

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Jan 1, 2016 thru Jan 29, 2016

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

Page 1

Generated on: 12/16/2015 1:53:50 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 01/01/2016				
LUNCH K-5	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	100	230	20.0
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	50	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			566	88.19
% of Calories				62.3%
Nutrient Guideline			550-650	

Mon - 01/04/2016				
LUNCH K-5	Total	100		
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA )	100	302	18.32
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			578	69.12
% of Calories				47.8%
Nutrient Guideline			550-650	

Tue - 01/05/2016				
LUNCH K-5	Total	100		
POLLOCK HOAGIE	3.6 OZ	100	190	14.0
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
SALAD DRESSING, RANCH	1.5 OZ	80	101	2.73
KETCHUP:3	PKG	65	10	2.0
Weighted Daily Average			597	79.15
% of Calories				53.1%
Nutrient Guideline			550-650	

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LUNCH K-5

Portion Values - Detailed

Page 2

Generated on: 12/16/2015 1:53:50 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 01/06/2016				
LUNCH K-5	Total	100		
CHICKEN, POPCORN	SERV 3.85 OZ	100	290	18.58
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			585	78.64
% of Calories				53.8%
Nutrient Guideline			550-650	

Thu - 01/07/2016				
LUNCH K-5	Total	100		
CHICKEN TACO	1 EACH	100	246	22.75
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
Weighted Daily Average			522	70.06
% of Calories				53.7%
Nutrient Guideline			550-650	

Fri - 01/08/2016				
LUNCH K-5	Total	100		
PORK NUGGETS HONEY BB-Q	4 EACH	100	267	10.67
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			732	78.85
% of Calories				43.1%
Nutrient Guideline			550-650	

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LUNCH K-5

Portion Values - Detailed

Page 3

Generated on: 12/16/2015 1:53:50 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 01/11/2016				
LUNCH K-5	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	100	230	20.0
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
JUICE VARIETY NEW	1 EA	70	55	13.5
Weighted Daily Average			554	85.58
% of Calories				61.8%
Nutrient Guideline			550-650	

Tue - 01/12/2016				
LUNCH K-5	Total	100		
HAMBURGERELE	1 EACH	100	268	31.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	40	68	17.88
SWEET POTATO WEDGES CRINKLE	6 OZ	60	1200	192.0
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
Weighted Daily Average			1187	186.61
% of Calories				62.9%
Nutrient Guideline			550-650	

Wed - 01/13/2016				
LUNCH K-5	Total	100		
PULLED CUBAN HOAGIE	1 EA	100	320	33.0
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			712	92.24
% of Calories				51.8%
Nutrient Guideline			550-650	

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LUNCH K-5

Portion Values - Detailed

Page 4

Generated on: 12/16/2015 1:53:50 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 01/14/2016				
LUNCH K-5	Total	100		
VEGETARIAN CHILI: 1/2 c	1/2 C	100	8893	1346.6
STRING CHEESE each	1 OZ	95	91	*N/A*
ROLL DINNER WG BAKER BOY	ROLL	75	110	19.0
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 ORANGE JUICE CUP	4 OZ	1	50	13.0
Weighted Daily Average			9350	*1405.1
% of Calories				*60.1%
Nutrient Guideline			550-650	

Fri - 01/15/2016				
LUNCH K-5	Total	100		
CHICKEN TAQUITOS	3 EACH	100	330	39.0
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
Weighted Daily Average			721	103.06
% of Calories				57.2%
Nutrient Guideline			550-650	

Mon - 01/18/2016				
LUNCH K-5	Total	100		
BURRITO CHEESE & BEAN	1 EA	100	290	0.0
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
Weighted Daily Average			627	64.23
% of Calories				40.9%
Nutrient Guideline			550-650	

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Portion Values - Detailed

Page 5

Generated on: 12/16/2015 1:53:50 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 01/19/2016				
LUNCH K-5	Total	100		
CHICKEN TERIYAKI (BBQ)	1 EA	100	240	10.0
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
Weighted Daily Average			665	92.27
% of Calories				55.5%
Nutrient Guideline			550-650	

Wed - 01/20/2016				
LUNCH K-5	Total	100		
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	50	203	12.0
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 1% SMITH BROTHERS	HALF PINT	80	110	13.0
Weighted Daily Average			510	76.61
% of Calories				60.1%
Nutrient Guideline			550-650	

Thu - 01/21/2016				
LUNCH K-5	Total	100		
SPAGHETTI AND MEAT SAUCE	1 CUP	75	266	41.86
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 1% SMITH BROTHERS	HALF PINT	80	110	13.0
Weighted Daily Average			396	66.47
% of Calories				67.1%
Nutrient Guideline			550-650	

Fri - 01/22/2016				
LUNCH K-5	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	100	230	20.0
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 1% SMITH BROTHERS	HALF PINT	80	110	13.0
PRETZEL GOLDFISH CRACKERS	BAG	75	90	16.0

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Page 6

Generated on: 12/16/2015 1:53:50 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			576	86.15 59.8%
Nutrient Guideline			550-650	

Mon - 01/25/2016				
LUNCH K-5	Total	100		
BURRITO CHEESE & BEAN	1 EA	100	290	0.0
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	1	13	2.77
Weighted Daily Average % of Calories			632	66.63 42.2%
Nutrient Guideline			550-650	

Tue - 01/26/2016				
LUNCH K-5	Total	100		
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	100	203	12.0
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
Weighted Daily Average % of Calories			729	101.15 55.5%
Nutrient Guideline			550-650	

Wed - 01/27/2016				
LUNCH K-5	Total	100		
FRENCH TOAST STICKS, WG :3 EA	3 EA	100	208	25.64
SAUSAGE LINKS	2 EACH	75	87	2.0
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 % of Calories			657	100.90 61.4%
Nutrient Guideline			550-650	

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LUNCH K-5

Portion Values - Detailed

Page 7

Generated on: 12/16/2015 1:53:50 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 01/28/2016				
LUNCH K-5	Total	100		
BREAD BEEF FINGER BOWL	SV	100	584	71.32
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
Weighted Daily Average			877	118.19
% of Calories				53.9%
Nutrient Guideline			550-650	

Fri - 01/29/2016				
LUNCH K-5	Total	100		
CHICKEN SWEET & SOUR	1 EA	100	140	18.0
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	1	73	19.15
SALAD DRESSING, RANCH	1.5 OZ	1	101	2.73
Weighted Daily Average			372	62.10
% of Calories				66.7%
Nutrient Guideline			550-650	

Weighted Average			1055	*151.02
				*57.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1055		550 - 650	162%			405	
Carbohydrate (g)	151.02	57.28%			Missing			Correction Required - Calories too High

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