

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 1

Generated on: 10/14/2015 9:35:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 10/01/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	10	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	5	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
STRING CHEESE each	1 OZ	10	91	*N/A*
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	35	190	25.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	35	290	47.0
APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
BANANAS,RAW FRESH	1 EACH	10	90	23.07
ORANGES,FRESH	1 EACH	10	45	11.28
JUICE APPLE JUCE CUP	4 OZ	80	60	14.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	25	53	13.39
STRAWBERRY CUP	1 EACH	40	108	29.38
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Weighted Daily Average			503	*94.65
% of Calories				*75.3%
Nutrient Guideline			450-600	

Fri - 10/02/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	15	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	8	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	7	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	30	150	16.0
STRING CHEESE each	1 OZ	20	91	*N/A*
MAXSTIX WHOLE GRAIN:2EA	2 EACH	15	300	32.0
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	40	203	25.14
APPLES,FRESH,W/SKIN	1 EACH	10	77	20.58
ORANGES,FRESH	1 EACH	10	45	11.28
BANANAS,RAW FRESH	1 EACH	10	90	23.07
MANDARIN ORANGE SEG LIGHT 3/4	3/4	85	135	31.5
JUICE APPLE JUCE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	30	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	70	140	28.0
Weighted Daily Average			562	*97.87
% of Calories				*69.7%
Nutrient Guideline			450-600	

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.

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/05/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	35	130	18.17
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
MAXSTIX WHOLE GRAIN	1 EACH	15	150	16.0
MAXSTIX WHOLE GRAIN:2EA	2 EACH	25	300	32.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	20	290	47.0
WAFFLE, DUTCH 51%	1 EACH	20	307	44.06
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	13.39
APPLES,FRESH,W/SKIN	1 EACH	10	77	20.58
ORANGES,FRESH	1 EACH	15	45	11.28
BANANAS,RAW FRESH	1 EACH	15	90	23.07
JUICE ORANGE JUICE CUP	4 OZ	90	50	13.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	28.0
Weighted Daily Average			565	99.36
% of Calories				70.4%
Nutrient Guideline			450-600	

Tue - 10/06/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	35	130	18.17
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
MAXSTIX WHOLE GRAIN	1 EACH	15	150	16.0
MAXSTIX WHOLE GRAIN:2EA	2 EACH	25	300	32.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	20	290	47.0
WAFFLE, DUTCH 51%	1 EACH	20	307	44.06
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	13.39
APPLES,FRESH,W/SKIN	1 EACH	10	77	20.58
ORANGES,FRESH	1 EACH	15	45	11.28
BANANAS,RAW FRESH	1 EACH	15	90	23.07
JUICE ORANGE JUICE CUP	4 OZ	90	50	13.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	28.0
Weighted Daily Average			565	99.36
% of Calories				70.4%
Nutrient Guideline			450-600	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 10/07/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	15	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	15	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	30	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	25	150	16.0
OATMEAL WITH BROWN SUGAR (PRE	6 OZ	15	185	39.12
QUESADILLA, BREAKFAST	1 EACH	45	212	29.48
APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
ORANGES,FRESH	1 EACH	10	45	11.28
BANANAS,RAW FRESH	1 EACH	15	90	23.07
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	45	68	17.88
JUICE APPLE JUCE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Weighted Daily Average			500	92.76
% of Calories				74.2%
Nutrient Guideline			450-600	

Thu - 10/08/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	10	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	5	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
STRING CHEESE each	1 OZ	10	91	*N/A*
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	35	190	25.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	35	290	47.0
APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
BANANAS,RAW FRESH	1 EACH	10	90	23.07
ORANGES,FRESH	1 EACH	10	45	11.28
JUICE APPLE JUCE CUP	4 OZ	80	60	14.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	25	53	13.39
STRAWBERRY CUP	1 EACH	40	108	29.38
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Weighted Daily Average			503	*94.65
% of Calories				*75.3%
Nutrient Guideline			450-600	

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

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Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 10/09/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	15	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	8	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	7	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	30	150	16.0
STRING CHEESE each	1 OZ	20	91	*N/A*
MAXSTIX WHOLE GRAIN:2EA	2 EACH	15	300	32.0
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	40	203	25.14
APPLES,FRESH,W/SKIN	1 EACH	10	77	20.58
ORANGES,FRESH	1 EACH	10	45	11.28
BANANAS,RAW FRESH	1 EACH	10	90	23.07
MANDARIN ORANGE SEG LIGHT 3/4	3/4	85	135	31.5
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	30	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	70	140	28.0
Weighted Daily Average			562	*97.87
% of Calories				*69.7%
Nutrient Guideline			450-600	

Mon - 10/12/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	15	150	16.0
MAXSTIX WHOLE GRAIN:2EA	2 EACH	30	300	32.0
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	20	190	25.0
BAR FRENCH TOAST BENEFIT	BAR	15	290	47.0
BANANAS,RAW FRESH	1 EACH	15	90	23.07
APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
APPLESAUCE, UNSWEETENED	.5 CUP	45	52	13.79
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
ORANGES,FRESH	1 EACH	15	45	11.28
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Cracker, Maple Waffle Graham	BAG 1 oz	10	111	20.25
Weighted Daily Average			489	85.44
% of Calories				69.9%
Nutrient Guideline			450-600	

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Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 10/13/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	35	130	18.17
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
MAXSTIX WHOLE GRAIN	1 EACH	15	150	16.0
MAXSTIX WHOLE GRAIN:2EA	2 EACH	25	300	32.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	20	290	47.0
WAFFLE, DUTCH 51%	1 EACH	20	307	44.06
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	13.39
APPLES,FRESH,W/SKIN	1 EACH	10	77	20.58
ORANGES,FRESH	1 EACH	15	45	11.28
BANANAS,RAW FRESH	1 EACH	15	90	23.07
JUICE ORANGE JUICE CUP	4 OZ	90	50	13.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	25	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	28.0
Weighted Daily Average			565	99.36
% of Calories				70.4%
Nutrient Guideline			450-600	

Wed - 10/14/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	15	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	15	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	30	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	25	150	16.0
OATMEAL WITH BROWN SUGAR (PRE	6 OZ	15	185	39.12
QUESADILLA, BREAKFAST	1 EACH	45	212	29.48
APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
ORANGES,FRESH	1 EACH	10	45	11.28
BANANAS,RAW FRESH	1 EACH	15	90	23.07
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	45	68	17.88
JUICE APPLE JUCE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Weighted Daily Average			500	92.76
% of Calories				74.2%
Nutrient Guideline			450-600	

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Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 10/15/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	10	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	5	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
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APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
BANANAS,RAW FRESH	1 EACH	10	90	23.07
ORANGES,FRESH	1 EACH	10	45	11.28
JUICE APPLE JUCE CUP	4 OZ	80	60	14.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	25	53	13.39
STRAWBERRY CUP	1 EACH	40	108	29.38
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Weighted Daily Average			503	*94.65
% of Calories				*75.3%
Nutrient Guideline			450-600	

Fri - 10/16/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	15	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	8	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	7	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	30	150	16.0
STRING CHEESE each	1 OZ	20	91	*N/A*
MAXSTIX WHOLE GRAIN:2EA	2 EACH	15	300	32.0
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	40	203	25.14
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JUICE APPLE JUCE CUP	4 OZ	90	60	14.0
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BREAKFAST 9-12

Portion Values - Detailed

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BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	15	150	16.0
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MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Cracker, Maple Waffle Graham	BAG 1 oz	10	111	20.25
Weighted Daily Average			489	85.44
% of Calories				69.9%
Nutrient Guideline			450-600	

Tue - 10/20/2015				
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CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	35	130	18.17
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 10/21/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	15	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	15	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	30	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	25	150	16.0
OATMEAL WITH BROWN SUGAR (PRE	6 OZ	15	185	39.12
QUESADILLA, BREAKFAST	1 EACH	45	212	29.48
APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
ORANGES,FRESH	1 EACH	10	45	11.28
BANANAS,RAW FRESH	1 EACH	15	90	23.07
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	45	68	17.88
JUICE APPLE JUCE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Weighted Daily Average			500	92.76
% of Calories				74.2%
Nutrient Guideline			450-600	

Thu - 10/22/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	10	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	5	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
STRING CHEESE each	1 OZ	10	91	*N/A*
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	35	190	25.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	35	290	47.0
APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
BANANAS,RAW FRESH	1 EACH	10	90	23.07
ORANGES,FRESH	1 EACH	10	45	11.28
JUICE APPLE JUCE CUP	4 OZ	80	60	14.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	25	53	13.39
STRAWBERRY CUP	1 EACH	40	108	29.38
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Weighted Daily Average			503	*94.65
% of Calories				*75.3%
Nutrient Guideline			450-600	

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

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 10/23/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	15	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	8	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	7	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	30	150	16.0
STRING CHEESE each	1 OZ	20	91	*N/A*
MAXSTIX WHOLE GRAIN:2EA	2 EACH	15	300	32.0
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	40	203	25.14
APPLES,FRESH,W/SKIN	1 EACH	10	77	20.58
ORANGES,FRESH	1 EACH	10	45	11.28
BANANAS,RAW FRESH	1 EACH	10	90	23.07
MANDARIN ORANGE SEG LIGHT 3/4	3/4	85	135	31.5
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	30	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	70	140	28.0
Weighted Daily Average			562	*97.87
% of Calories				*69.7%
Nutrient Guideline			450-600	

Mon - 10/26/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	15	150	16.0
MAXSTIX WHOLE GRAIN:2EA	2 EACH	30	300	32.0
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	20	190	25.0
BAR FRENCH TOAST BENEFIT	BAR	15	290	47.0
BANANAS,RAW FRESH	1 EACH	15	90	23.07
APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
APPLESAUCE, UNSWEETENED	.5 CUP	45	52	13.79
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
ORANGES,FRESH	1 EACH	15	45	11.28
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Cracker, Maple Waffle Graham	BAG 1 oz	10	111	20.25
Weighted Daily Average			489	85.44
% of Calories				69.9%
Nutrient Guideline			450-600	

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 10

Generated on: 10/14/2015 9:35:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 10/27/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	10	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	5	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
STRING CHEESE each	1 OZ	10	91	*N/A*
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	35	190	25.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	35	290	47.0
APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
BANANAS,RAW FRESH	1 EACH	10	90	23.07
ORANGES,FRESH	1 EACH	10	45	11.28
JUICE APPLE JUCE CUP	4 OZ	80	60	14.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	25	53	13.39
STRAWBERRY CUP	1 EACH	40	108	29.38
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Weighted Daily Average			503	*94.65
% of Calories				*75.3%
Nutrient Guideline			450-600	

Wed - 10/28/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	15	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	15	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	30	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	25	150	16.0
OATMEAL WITH BROWN SUGAR (PRE	6 OZ	15	185	39.12
QUESADILLA, BREAKFAST	1 EACH	45	212	29.48
APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
ORANGES,FRESH	1 EACH	10	45	11.28
BANANAS,RAW FRESH	1 EACH	15	90	23.07
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	45	68	17.88
JUICE APPLE JUCE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Weighted Daily Average			500	92.76
% of Calories				74.2%
Nutrient Guideline			450-600	

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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Generated on: 10/14/2015 9:35:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 10/29/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	20	107	23.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	10	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	5	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
STRING CHEESE each	1 OZ	10	91	*N/A*
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	35	190	25.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	35	290	47.0
APPLES,FRESH,W/SKIN	1 EACH	15	77	20.58
BANANAS,RAW FRESH	1 EACH	10	90	23.07
ORANGES,FRESH	1 EACH	10	45	11.28
JUICE APPLE JUCE CUP	4 OZ	80	60	14.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	25	53	13.39
STRAWBERRY CUP	1 EACH	40	108	29.38
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
Weighted Daily Average			503	*94.65
% of Calories				*75.3%
Nutrient Guideline			450-600	

Fri - 10/30/2015				
BREAKFAST 9-12	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	15	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	8	120	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	7	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
MAXSTIX WHOLE GRAIN	1 EACH	30	150	16.0
STRING CHEESE each	1 OZ	20	91	*N/A*
MAXSTIX WHOLE GRAIN:2EA	2 EACH	15	300	32.0
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	40	203	25.14
APPLES,FRESH,W/SKIN	1 EACH	10	77	20.58
ORANGES,FRESH	1 EACH	10	45	11.28
BANANAS,RAW FRESH	1 EACH	10	90	23.07
MANDARIN ORANGE SEG LIGHT 3/4	3/4	85	135	31.5
JUICE APPLE JUCE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	30	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	70	140	28.0
Weighted Daily Average			562	*97.87
% of Calories				*69.7%
Nutrient Guideline			450-600	

Weighted Average			525	*94.64
				*72.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	525		450 - 600	100%				
Carbohydrate (g)	94.64	72.10%			Missing			

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