97	4.44	0.49	0.01
CORN PUPS, WHOLE GRAIN CHICKEN	6 EA	0	300	37	675	4.50	1.62	120.0	0	0	0.0	10.5	32.99	13.5	3.75	0.00
NOODLES, CHOW MEIN VEGETABLE T	4 OZ	0	170	0	290	2.00	1.44	20.0	3000	600	3.6	4.0	35.0	1.5	0.00	0.00
RICE, BROWN LONG, QUICK COOKED	1/2 CUP	0	108	0	5	1.80	0.41	10.0	0	0	0.0	2.52	22.39	0.88	0.18	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
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
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%

Thu - 10/04/2012																
NIHI MIDDLE	Total	0														
MEATBALL MARINARA SUB	EACH	0	378	34	583	4.94	4.38	90.4	2411	482	48.69	20.93	37.15	16.49	5.30	0.00
BBQ PORK RIBWICH	1 EACH	0	405	46	870	3.90	3.08	69.0	138	21	31.08	16.6	38.0	20.5	6.00	0.00
EGG ROLL SFS MINH TURKEY & VEG	1 EACH	0	250	110	680	3.00	3.60	60.0	500	144	4.8	15.0	27.0	9.0	2.50	0.00
CHICKEN BREADED 8-WAY PORTIONS	SERVG	0	220	70	380	1.00	1.44	20.0	0	0	0.0	14.0	12.0	13.0	3.50	0.00
NOODLES, CHOW MEIN VEGETABLE T	4 OZ	0	170	0	290	2.00	1.44	20.0	3000	600	3.6	4.0	35.0	1.5	0.00	0.00
RICE, BROWN LONG, QUICK COOKED	1/2 CUP	0	108	0	5	1.80	0.41	10.0	0	0	0.0	2.52	22.39	0.88	0.18	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
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
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%

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	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)
Fri - 10/05/2012																
NIHI MIDDLE	Total	0														
CHICKEN, NEW ORLEANS MAN DARIN	SERVG 2.85 OZ	0	146	53	414	0.00	1.08	0.0	0	0	0.0	15.0	14.0	2.5	1.00	0.00
BURRITO, BEEF, BEAN & RED CH	1 EACH	0	271	10	381	3.01	15.05	4.0	20	4	4.01	9.03	35.12	11.04	2.51	0.00
HAMBURGER	1 EACH	0	310	35	520	4.00	3.60	60.0	100	407	30.0	18.0	29.0	13.0	4.50	0.00
POLLOCK, BREADED FISH NUG GETS	4 EACH	0	230	15	390	1.00	1.08	20.0	0	0	0.0	13.0	19.0	11.0	0.50	0.00
NOODLES, CHOW MEIN VEGET ABLE T	4 OZ	0	170	0	290	2.00	1.44	20.0	3000	600	3.6	4.0	35.0	1.5	0.00	0.00
RICE, BROWN LONG, QUICK CO OKED	1/2 CUP	0	108	0	5	1.80	0.41	10.0	0	0	0.0	2.52	22.39	0.88	0.18	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
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
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%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
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						

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