

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Aug 19, 2014 thru Aug 29, 2014 Spreadsheet - Portion Values
LUNCH K-5

Aug 12, 2014

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Calcm (mg)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/19/2014									
LUNCH K-5	Total	100							
BEEF, CHICKEN FRIED STEAK FING	1 EACH	100	320	48	803	37.8	18.58	20.08	0.00
RICE, BROWN LONG, QUICK COOKED	1/2 cup	80	108	0	5	10.0	22.39	0.88	0.00
GREEN BEANS, CUT:3/4C	3/4 CUP	75	50	0	540	0.0	10.0	0.0	0.00
STRAWBERRY CUP	1 EACH	80	122	0	4	14.0	33.05	0.17	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	75	144	0	15	15.2	37.6	0.0	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	15	130	300.0	13.0	2.5	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	5	190	300.0	28.0	0.0	0.00
Weighted Daily Average			782	56	1402	368.4	122.88	21.54	0.00
% of Calories							62.8%	24.8%	0.0%

Wed - 08/20/2014									
LUNCH K-5	Total	100							
CHICKEN NUGGETS, WG 5	5 each	100	180	46	585	38.1	13.03	9.02	0.00
ROLLS, ROUND WHEAT DINNER	1 EACH	100	110	0	200	60.0	20.0	2.0	0.00
POTATOES, MASHED INSTANT:1/2C	1/2 C	80	140	0	500	40.0	28.0	1.0	0.00
GRAVY MIX, CHICKEN INSTANT	1 OZ	80	12	2	150	0.0	2.0	0.5	0.00
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	75	132	0	350	8.0	30.49	1.64	0.00
JUICE CUP, VARIETY	1 EACH	80	50	0	0	5.0	13.5	0.0	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	15	130	300.0	13.0	2.5	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	5	190	300.0	28.0	0.0	0.00
Weighted Daily Average			684	56	1743	440.1	114.94	14.07	0.00
% of Calories							67.2%	18.5%	0.0%

Thu - 08/21/2014									
LUNCH K-5	Total	100							
MAXSTIX WHOLE GRAIN:2EA	2 EACH	100	300	10	780	300.0	32.0	14.0	0.00
BANANAS,RAW FRESH	1 EACH	80	90	0	1	5.1	23.07	0.33	0.00
BROCCOLI, FLORETS, FROZEN	1 CUP	80	53	0	40	40.0	8.0	0.0	0.00
MANDARIN ORANGE SEGMENTS: 1/2c	1/2 C	65	180	0	0	40.0	42.0	0.0	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	15	130	300.0	13.0	2.5	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	5	190	300.0	28.0	0.0	0.00
DIPPING SAUCE	1 OZ	100	11	0	139	5.5	2.94	0.04	0.00
Weighted Daily Average			675	18	1127	667.5	111.35	14.93	0.00
% of Calories							66.0%	19.9%	0.0%

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Fri - 08/22/2014									
LUNCH K-5	Total	100							
PULLED CHICKEN SAND:K-6	2.852 OZ	100	308	*53	698	*40.0	42.48	*5.5	*0.00
BEANS, BAKED ORIGINAL:1/2c	1/2 C	80	280	0	1100	80.0	58.0	2.0	0.00
PEARS, SLICED :1/2 C	1/2 C	80	160	0	10	0.0	40.0	0.0	0.00
JUICE CUP, VARIETY	1 EACH	80	50	0	0	5.0	13.5	0.0	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	15	130	300.0	13.0	2.5	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	5	190	300.0	28.0	0.0	0.00
Weighted Daily Average			832	*61	1761	*408.0	155.93	*7.72	*0.00
% of Calories							74.9%	*8.4%	*0.0%

Mon - 08/25/2014									
LUNCH K-5	Total	100							
CORN PUPS, WHOLE GRAIN CHICKEN	1 EA	100	600	75	1350	239.9	65.98	26.99	0.00
POTATO, CRINKLE CUT: 3 OZ	3 OZ	90	40	0	10	0.0	6.33	1.5	0.00
MANDARIN ORANGE SEGMENTS: 1/2c	1/2 C	85	180	0	0	40.0	42.0	0.0	0.00
JUICE CUP, VARIETY	1 EACH	80	50	0	0	5.0	13.5	0.0	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	15	130	300.0	13.0	2.5	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	5	190	300.0	28.0	0.0	0.00
KETCHUP:3	PKG	90	10	0	80	0.0	2.0	0.0	0.00
Weighted Daily Average			970	82	1606	577.9	144.23	28.97	0.00
% of Calories							59.5%	26.9%	0.0%

Tue - 08/26/2014									
LUNCH K-5	Total	100							
CHICKEN, TERIYAKI	SERVG 2.85 O	100	146	53	414	20.0	14.0	2.5	0.00
PINEAPPLE CHUNKS	1/2 CUP	80	146	0	2	34.2	38.31	0.2	0.00
APPLESAUCE, UNSWEETENED	1 CUP	80	120	0	20	0.0	30.0	0.0	0.00
GREEN BEANS, CUT:3/4C	3/4 CUP	75	50	0	540	0.0	10.0	0.0	0.00
RICE, BROWN LONG, QUICK COOKED	1/2 cup	75	108	0	5	10.0	22.39	0.88	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	15	130	300.0	13.0	2.5	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	5	190	300.0	28.0	0.0	0.00
Weighted Daily Average			610	61	1016	354.8	117.19	3.94	0.00
% of Calories							76.8%	5.8%	0.0%

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Wed - 08/27/2014									
LUNCH K-5	Total	100							
PIZZA 4X6 TONY'S	SLICE	100	300	25	580	250.0	35.0	11.0	0.00
APPLES,FRESH,W/SKIN	1 EACH	80	77	0	1	8.9	20.58	0.25	0.00
POTATO, TATER TOTS: 12	12 EACH	90	179	0	387	0.0	20.83	8.93	0.00
JUICE WH FRUIT CUP FZ MIX BER	1 EACH	80	70	0	5	80.0	18.0	0.0	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	15	130	300.0	13.0	2.5	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	5	190	300.0	28.0	0.0	0.00
KETCHUP:3	PKG	90	10	0	80	0.0	2.0	0.0	0.00
Weighted Daily Average			720	33	1180	621.2	110.66	19.86	0.00
% of Calories							61.5%	24.8%	0.0%

Thu - 08/28/2014									
LUNCH K-5	Total	100							
CHILI CON CARNE W/ BEANS	1/2 CUP	100	156	14	400	61.2	17.43	6.25	0.00
BREAD STICK WG BROWN SERVE	STICK	100	90	0	170	20.0	14.0	2.5	0.00
Carrot & Celery Sticks	portion	80	29	0	90	40.8	6.36	0.17	0.00
PEARS, SLICED :1/2 C	1/2 C	80	160	0	10	0.0	40.0	0.0	0.00
JUICE CUP, VARIETY	1 EACH	75	50	0	0	5.0	13.5	0.0	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	15	130	300.0	13.0	2.5	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	5	190	300.0	28.0	0.0	0.00
SALAD DRESSING, RANCH	1 OZ	80	67	11	113	18.7	1.81	6.16	0.00
Weighted Daily Average			621	30	915	432.6	104.34	14.43	0.00
% of Calories							67.2%	20.9%	0.0%

Fri - 08/29/2014									
LUNCH K-5	Total	100							
BEEF, CHICKEN FRIED FING:4ea	4 EACH	100	80	12	201	9.4	4.65	5.02	0.00
BROCCOLI,FRESH,RAW	1 OZ	100	10	0	9	13.3	1.88	0.1	0.00
RICE, BROWN LONG, QUICK COOKED	1/2 cup	80	108	0	5	10.0	22.39	0.88	0.00
PEACHES, LIGHT SYRUP: 1/2 C	1/2 C	90	140	0	20	0.0	34.0	0.0	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	15	130	300.0	13.0	2.5	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	5	190	300.0	28.0	0.0	0.00
SALAD DRESSING, RANCH	1 OZ	100	67	11	113	18.7	1.81	6.16	0.00
Weighted Daily Average			501	31	520	349.5	81.10	12.61	0.00
% of Calories							64.7%	22.6%	0.0%

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Weighted Average			711	*47	1252	*468.9	118.07 66.5%	*15.34 *19.4%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	711		664	107%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	47		75	63%	Missing			
Sodium (mg)	1252		1328					
Calcium (mg)	468.9		286.00	164%	Missing			
Carbohydrate (g)	118.07	66.45%						
Total Fat (g)	15.34	19.43%	<=30.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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