

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

School Year 2015-2016

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<i>Monday</i>				
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	20	130	18.17
Maple Waffle Graham	serving	15	111	20.25
MAXSTIX WHOLE GRAIN:2EA	2 EACH	35	300	32.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	20	290	47.0
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			491	88.77
% of Calories				72.3%
Nutrient Guideline			450-600	

<i>Tuesday</i>				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
BAR OATMEAL CHOC CHIP BENEFIT	BAR	20	290	47.0
BURRITO, BRK BACON & POTATO	1 EACH	35	200	25.0
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	80	50	13.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	28.0
Weighted Daily Average			430	81.42
% of Calories				75.7%
Nutrient Guideline			450-600	

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

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¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<i>Wednesday</i>				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	15	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	30	130	18.17
BAR FRENCH TOAST BENEFIT	BAR	25	290	47.0
Maple Waffle Graham	serving	10	111	20.25
MAXSTIX WHOLE GRAIN:2EA	2 EACH	35	300	32.0
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			510	91.00
% of Calories				71.4%
Nutrient Guideline			450-600	

<i>Thursday</i>				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	5	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
Maple Waffle Graham	serving	10	111	20.25
MAXSTIX WHOLE GRAIN:2EA	2 EACH	25	300	32.0
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	35	203	25.14
OATMEAL WITH BROWN SUGAR (PRE	6 OZ	10	185	39.12
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			489	89.78
% of Calories				73.4%
Nutrient Guideline			450-600	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<i>Friday</i>				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	15	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
STRING CHEESE each	1 OZ	5	91	*N/A*
Maple Waffle Graham	serving	15	111	20.25
FRCH TOAST STICKS, WG:2 EA K-5	2 EACH	25	69	8.55
SAUSAGE LINKS	2 EACH	25	87	2.0
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			518	*95.06
% of Calories				*73.3%
Nutrient Guideline			450-600	

Weighted Average			488	*89.21 *73.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	488		450 - 600	100%				
Carbohydrate (g)	89.21	73.15%			Missing			

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