

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

BREAKFAST K-5

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Generated on: 1/21/2016 8:58:31 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 02/01/2016				
BREAKFAST K-5	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	40	107	23.0
Cracker, Maple Waffle Graham	BAG 1 oz	25	111	20.25
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BAR OATMEAL CHOC CHIP BENEFIT	BAR	60	290	47.0
APPLESAUCE, UNSWEETENED	.5 CUP	45	52	13.79
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
MILK 1% SMITH BROTHERS	HALF PINT	35	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	130	23.0
Weighted Daily Average			464	83.49
% of Calories				71.9%
Nutrient Guideline			350-500	

Tue - 02/02/2016				
BREAKFAST K-5	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	35	107	23.0
YOGURT, LI'L YAMI VARIETY	4 OZ	35	130	18.17
BURRITO, BRK BACON & POTATO	1 EACH	65	200	25.0
BERRY, TRIPLE BERRY BLEND K-5	SERVING	45	88	20.8
PEACHES, DICED LIGHT S: 1/2 C	4 oz	85	53	13.39
MILK 1% SMITH BROTHERS	HALF PINT	35	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	130	23.0
Weighted Daily Average			420	70.90
% of Calories				67.4%
Nutrient Guideline			350-500	

Wed - 02/03/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
BAR FRENCH TOAST BENEFIT	BAR	55	290	47.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	20	180	38.0
FRUIT, MIXED,, LIGHT: 1/2 C	1/2 C	65	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	65	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			422	79.77
% of Calories				75.6%
Nutrient Guideline			350-500	

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

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BREAKFAST K-5

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Generated on: 1/21/2016 8:58:31 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 02/04/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	25	120	24.0
EGG N CHEESE SANDWICH	1 EACH	65	159	18.82
PEARS, SLICED :1/2 C	1/2 C	65	80	20.0
STRAWBERRY CUP	1 EACH	65	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			406	76.58
% of Calories				75.5%
Nutrient Guideline			350-500	

Fri - 02/05/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
CRACKER, VANILLA SPORT BITE	1 EACH	25	110	19.32
CHURRO RASPBERRY	1 EACH	65	160	28.0
STRING CHEESE each	1 OZ	15	91	*N/A*
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BLUEBERRIES, FROZEN	1/2 CUP	75	40	9.5
PINEAPPLE CHUNKS	1/2 CUP	85	73	19.15
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	25	130	23.0
MILK 1% SMITH BROTHERS	HALF PINT	75	110	13.0
Weighted Daily Average			397	*70.41
% of Calories				*71.0%
Nutrient Guideline			350-500	

Mon - 02/08/2016				
BREAKFAST K-5	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	40	107	23.0
Cracker, Maple Waffle Graham	BAG 1 oz	25	111	20.25
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BAR OATMEAL CHOC CHIP BENEFIT	BAR	60	290	47.0
APPLESAUCE, UNSWEETENED	.5 CUP	45	52	13.79
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
MILK 1% SMITH BROTHERS	HALF PINT	35	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	130	23.0
Weighted Daily Average			464	83.49
% of Calories				71.9%
Nutrient Guideline			350-500	

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BREAKFAST K-5

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Generated on: 1/21/2016 8:58:31 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 02/09/2016				
BREAKFAST K-5	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	35	107	23.0
YOGURT, LI'L YAMI VARIETY	4 OZ	35	130	18.17
BURRITO, BRK BACON & POTATO	1 EACH	65	200	25.0
BERRY, TRIPLE BERRY BLEND K-5	SERVING	45	88	20.8
PEACHES, DICED LIGHT S: 1/2 C	4 oz	85	53	13.39
MILK 1% SMITH BROTHERS	HALF PINT	35	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	130	23.0
Weighted Daily Average			420	70.90
% of Calories				67.4%
Nutrient Guideline			350-500	

Wed - 02/10/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
BAR FRENCH TOAST BENEFIT	BAR	55	290	47.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	20	180	38.0
FRUIT, MIXED,, LIGHT: 1/2 C	1/2 C	65	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	65	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			422	79.77
% of Calories				75.6%
Nutrient Guideline			350-500	

Thu - 02/11/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	25	120	24.0
EGG N CHEESE SANDWICH	1 EACH	65	159	18.82
PEARS, SLICED :1/2 C	1/2 C	65	80	20.0
STRAWBERRY CUP	1 EACH	65	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			406	76.58
% of Calories				75.5%
Nutrient Guideline			350-500	

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

BREAKFAST K-5

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Generated on: 1/21/2016 8:58:31 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 02/12/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
CRACKER, VANILLA SPORT BITE	1 EACH	25	110	19.32
CHURRO RASPBERRY	1 EACH	65	160	28.0
STRING CHEESE each	1 OZ	15	91	*N/A*
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BLUEBERRIES, FROZEN	1/2 CUP	75	40	9.5
PINEAPPLE CHUNKS	1/2 CUP	85	73	19.15
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	25	130	23.0
MILK 1% SMITH BROTHERS	HALF PINT	75	110	13.0
Weighted Daily Average			397	*70.41
% of Calories				*71.0%
Nutrient Guideline			350-500	

Mon - 02/15/2016				
BREAKFAST K-5	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	40	107	23.0
Cracker, Maple Waffle Graham	BAG 1 oz	25	111	20.25
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BAR OATMEAL CHOC CHIP BENEFIT	BAR	60	290	47.0
APPLESAUCE, UNSWEETENED	.5 CUP	45	52	13.79
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
MILK 1% SMITH BROTHERS	HALF PINT	35	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	130	23.0
Weighted Daily Average			464	83.49
% of Calories				71.9%
Nutrient Guideline			350-500	

Tue - 02/16/2016				
BREAKFAST K-5	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	35	107	23.0
YOGURT, LI'L YAMI VARIETY	4 OZ	35	130	18.17
BURRITO, BRK BACON & POTATO	1 EACH	65	200	25.0
BERRY, TRIPLE BERRY BLEND K-5	SERVING	45	88	20.8
PEACHES, DICED LIGHT S: 1/2 C	4 oz	85	53	13.39
MILK 1% SMITH BROTHERS	HALF PINT	35	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	130	23.0
Weighted Daily Average			420	70.90
% of Calories				67.4%
Nutrient Guideline			350-500	

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BREAKFAST K-5

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Generated on: 1/21/2016 8:58:31 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 02/17/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
BAR FRENCH TOAST BENEFIT	BAR	55	290	47.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	20	180	38.0
FRUIT, MIXED,, LIGHT: 1/2 C	1/2 C	65	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	65	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			422	79.77
% of Calories				75.6%
Nutrient Guideline			350-500	

Thu - 02/18/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	25	120	24.0
EGG N CHEESE SANDWICH	1 EACH	65	159	18.82
PEARS, SLICED :1/2 C	1/2 C	65	80	20.0
STRAWBERRY CUP	1 EACH	65	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			406	76.58
% of Calories				75.5%
Nutrient Guideline			350-500	

Fri - 02/19/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
CRACKER, VANILLA SPORT BITE	1 EACH	25	110	19.32
CHURRO RASPBERRY	1 EACH	65	160	28.0
STRING CHEESE each	1 OZ	15	91	*N/A*
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BLUEBERRIES, FROZEN	1/2 CUP	75	40	9.5
PINEAPPLE CHUNKS	1/2 CUP	85	73	19.15
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	25	130	23.0
MILK 1% SMITH BROTHERS	HALF PINT	75	110	13.0
Weighted Daily Average			397	*70.41
% of Calories				*71.0%
Nutrient Guideline			350-500	

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BREAKFAST K-5

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Generated on: 1/21/2016 8:58:31 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 02/22/2016				
BREAKFAST K-5	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	40	107	23.0
Cracker, Maple Waffle Graham	BAG 1 oz	25	111	20.25
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BAR OATMEAL CHOC CHIP BENEFIT	BAR	60	290	47.0
APPLESAUCE, UNSWEETENED	.5 CUP	45	52	13.79
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
MILK 1% SMITH BROTHERS	HALF PINT	35	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	130	23.0
Weighted Daily Average			464	83.49
% of Calories				71.9%
Nutrient Guideline			350-500	

Tue - 02/23/2016				
BREAKFAST K-5	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	35	107	23.0
YOGURT, LI'L YAMI VARIETY	4 OZ	35	130	18.17
BURRITO, BRK BACON & POTATO	1 EACH	65	200	25.0
BERRY, TRIPLE BERRY BLEND K-5	SERVING	45	88	20.8
PEACHES, DICED LIGHT S: 1/2 C	4 oz	85	53	13.39
MILK 1% SMITH BROTHERS	HALF PINT	35	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	130	23.0
Weighted Daily Average			420	70.90
% of Calories				67.4%
Nutrient Guideline			350-500	

Wed - 02/24/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
BAR FRENCH TOAST BENEFIT	BAR	55	290	47.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	20	180	38.0
FRUIT, MIXED,, LIGHT: 1/2 C	1/2 C	65	68	17.88
JUICE ORANGE JUICE CUP	4 OZ	65	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			422	79.77
% of Calories				75.6%
Nutrient Guideline			350-500	

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BREAKFAST K-5

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Portion Values - Detailed

Page 7

Generated on: 1/21/2016 8:58:31 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 02/25/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
NUTRI-GRAIN BAR, RASPBERRY	BAR	25	120	24.0
EGG N CHEESE SANDWICH	1 EACH	65	159	18.82
PEARS, SLICED :1/2 C	1/2 C	65	80	20.0
STRAWBERRY CUP	1 EACH	65	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			406	76.58
% of Calories				75.5%
Nutrient Guideline			350-500	

Fri - 02/26/2016				
BREAKFAST K-5	Total	100		
CEREAL, FROSTED MINI WHEATS, C	BOWL	25	100	23.0
CRACKER, VANILLA SPORT BITE	1 EACH	25	110	19.32
CHURRO RASPBERRY	1 EACH	65	160	28.0
STRING CHEESE each	1 OZ	15	91	*N/A*
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BLUEBERRIES, FROZEN	1/2 CUP	75	40	9.5
PINEAPPLE CHUNKS	1/2 CUP	85	73	19.15
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	25	130	23.0
MILK 1% SMITH BROTHERS	HALF PINT	75	110	13.0
Weighted Daily Average			397	*70.41
% of Calories				*71.0%
Nutrient Guideline			350-500	

Mon - 02/29/2016				
BREAKFAST K-5	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	40	107	23.0
Cracker, Maple Waffle Graham	BAG 1 oz	25	111	20.25
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
BAR OATMEAL CHOC CHIP BENEFIT	BAR	60	290	47.0
APPLESAUCE, UNSWEETENED	.5 CUP	45	52	13.79
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
MILK 1% SMITH BROTHERS	HALF PINT	35	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	130	23.0
Weighted Daily Average			464	83.49
% of Calories				71.9%
Nutrient Guideline			350-500	

Weighted Average			424	*76.58 *72.3%
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BREAKFAST K-5

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Portion Values - Detailed

Page 8

Generated on: 1/21/2016 8:58:31 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Reimb Qty Miss Data	Cals (kcal) Shortfall	Carb (g) Overage	Error Messages (if any)
Calories	424		350 - 500	100%				
Carbohydrate (g)	76.58	72.25%			Missing			

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