

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Jan 1, 2016 thru Jan 29, 2016

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 01/01/2016				
LUNCH 6-8	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	60	230	20.0
HAM & CHEESE HOAGIE GRADE K-8	1 EA	40	225	31.43
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	65	99	22.87
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	80	68	17.88
JUICE VARIETY NEW	1 EA	70	55	13.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
PRETZEL GOLDFISH CRACKERS	BAG	75	90	16.0
Weighted Daily Average			579	96.19
% of Calories				66.5%
Nutrient Guideline			600-700	

Mon - 01/04/2016				
LUNCH 6-8	Total	100		
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA)	50	302	18.32
CHICKEN, BBQ FILLET BURGER	1 EACH	50	330	42.0
ROLL DINNER WG BAKER BOY	ROLL	80	110	19.0
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	80	21	4.56
FRUIT BLEND, PARADISE	1 OZ	50	14	3.0
JUICE VARIETY NEW	1 EA	70	55	13.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average			592	80.96
% of Calories				54.7%
Nutrient Guideline			600-700	

Tue - 01/05/2016				
LUNCH 6-8	Total	100		
POLLOCK HOAGIE	3.6 OZ	40	190	14.0
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	60	203	12.0
CARROTS, RAW BABY EL 4 oz	4 OZ	80	40	9.34
PEACHES, DICED LIGHT S: 1/2 C	4 oz	75	53	13.39
POTATO, KK OVENABLE 3 OZ	3 OZ	65	120	19.0
JUICE VARIETY NEW	1 EA	80	55	13.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
VEGETABLE BAR HS	SERVINGS	40	150	12.78
SALAD DRESSING, RANCH	1.5 OZ	80	101	2.73
KETCHUP:3	PKG	65	10	2.0
Weighted Daily Average			664	83.06
% of Calories				50.0%
Nutrient Guideline			600-700	

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 01/06/2016				
LUNCH 6-8	Total	100		
CHICKEN, POPCORN	SERV 3.85 OZ	50	290	18.58
EGG ROLL WG CHICKEN & VEG	4.4	50	269	29.94
RICE, BROWN LONG, 1/2 C	1/2 CUP	60	108	22.39
BROCCOLI RAW 3/4 C	.75 C	75	15	2.79
PINEAPPLE CHUNKS	1/2 CUP	70	73	19.15
JUICE VARIETY NEW	1 EA	75	55	13.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average			574	84.32
% of Calories				58.7%
Nutrient Guideline			600-700	

Thu - 01/07/2016				
LUNCH 6-8	Total	100		
CHICKEN TACO	1 EACH	50	246	22.75
HAM & CHEESE HOAGIE GRADE K-8	1 EA	50	225	31.43
REFRIED BEANS, TRADITIO : 1/2 C	1/2 C	60	120	18.0
ORANGES, FRESH	1 EACH	20	45	11.28
COOKIE SNICKERDOODLE	1 EACH	60	100	19.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	50	6	1.32
SALSA, GREEN CHILI TOMATO, CH	2 oz	43	13	2.77
VEGETABLE BAR HS	SERVINGS	40	150	12.78
SALAD DRESSING, RANCH	1.5 OZ	40	101	2.73
Weighted Daily Average			611	80.60
% of Calories				52.8%
Nutrient Guideline			600-700	

Fri - 01/08/2016				
LUNCH 6-8	Total	100		
PORK NUGGETS HONEY BB-Q	4 EACH	40	267	10.67
PIZZA 4X6 TONY'S	SLICE	60	300	35.0
SPINACH SALAD	1.5 CUP	75	155	22.37
SUN CHIPS	PKG	60	110	15.0
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	65	66	15.24
JUICE VARIETY NEW	1 EA	70	55	13.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
SALAD DRESSING, RANCH	1.5 OZ	75	101	2.73
Weighted Daily Average			752	93.45
% of Calories				49.7%
Nutrient Guideline			600-700	

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 01/11/2016				
LUNCH 6-8	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	50	230	20.0
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA)	50	302	18.32
RICE, BROWN LONG, 1/2 C	1/2 CUP	60	108	22.39
BROCCOLI, FLORETS, FROZEN 3/4	3/4 C	75	39	7.4
PEACHES, DICED LIGHT S: 1/2 C	4 oz	50	53	13.39
JUICE VARIETY NEW	1 EA	70	55	13.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average			551	75.29
% of Calories				54.7%
Nutrient Guideline			600-700	

Tue - 01/12/2016				
LUNCH 6-8	Total	100		
HAMBURGERELE	1 EACH	70	268	31.0
PORK NUGGETS HONEY BB-Q	4 EACH	30	267	10.67
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	40	68	17.88
SWEET POTATO WEDGES CRINKLE	3/4 cup	60	150	24.0
JUICE WH FRUIT CUP FZ STRAW/PO	1 each	60	70	19.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	65	6	1.32
ROLL DINNER WG BAKER BOY	ROLL	50	110	19.0
VEGETABLE BAR HS	SERVINGS	40	150	12.78
SALAD DRESSING, RANCH	1.5 OZ	40	101	2.73
Weighted Daily Average			712	95.41
% of Calories				53.6%
Nutrient Guideline			600-700	

Wed - 01/13/2016				
LUNCH 6-8	Total	100		
PULLED CUBAN HOAGIE	1 EA	50	320	33.0
BURRITO CHEESE & BEAN	1 EA	50	290	0.0
POTATO, TATER TOTS K-5 (8)	1 EACH	80	130	16.0
PEARS, FRESH	1 EACH	75	95	25.28
CARROTS, BABY RAW SB 2 OZ	2 OZ	70	20	4.67
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
KETCHUP: 3	PKG	65	10	2.0
SALAD DRESSING, RANCH	1.5 OZ	70	101	2.73
Weighted Daily Average			697	75.74
% of Calories				43.5%
Nutrient Guideline			600-700	

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LUNCH 6-8

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 01/14/2016				
LUNCH 6-8	Total	100		
VEGETARIAN CHILI :1/2	1/2 c	50	89	13.47
STRING CHEESE each	1 OZ	50	91	*N/A*
ROLL DINNER WG BAKER BOY	ROLL	50	110	19.0
HAM & CHEESE HOAGIE GRADE K-8	1 EA	50	225	31.43
SALAD, ROMAINE: 1.5C NO DRESSI	1.5 CUP	80	55	12.52
APPLESAUCE, UNSWEETENED	.5 CUP	80	52	13.79
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
SALAD DRESSING, RANCH	1.5 OZ	75	101	2.73
JUICE VARIETY NEW	1 EA	70	55	13.5
VEGETABLE BAR HS	SERVINGS	1	150	12.78
Weighted Daily Average			585	*85.62
% of Calories				*58.6%
Nutrient Guideline			600-700	

Fri - 01/15/2016				
LUNCH 6-8	Total	100		
CHICKEN TAQUITOS	3 EACH	50	330	39.0
CHICKEN PATTY BREADED K-6	PATTY	50	383	44.21
POTATO JO-JO	3/4 C	50	291	24.12
STRAWBERRY CUP	1 EACH	65	108	29.38
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
JUICE VARIETY NEW	1 EA	80	55	13.5
SALSA , GREEN CHILI TOMATO, CH	2 oz	40	13	2.77
KETCHUP, PC 7 GR	PKG	1	10	2.0
Weighted Daily Average			748	105.69
% of Calories				56.5%
Nutrient Guideline			600-700	

Mon - 01/18/2016				
LUNCH 6-8	Total	100		
BURRITO CHEESE & BEAN	1 EA	50	290	0.0
POLLOCK, BREADED OCEAN TREASUR	4 NUGGETS	50	220	19.0
SWEET POTATO WEDGES CRINKLE	3/4 cup	80	150	24.0
PEARS, DICED IN LIGHT SYRUP	.5 CUP	60	58	15.12
JUICE WH FRUIT CUP FZ STRAW/PO	1 each	70	70	19.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
SALSA , GREEN CHILI TOMATO, CH	2 oz	60	13	2.77
TARTAR SAUCE: scratch	1 OZ	50	77	6.52
Weighted Daily Average			631	76.99
% of Calories				48.8%
Nutrient Guideline			600-700	

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 01/19/2016				
LUNCH 6-8	Total	100		
CHICKEN TERIYAKI (BBQ)	1 EA	40	240	10.0
CHICKEN, POPCORN	SERV 3.85 OZ	60	290	18.58
RICE, BROWN LONG, 1/2 C	1/2 CUP	95	108	22.39
SWEET POTATO WEDGES CRINKLE	3/4 cup	75	150	24.0
APPLESAUCE UNSWEETENED CUPS	1 EA	80	50	14.0
JUICE VARIETY NEW	1 EA	80	55	13.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
VEGETABLE BAR HS	SERVINGS	40	150	12.78
SALAD DRESSING, RANCH	1.5 OZ	40	101	2.73
Weighted Daily Average			796	103.62
% of Calories				52.1%
Nutrient Guideline			600-700	

Wed - 01/20/2016				
LUNCH 6-8	Total	100		
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	60	203	12.0
PIZZA 4X6 TONY'S	SLICE	40	300	35.0
WINTER MIX :1/2C K-5	1/2 C	60	33	5.34
BEANS BAKED	1 CUP	80	280	50.0
APPLES, FRESH, W/SKIN	1 EACH	70	77	20.58
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average			666	99.81
% of Calories				59.9%
Nutrient Guideline			600-700	

Thu - 01/21/2016				
LUNCH 6-8	Total	100		
SPAGHETTI AND MEAT SAUCE	1 CUP	100	266	41.86
PORK NUGGETS HONEY BB-Q	4 EACH	1	267	10.67
BROCCOLI RAW 3/4 C	.75 cup	80	15	2.79
PEACHES, DICED LIGHT S: 1/2 C	4 oz	75	53	13.39
APPLESAUCE UNSWEETENED CUPS	1 EA	70	50	14.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
ROLL DINNER WG BAKER BOY	ROLL	50	110	19.0
VEGETABLE BAR HS	SERVINGS	40	150	12.78
SALAD DRESSING, RANCH	1.5 OZ	40	101	2.73
Weighted Daily Average			637	100.74
% of Calories				63.3%
Nutrient Guideline			600-700	

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Jan 1, 2016 thru Jan 29, 2016

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 01/22/2016				
LUNCH 6-8	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	50	230	20.0
PORK PATTY (BBQ)	1 EACH	50	250	10.0
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	80	99	22.87
FRUIT, MIXED,, LIGHT: 1/2 C	1/2 C	75	68	17.88
JUICE VARIETY NEW	1 EA	70	55	13.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
PRETZEL GOLDFISH CRACKERS	BAG	75	90	16.0
TARTAR SAUCE: scratch	1 OZ	1	77	6.52
Weighted Daily Average			603	89.22
% of Calories				59.2%
Nutrient Guideline			600-700	

Mon - 01/25/2016				
LUNCH 6-8	Total	100		
BURRITO CHEESE & BEAN	1 EA	60	290	0.0
POLLOCK, BREADED OCEAN TREASUR	4 NUGGETS	40	220	19.0
SWEET POTATO WEDGES CRINKLE	3/4 cup	75	150	24.0
FRUIT, MIXED,, LIGHT: 1/2 C	1/2 C	80	68	17.88
JUICE WH FRUIT CUP FZ STRAW/PO	1 each	70	70	19.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
SALSA , GREEN CHILI TOMATO, CH	2 oz	50	13	2.77
TARTAR SAUCE: scratch	1 OZ	40	77	6.52
Weighted Daily Average			641	78.19
% of Calories				48.8%
Nutrient Guideline			600-700	

Tue - 01/26/2016				
LUNCH 6-8	Total	100		
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	60	203	12.0
CHICKEN PATTY BREADED K-6	PATTY	40	383	44.21
BEANS BAKED	1 CUP	80	280	50.0
CARROTS, RAW BABY EL 4 oz	4 OZ	75	40	9.34
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
STRAWBERRY CUP	1 EACH	65	108	29.38
SALAD DRESSING, RANCH	1.5 OZ	75	101	2.73
VEGETABLE BAR HS	SERVINGS	40	150	12.78
Weighted Daily Average			861	119.14
% of Calories				55.4%
Nutrient Guideline			600-700	

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 01/27/2016				
LUNCH 6-8	Total	100		
FRENCH TOAST STICKS, WG :3 EA	3 EA	65	208	25.64
SAUSAGE LINKS	2 EACH	55	87	2.0
PB&J STRAWBERRY	1 EA	35	300	34.0
POTATO, TATER TOTS K-5 (8)	1 EACH	80	130	16.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	75	53	13.39
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
PEARS,FRESH	1 EACH	75	95	25.28
SYRUP CUP, REDUCED CALORIE	1 EACH	75	50	13.0
KETCHUP:3	PKG	60	10	2.0
Weighted Daily Average			672	103.42
% of Calories				61.6%
Nutrient Guideline			600-700	

Thu - 01/28/2016				
LUNCH 6-8	Total	100		
BEEF, CHICKEN FRIED FING:4ea	4 EACH	50	307	19.5
CHICKEN, POPCORN	SERV 3.85 OZ	50	290	18.58
POTATOES, MASHED INSTANT:1/2C	1/2 cup	75	90	17.0
GRAVY MIX, CHICKEN INSTANT	1 OZ	70	25	4.0
ROLL DINNER WG BAKER BOY	ROLL	80	110	19.0
WINTER MIX CAUL& BROCC 6-12	1 CUP	70	67	10.67
JUICE APPLE JUCE CUP	4 OZ	80	60	14.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK 1% SMITH BROTHERS	HALF PINT	80	110	13.0
VEGETABLE BAR HS	SERVINGS	40	150	12.78
SALAD DRESSING, RANCH	1.5 OZ	40	101	2.73
Weighted Daily Average			777	87.66
% of Calories				45.1%
Nutrient Guideline			600-700	

Fri - 01/29/2016				
LUNCH 6-8	Total	100		
CHICKEN SWEET & SOUR	1 EA	50	140	18.0
EGG ROLL WG CHICKEN & VEG	4.4	50	269	29.94
RICE, BROWN LONG, 1/2 C	1/2 CUP	50	108	22.39
BROCCOLI RAW 3/4 C	.75 C	80	15	2.79
JUICE VARIETY NEW	1 EA	70	55	13.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
PINEAPPLE CHUNKS	1/2 CUP	75	73	19.15
SALAD DRESSING, RANCH	1.5 OZ	80	101	2.73
Weighted Daily Average			571	84.40
% of Calories				59.2%
Nutrient Guideline			600-700	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Average			663	*90.45 *54.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	663		600 - 700	100%				
Carbohydrate (g)	90.45	54.59%			Missing			

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