

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 10/01/2015				
BREAKFAST 6-8	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	25	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	25	120	24.0
YOGURT, LI'L YAMI VARIETY	4 OZ	25	130	18.17
GRANOLA W/CINNAMON MALT-O -ME	1/3 C	25	*N/A*	22.28
QUESADILLA, BREAKFAST	1 EACH	60	212	29.48
PEACHES, DICED LIGHT S: 1/2 C	4 oz	95	53	13.39
STRAWBERRY CUP	1 EACH	85	108	29.38
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			*484	97.75
% of Calories				80.8%
Nutrient Guideline			400-550	

Fri - 10/02/2015				
BREAKFAST 6-8	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	25	107	23.0
Cracker, Maple Waffle Graham	BAG 1 oz	10	111	20.25
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	75	203	25.14
FRUIT, MIXED,, LIGHT: 1/2 C	1/2 C	85	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	90	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			434	76.92
% of Calories				70.8%
Nutrient Guideline			400-550	

Mon - 10/05/2015				
BREAKFAST 6-8	Total	100		
CEREAL, FROSTED FLAKES REDUCED	BOWL	25	110	24.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	25	120	24.0
BAR FRENCH TOAST BENEFIT	BAR	45	290	47.0
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	30	190	25.0
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	13.79
JUICE ORANGE JUICE CUP	4 OZ	95	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			462	85.22
% of Calories				73.8%
Nutrient Guideline			400-550	

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 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 10/06/2015				
BREAKFAST 6-8	Total	100		
CEREAL, FRUIT LOOPS	BOWL	25	110	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
EGG N CHEESE SANDWICH	1 EACH	75	159	18.82
BERRY,TRIPLE BERRY BLEND K-5	SERVING	85	88	20.8
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	53	13.39
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			421	74.52
% of Calories				70.9%
Nutrient Guideline			400-550	

Wed - 10/07/2015				
BREAKFAST 6-8	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	25	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BAR FRENCH TOAST BENEFIT	BAR	75	290	47.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	80	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	95	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			543	104.13
% of Calories				76.7%
Nutrient Guideline			400-550	

Thu - 10/08/2015				
BREAKFAST 6-8	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	25	120	24.0
YOGURT, LI'L YAMI VARIETY	4 OZ	25	130	18.17
GRANOLA W/CINNAMON MALT-O -ME	1/3 C	25	*N/A*	22.28
QUESADILLA, BREAKFAST	1 EACH	60	212	29.48
PEACHES, DICED LIGHT S: 1/2 C	4 oz	95	53	13.39
STRAWBERRY CUP	1 EACH	85	108	29.38
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			*484	97.75
% of Calories				80.8%
Nutrient Guideline			400-550	

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Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 10/09/2015				
BREAKFAST 6-8	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	25	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	25	120	24.0
YOGURT, LI'L YAMI VARIETY	4 OZ	25	130	18.17
GRANOLA W/CINNAMON MALT-O-ME	1/3 C	25	*N/A*	22.28
QUESADILLA, BREAKFAST	1 EACH	60	212	29.48
PEACHES, DICED LIGHT S: 1/2 C	4 oz	95	53	13.39
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MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			*484	97.75
% of Calories				80.8%
Nutrient Guideline			400-550	

Mon - 10/12/2015				
BREAKFAST 6-8	Total	100		
CEREAL, FROSTED FLAKES REDUCED	BOWL	25	110	24.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	25	120	24.0
BAR FRENCH TOAST BENEFIT	BAR	45	290	47.0
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	30	190	25.0
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	13.79
JUICE ORANGE JUICE CUP	4 OZ	95	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			462	85.22
% of Calories				73.8%
Nutrient Guideline			400-550	

Tue - 10/13/2015				
BREAKFAST 6-8	Total	100		
CEREAL, FRUIT LOOPS	BOWL	25	110	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
EGG N CHEESE SANDWICH	1 EACH	75	159	18.82
BERRY, TRIPLE BERRY BLEND K-5	SERVING	85	88	20.8
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	53	13.39
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			421	74.52
% of Calories				70.9%
Nutrient Guideline			400-550	

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Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 10/14/2015				
BREAKFAST 6-8	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	25	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BAR FRENCH TOAST BENEFIT	BAR	75	290	47.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	80	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	95	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			543	104.13
% of Calories				76.7%
Nutrient Guideline			400-550	

Thu - 10/15/2015				
BREAKFAST 6-8	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	25	120	24.0
YOGURT, LI'L YAMI VARIETY	4 OZ	25	130	18.17
GRANOLA W/CINNAMON MALT-O -ME	1/3 C	25	*N/A*	22.28
QUESADILLA, BREAKFAST	1 EACH	60	212	29.48
PEACHES, DICED LIGHT S: 1/2 C	4 oz	95	53	13.39
STRAWBERRY CUP	1 EACH	85	108	29.38
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			*484	97.75
% of Calories				80.8%
Nutrient Guideline			400-550	

Fri - 10/16/2015				
BREAKFAST 6-8	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	107	23.0
Cracker, Maple Waffle Graham	BAG 1 oz	10	111	20.25
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	75	203	25.14
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	85	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	90	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			434	76.92
% of Calories				70.8%
Nutrient Guideline			400-550	

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Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/19/2015				
BREAKFAST 6-8	Total	100		
CEREAL, FROSTED FLAKES REDUCED	BOWL	25	110	24.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	25	120	24.0
BAR FRENCH TOAST BENEFIT	BAR	45	290	47.0
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	30	190	25.0
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	13.79
JUICE ORANGE JUICE CUP	4 OZ	95	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			462	85.22
% of Calories				73.8%
Nutrient Guideline			400-550	

Tue - 10/20/2015				
BREAKFAST 6-8	Total	100		
CEREAL, FRUIT LOOPS	BOWL	25	110	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
EGG N CHEESE SANDWICH	1 EACH	75	159	18.82
BERRY,TRIPLE BERRY BLEND K-5	SERVING	85	88	20.8
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	53	13.39
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			421	74.52
% of Calories				70.9%
Nutrient Guideline			400-550	

Wed - 10/21/2015				
BREAKFAST 6-8	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	25	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BAR FRENCH TOAST BENEFIT	BAR	75	290	47.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	80	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	95	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			543	104.13
% of Calories				76.7%
Nutrient Guideline			400-550	

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Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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Generated on: 10/14/2015 8:58:15 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 10/22/2015				
BREAKFAST 6-8	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	25	120	24.0
YOGURT, LI'L YAMI VARIETY	4 OZ	25	130	18.17
GRANOLA W/CINNAMON MALT-O -ME	1/3 C	25	*N/A*	22.28
QUESADILLA, BREAKFAST	1 EACH	60	212	29.48
PEACHES, DICED LIGHT S: 1/2 C	4 oz	95	53	13.39
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MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			*484	97.75
% of Calories				80.8%
Nutrient Guideline			400-550	

Fri - 10/23/2015				
BREAKFAST 6-8	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	107	23.0
Cracker, Maple Waffle Graham	BAG 1 oz	10	111	20.25
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	75	203	25.14
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	85	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	90	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			434	76.92
% of Calories				70.8%
Nutrient Guideline			400-550	

Mon - 10/26/2015				
BREAKFAST 6-8	Total	100		
CEREAL, FROSTED FLAKES REDUCED	BOWL	25	110	24.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	25	120	24.0
BAR FRENCH TOAST BENEFIT	BAR	45	290	47.0
BURRITO, BREAKFAST EGG/CHEESE	1 EACH	30	190	25.0
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	13.79
JUICE ORANGE JUICE CUP	4 OZ	95	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
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BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 10/27/2015				
BREAKFAST 6-8	Total	100		
CEREAL, FRUIT LOOPS	BOWL	25	110	24.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
EGG N CHEESE SANDWICH	1 EACH	75	159	18.82
BERRY,TRIPLE BERRY BLEND K-5	SERVING	85	88	20.8
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% of Calories				70.9%
Nutrient Guideline			400-550	

Wed - 10/28/2015				
BREAKFAST 6-8	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	25	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BAR FRENCH TOAST BENEFIT	BAR	75	290	47.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	80	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	95	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			543	104.13
% of Calories				76.7%
Nutrient Guideline			400-550	

Thu - 10/29/2015				
BREAKFAST 6-8	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	25	120	24.0
YOGURT, LI'L YAMI VARIETY	4 OZ	25	130	18.17
GRANOLA W/CINNAMON MALT-O -ME	1/3 C	25	*N/A*	22.28
QUESADILLA, BREAKFAST	1 EACH	60	212	29.48
PEACHES, DICED LIGHT S: 1/2 C	4 oz	95	53	13.39
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Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 10/30/2015				
BREAKFAST 6-8	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	25	107	23.0
Cracker, Maple Waffle Graham	BAG 1 oz	10	111	20.25
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	75	203	25.14
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	85	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	90	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
CHOCOLATE MILK SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			434	76.92
% of Calories				70.8%
Nutrient Guideline			400-550	

Weighted Average			*470	88.62 75.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	470		400 - 550	100%	Missing			
Carbohydrate (g)	88.62	75.41%						

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