

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 1, 2016 thru Feb 29, 2016

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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Generated on: 1/20/2016 8:05:24 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 02/01/2016				
LUNCH K-5	Total	100		
TERIYAKI CHICKEN STIR FRY KIT	2.8 OZ	100	140	8.0
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	50	21	4.56
TORTILLA WHEAT 10"	1 EA	20	200	36.0
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
Weighted Daily Average			409	62.23
% of Calories				60.8%
Nutrient Guideline			550-650	

Tue - 02/02/2016				
LUNCH K-5	Total	100		
POLLOCK HOAGIE	3.6 OZ	100	190	14.0
BEANS BAKED	1 CUP	80	280	50.0
POTATO, KK OVENABLE 3 OZ	3 OZ	80	120	19.0
PEARS, FRESH	1 EACH	50	95	25.28
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
TARTAR SAUCE: scratch	1 OZ	50	77	6.52
Weighted Daily Average			722	106.10
% of Calories				58.8%
Nutrient Guideline			550-650	

Wed - 02/03/2016				
LUNCH K-5	Total	100		
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	100	203	12.0
ROLL DINNER WG BAKER BOY	ROLL	70	110	19.0
SPINACH SALAD	1.5 CUP	80	155	22.37
PINEAPPLE CHUNKS	1/2 CUP	75	73	19.15
CARROTS, RAW BABY EL 4 oz	4 OZ	65	40	9.34
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
Weighted Daily Average			692	86.82
% of Calories				50.2%
Nutrient Guideline			550-650	

Thu - 02/04/2016				
LUNCH K-5	Total	100		
PIZZA 4X6 TONY'S	SLICE	100	300	35.0
WINTER MIX :1/2C K-5	3/4 C	60	50	8.0
ORANGES, FRESH	1 EACH	75	45	11.28
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

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			531	79.39 59.8%
Nutrient Guideline			550-650	

Mon - 02/08/2016				
LUNCH K-5	Total	100		
CHICKEN DRUMETTE SOUTHERN	3 EACH	100	220	9.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	75	108	22.39
BROCCOLI, FLORETS, FROZEN 3/4	3/4 C	60	39	7.4
APPLES, FRESH, W/SKIN	1 EACH	65	77	20.58
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 % of Calories			539	74.06 54.9%
Nutrient Guideline			550-650	

Tue - 02/09/2016				
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
POTATO, KK OVENABLE 3 OZ	3 OZ	60	120	19.0
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
KETCHUP: 3	PKG	1	10	2.0
Weighted Daily Average % of Calories			539	82.83 61.4%
Nutrient Guideline			550-650	

Wed - 02/10/2016				
LUNCH K-5	Total	100		
PULLED CUBAN HOAGIE	1 EA	100	320	33.0
CARROTS, RAW BABY EL 4 oz	4 OZ	70	40	9.34
BEANS BAKED	1 CUP	80	280	50.0
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	70	101	2.73
JUICE ORANGE JUICE CUP	4 OZ	90	50	13.0
Weighted Daily Average % of Calories			813	114.15 56.1%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 02/11/2016				
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*
BUNS MINI ALOHA	PORTION	75	180	34.0
SALAD, ROMAINE: 1.5C NO DRESSI	1.5 CUP	80	55	12.52
APPLES, FRESH, W/SKIN	1 EACH	80	77	20.58
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
PEARS, DICED IN LIGHT SYRUP	.5 CUP	80	58	15.12
Weighted Daily Average			9469	*1433.7
% of Calories				*60.6%
Nutrient Guideline			550-650	

Fri - 02/12/2016				
LUNCH K-5	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	100	230	20.0
POTATO, WEDGE FRIES 1/2=3OZ	3 oz	80	146	12.06
BROCCOLI RAW EL 1/2	1/2 C	75	39	7.53
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
COOKIE SNICKERDOODLE	1 EACH	90	100	19.0
Weighted Daily Average			614	74.85
% of Calories				48.8%
Nutrient Guideline			550-650	

Mon - 02/15/2016				
LUNCH K-5	Total	100		
CHICKEN BREAST FILLET, BBQ SAN	1 EACH	100	330	44.0
SWEET POTATO WEDGES CRINKLE	3/4 cup	50	150	24.0
PEARS, FRESH	1 EACH	65	95	25.28
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
JUICE WH FRUIT CUP FZ STRAW/PO	1 each	80	70	19.0
Weighted Daily Average			649	108.63
% of Calories				67.0%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 02/16/2016				
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	

Wed - 02/17/2016				
LUNCH K-5	Total	100		
PIZZA 4X6 TONY'S	SLICE	100	300	35.0
APPLES, FRESH, W/SKIN	1 EACH	95	77	20.58
POTATO, TATER TOTS K-5 (8)	1 EACH	75	130	16.0
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			641	98.35
% of Calories				61.4%
Nutrient Guideline			550-650	

Thu - 02/18/2016				
LUNCH K-5	Total	100		
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA)	100	302	18.32
BUNS MINI ALOHA	PORTION	80	180	34.0
POTATOES, MASHED INSTANT: 1/2C	1/2 cup	80	90	17.0
GRAVY MIX, CHICKEN INSTANT	2 OZ	50	25	4.0
PEARS, DICED IN LIGHT SYRUP	.5 CUP	70	58	15.12
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
WINTER MIX : 1/2C K-5	3/4 C	1	50	8.0
Weighted Daily Average			697	92.78
% of Calories				53.2%
Nutrient Guideline			550-650	

Fri - 02/19/2016				
LUNCH K-5	Total	100		
PORK PATTY (BBQ)	1 EACH	75	400	39.0
BEANS BAKED	1 CUP	80	280	50.0
ORANGES, FRESH	1 EACH	75	45	11.28
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	70	68	17.88
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK 1% SMITH BROTHERS	HALF PINT	80	110	13.0

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			715	103.23 57.7%
Nutrient Guideline			550-650	

Mon - 02/22/2016				
LUNCH K-5	Total	100		
CHALUPA BEAN & CHEESE ON WG TO	3.8 oz	100	245	21.15
REFRIED BEANS, TRADITIONAL NF	3/4 cup	80	180	27.0
APPLESAUCE, UNSWEETENED	.5 CUP	75	52	13.79
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
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	1	80	0.57
Weighted Daily Average % of Calories			578	75.55 52.3%
Nutrient Guideline			550-650	

Tue - 02/23/2016				
LUNCH K-5	Total	100		
POLLOCKHOAGIE	3.6 OZ	100	190	14.0
PEARS, FRESH	1 EACH	1	95	25.28
SWEET POTATO WEDGES CRINKLE	3/4 cup	65	150	24.0
JUICE WH FRUIT CUP FZ STRAW/PO	1 each	80	70	19.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
TARTAR SAUCE: scratch	1 OZ	1	77	6.52
Weighted Daily Average % of Calories			471	66.12 56.1%
Nutrient Guideline			550-650	

Wed - 02/24/2016				
LUNCH K-5	Total	100		
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	50	203	12.0
POTATO, TATER TOTS K-5 (8)	1 EACH	60	130	16.0
ORANGES, FRESH	1 EACH	80	45	11.28
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
Weighted Daily Average % of Calories			364	47.07 51.7%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 02/25/2016				
LUNCH K-5	Total	100		
CHICKEN ALFREDO	1 CUP	100	276	35.37
BREAD, TOAST GARLIC MINI	1 oz SLICE	75	70	12.0
BROCCOLI RAW 3/4 C	.75 C	80	15	2.79
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
APPLESAUCE, UNSWEETENED	.5 CUP	75	52	13.79
Weighted Daily Average			545	87.99
% of Calories				64.5%
Nutrient Guideline			550-650	

Fri - 02/26/2016				
LUNCH K-5	Total	100		
PIZZA 4X6 TONY'S	SLICE	100	300	35.0
SALAD, ROMAINE: 1.5C NO DRESSI	1.5 CUP	80	55	12.52
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	70	68	17.88
JUICE VARIETY NEW	1 EA	80	55	13.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK 1% SMITH BROTHERS	HALF PINT	80	110	13.0
Weighted Daily Average			546	81.33
% of Calories				59.6%
Nutrient Guideline			550-650	

Mon - 02/29/2016				
LUNCH K-5	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	100	230	20.0
GREEN BEANS, CUT; K-5 LOW SO	.50 CUP	80	14	3.04
APPLESAUCE, UNSWEETENED	.5 CUP	75	52	13.79
POTATO, KK OVENABLE 3 OZ	3 OZ	70	120	19.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK 1% SMITH BROTHERS	HALF PINT	80	110	13.0
TARTAR SAUCE: scratch	1 OZ	50	77	6.52
Weighted Daily Average			513	62.33
% of Calories				48.6%
Nutrient Guideline			550-650	

Weighted Average			1021	*149.98 *58.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1021		550 - 650	157%			371	
Carbohydrate (g)	149.98	58.76%			Missing			Correction Required - Calories too High

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