

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

School Year 2015-2016

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<i>Monday</i>				
BREAKFAST 6-8	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	35	107	23.0
Cracker, Maple Waffle Graham	BAG 1 oz	35	111	20.25
BAR OATMEAL CHOC CHIP BENEFIT	BAR	45	290	47.0
APPLESAUCE, UNSWEETENED	.5 CUP	60	52	13.79
JUICE APPLE JUICE CUP	4 OZ	80	60	14.0
MILK 1% SMITH BROTHERS	HALF PINT	40	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	50	130	23.0
YOGURT, LI'L YAMI VARIETY	4 OZ	20	130	18.17
STRING CHEESE each	1 OZ	20	91	*N/A*
Weighted Daily Average			439	*76.09
% of Calories				*69.3%
Nutrient Guideline			400-550	

<i>Tuesday</i>				
BREAKFAST 6-8	Total	100		
CEREAL, 2 BOWL VARIETY	SERVING	20	210	47.5
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
BURRITO, BRK BACON & POTATO	1 EACH	50	200	25.0
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
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
MAXSTIX WHOLE GRAIN	1 EACH	30	150	16.0
STRING CHEESE each	1 OZ	10	91	*N/A*
Weighted Daily Average			443	*75.50
% of Calories				*68.1%
Nutrient Guideline			400-550	

<i>Wednesday</i>				
BREAKFAST 6-8	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
BAR FRENCH TOAST BENEFIT	BAR	65	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			497	95.39
% of Calories				76.7%
Nutrient Guideline			400-550	

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.

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 6-8	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	25	107	23.0
NUTRI-GRAIN BAR, STRAWBERRY	BAR	25	120	24.0
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	50	203	25.14
OATMEAL WITH BROWN SUGAR (PRE	6 OZ	20	185	39.12
PEARS, DICED IN LIGHT SYRUP	.5 CUP	80	58	15.12
STRAWBERRY CUP	1 EACH	85	108	29.38
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			459	89.71
% of Calories				78.2%
Nutrient Guideline			400-550	

<i>Friday</i>				
BREAKFAST 6-8	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	20	107	23.0
CRACKER, VANILLA SPORT BITE	1 EACH	20	110	19.32
MAXSTIX WHOLE GRAIN: 2EA	2 EACH	45	300	32.0
EGG N CHEESE SANDWICH	1 EACH	35	159	18.82
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	80	90	21.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
BLUEBERRIES, FROZEN	1/2 CUP	80	40	9.5
Weighted Daily Average			457	73.70
% of Calories				64.5%
Nutrient Guideline			400-550	

Weighted Average			459	*82.08 *71.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	459		400 - 550	100%				
Carbohydrate (g)	82.08	71.50%			Missing			

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