

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

School Year 2015-2016

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)
<i>Monday</i>				
BREAKFAST K-5	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	40	107	*5
Cracker, Maple Waffle Graham	BAG 1 oz	25	111	*N/A*
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	14
BAR OATMEAL CHOC CHIP BENEFIT	BAR	60	290	*N/A*
APPLESAUCE, UNSWEETENED	.5 CUP	45	52	0
JUICE APPLE JUICE CUP	4 OZ	90	60	*N/A*
MILK 1% SMITH BROTHERS	HALF PINT	35	110	*N/A*
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	130	22
Weighted Daily Average			464	*18
% of Calories				*15.9%
Nutrient Guideline			350-500	

<i>Tuesday</i>				
BREAKFAST K-5	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	35	107	*5
YOGURT, LI'L YAMI VARIETY	4 OZ	35	130	14
BURRITO, BRK BACON & POTATO	1 EACH	65	200	*N/A*
BERRY, TRIPLE BERRY BLEND K-5	SERVING	45	88	*N/A*
PEACHES, DICED LIGHT S: 1/2 C	4 oz	85	53	0
MILK 1% SMITH BROTHERS	HALF PINT	35	110	*N/A*
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	130	22
Weighted Daily Average			420	*21
% of Calories				*20.0%
Nutrient Guideline			350-500	

<i>Wednesday</i>				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	6
BAR FRENCH TOAST BENEFIT	BAR	55	290	*N/A*
POP TART, WHOLE GRAIN STRAWBER	PASTRY	20	180	15
FRUIT, MIXED,, LIGHT: 1/2 C	1/2 C	65	68	0
JUICE ORANGE JUICE CUP	4 OZ	65	50	*N/A*
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22
Weighted Daily Average			422	*21
% of Calories				*19.9%
Nutrient Guideline			350-500	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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<i>Thursday</i>				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	6
NUTRI-GRAIN BAR, RASPBERRY	BAR	25	120	12
EGG N CHEESE SANDWICH	1 EACH	65	159	4
OATMEAL WITH BROWN SUGAR (PRE	6 OZ	15	185	*N/A*
PEARS, SLICED :1/2 C	1/2 C	65	80	*N/A*
STRAWBERRY CUP	1 EACH	65	108	*N/A*
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22
Weighted Daily Average			433	*24
% of Calories				*21.8%
Nutrient Guideline			350-500	

<i>Friday</i>				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	6
CRACKER, VANILLA SPORT BITE	1 EACH	25	110	6
CHURRO RASPBERRY	1 EACH	65	160	*N/A*
STRING CHEESE each	1 OZ	15	91	*N/A*
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	14
BLUEBERRIES, FROZEN	1/2 CUP	75	40	0
PINEAPPLE CHUNKS	1/2 CUP	85	73	*N/A*
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	25	130	22
MILK 1% SMITH BROTHERS	HALF PINT	75	110	*N/A*
Weighted Daily Average			397	*11
% of Calories				*10.8%
Nutrient Guideline			350-500	

Weighted Average			427	*19
				*39.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	427		350 - 500	100%				
Sugars (g)	19	17.75%			Missing			

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