

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

BREAKFAST 9-12

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Generated on: 1/21/2016 8:55:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 01/04/2016				
BREAKFAST 9-12	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
Maple Waffle Graham	serving	15	111	20.25
BOSCO CHEESE STICK WG	Bread Stick (2)	30	380	50.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	20	290	47.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	13.39
APPLES, FRESH, W/SKIN	1 EACH	10	77	20.58
ORANGES, FRESH	1 EACH	15	45	11.28
BANANAS, RAW FRESH	1 EACH	15	90	23.07
JUICE ORANGE JUICE CUP	4 OZ	90	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
DIPPING SAUCE 6-12	4 OZ	30	11	2.94
Weighted Daily Average			496	89.70
% of Calories				72.3%
Nutrient Guideline			450-600	

Tue - 01/05/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
BAR OATMEAL CHOC CHIP BENEFIT	BAR	20	290	47.0
BURRITO, BRK BACON & POTATO	1 EACH	35	200	25.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	13.39
APPLES, FRESH, W/SKIN	1 EACH	10	77	20.58
ORANGES, FRESH	1 EACH	15	45	11.28
BANANAS, RAW FRESH	1 EACH	15	90	23.07
JUICE ORANGE JUICE CUP	4 OZ	80	50	13.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	28.0
Weighted Daily Average			430	81.42
% of Calories				75.7%
Nutrient Guideline			450-600	

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

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BREAKFAST 9-12

Base Menu Spreadsheet

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 01/06/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	15	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	30	130	18.17
BAR FRENCH TOAST BENEFIT	BAR	25	290	47.0
Maple Waffle Graham	serving	10	111	20.25
APPLES, FRESH, W/SKIN	1 EACH	15	77	20.58
ORANGES, FRESH	1 EACH	10	45	11.28
BANANAS, RAW FRESH	1 EACH	15	90	23.07
FRUIT, MIXED,, LIGHT: 1/2 C	1/2 C	45	68	17.88
JUICE APPLE JUCE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
CHURRO RASPBERRY	1 EACH	40	160	28.0
Weighted Daily Average			469	91.00
% of Calories				77.6%
Nutrient Guideline			450-600	

Thu - 01/07/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	5	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
Maple Waffle Graham	serving	10	111	20.25
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	35	203	25.14
BOSCO CHEESE STICK WG	Bread Stick (2)	35	380	50.0
APPLES, FRESH, W/SKIN	1 EACH	15	77	20.58
BANANAS, RAW FRESH	1 EACH	10	90	23.07
ORANGES, FRESH	1 EACH	10	45	11.28
JUICE APPLE JUCE CUP	4 OZ	80	60	14.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	25	53	13.39
STRAWBERRY CUP	1 EACH	40	108	29.38
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
DIPPING SAUCE 6-12	4 OZ	35	11	2.94
Weighted Daily Average			533	96.40
% of Calories				72.4%
Nutrient Guideline			450-600	

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

BREAKFAST 9-12

Base Menu Spreadsheet

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 01/08/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	15	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
STRING CHEESE each	1 OZ	5	91	*N/A*
Maple Waffle Graham	serving	15	111	20.25
FRCH TOAST STICKS, WG:2 EA K-5	2 EACH	25	69	8.55
SAUSAGE LINKS	2 EACH	25	87	2.0
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	40	203	25.14
APPLES, FRESH, W/SKIN	1 EACH	10	77	20.58
ORANGES, FRESH	1 EACH	10	45	11.28
BANANAS, RAW FRESH	1 EACH	10	90	23.07
MANDARIN ORANGE SEG LIGHT 3/4	3/4	85	135	31.5
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	30	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	70	140	28.0
Weighted Daily Average			518	*95.06
% of Calories				*73.3%
Nutrient Guideline			450-600	

Mon - 01/11/2016				
BREAKFAST 9-12	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
Maple Waffle Graham	serving	15	111	20.25
BOSCO CHEESE STICK WG	Bread Stick (2)	30	380	50.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	20	290	47.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	13.39
APPLES, FRESH, W/SKIN	1 EACH	10	77	20.58
ORANGES, FRESH	1 EACH	15	45	11.28
BANANAS, RAW FRESH	1 EACH	15	90	23.07
JUICE ORANGE JUICE CUP	4 OZ	90	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
DIPPING SAUCE 6-12	4 OZ	30	11	2.94
Weighted Daily Average			496	89.70
% of Calories				72.3%
Nutrient Guideline			450-600	

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

BREAKFAST 9-12

Base Menu Spreadsheet

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 01/12/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
BAR OATMEAL CHOC CHIP BENEFIT	BAR	20	290	47.0
BURRITO, BRK BACON & POTATO	1 EACH	35	200	25.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	13.39
APPLES, FRESH, W/SKIN	1 EACH	10	77	20.58
ORANGES, FRESH	1 EACH	15	45	11.28
BANANAS, RAW FRESH	1 EACH	15	90	23.07
JUICE ORANGE JUICE CUP	4 OZ	80	50	13.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	28.0
Weighted Daily Average			430	81.42
% of Calories				75.7%
Nutrient Guideline			450-600	

Wed - 01/13/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	15	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	30	130	18.17
BAR FRENCH TOAST BENEFIT	BAR	25	290	47.0
Maple Waffle Graham	serving	10	111	20.25
APPLES, FRESH, W/SKIN	1 EACH	15	77	20.58
ORANGES, FRESH	1 EACH	10	45	11.28
BANANAS, RAW FRESH	1 EACH	15	90	23.07
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	45	68	17.88
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
CHURRO RASPBERRY	1 EACH	40	160	28.0
Weighted Daily Average			469	91.00
% of Calories				77.6%
Nutrient Guideline			450-600	

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BREAKFAST 9-12

Base Menu Spreadsheet

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 01/14/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	5	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
Maple Waffle Graham	serving	10	111	20.25
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	35	203	25.14
BOSCO CHEESE STICK WG	Bread Stick (2)	35	380	50.0
APPLES, FRESH, W/SKIN	1 EACH	15	77	20.58
BANANAS, RAW FRESH	1 EACH	10	90	23.07
ORANGES, FRESH	1 EACH	10	45	11.28
JUICE APPLE JUCE CUP	4 OZ	80	60	14.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	25	53	13.39
STRAWBERRY CUP	1 EACH	40	108	29.38
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
DIPPING SAUCE 6-12	4 OZ	35	11	2.94
Weighted Daily Average			533	96.40
% of Calories				72.4%
Nutrient Guideline			450-600	

Fri - 01/15/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	15	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
STRING CHEESE each	1 OZ	5	91	*N/A*
Maple Waffle Graham	serving	15	111	20.25
FRCH TOAST STICKS, WG: 2 EA K-5	2 EACH	25	69	8.55
SAUSAGE LINKS	2 EACH	25	87	2.0
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APPLES, FRESH, W/SKIN	1 EACH	10	77	20.58
ORANGES, FRESH	1 EACH	10	45	11.28
BANANAS, RAW FRESH	1 EACH	10	90	23.07
MANDARIN ORANGE SEG LIGHT 3/4	3/4	85	135	31.5
JUICE APPLE JUCE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	30	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	70	140	28.0
Weighted Daily Average			518	*95.06
% of Calories				*73.3%
Nutrient Guideline			450-600	

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BREAKFAST 9-12

Base Menu Spreadsheet

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 01/18/2016				
BREAKFAST 9-12	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
Maple Waffle Graham	serving	15	111	20.25
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MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
DIPPING SAUCE 6-12	4 OZ	30	11	2.94
Weighted Daily Average			496	89.70
% of Calories				72.3%
Nutrient Guideline			450-600	

Tue - 01/19/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
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BREAKFAST 9-12

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CEREAL, 1 BOWL VARIETY	SERVING	15	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
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MANDARIN ORANGE SEG LIGHT 3/4	3/4	85	135	31.5
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	30	110	13.0
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Mon - 01/25/2016				
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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
Maple Waffle Graham	serving	15	111	20.25
BOSCO CHEESE STICK WG	Bread Stick (2)	30	380	50.0
BAR OATMEAL CHOC CHIP BENEFIT	BAR	20	290	47.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	13.39
APPLES, FRESH, W/SKIN	1 EACH	10	77	20.58
ORANGES, FRESH	1 EACH	15	45	11.28
BANANAS, RAW FRESH	1 EACH	15	90	23.07
JUICE ORANGE JUICE CUP	4 OZ	90	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

BREAKFAST 9-12

Base Menu Spreadsheet

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 01/26/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
CRACKER, VANILLA SPORT BITE	1 EACH	15	110	19.32
BAR OATMEAL CHOC CHIP BENEFIT	BAR	20	290	47.0
BURRITO, BRK BACON & POTATO	1 EACH	35	200	25.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	13.39
APPLES, FRESH, W/SKIN	1 EACH	10	77	20.58
ORANGES, FRESH	1 EACH	15	45	11.28
BANANAS, RAW FRESH	1 EACH	15	90	23.07
JUICE ORANGE JUICE CUP	4 OZ	80	50	13.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	75	140	28.0
Weighted Daily Average			430	81.42
% of Calories				75.7%
Nutrient Guideline			450-600	

Wed - 01/27/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	15	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	10	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	30	130	18.17
BAR FRENCH TOAST BENEFIT	BAR	25	290	47.0
Maple Waffle Graham	serving	10	111	20.25
APPLES, FRESH, W/SKIN	1 EACH	15	77	20.58
ORANGES, FRESH	1 EACH	10	45	11.28
BANANAS, RAW FRESH	1 EACH	15	90	23.07
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	45	68	17.88
JUICE APPLE JUICE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
CHURRO RASPBERRY	1 EACH	40	160	28.0
Weighted Daily Average			469	91.00
% of Calories				77.6%
Nutrient Guideline			450-600	

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

BREAKFAST 9-12

Base Menu Spreadsheet

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 01/28/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	20	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	5	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	15	130	18.17
Maple Waffle Graham	serving	10	111	20.25
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	35	203	25.14
BOSCO CHEESE STICK WG	Bread Stick (2)	35	380	50.0
APPLES, FRESH, W/SKIN	1 EACH	15	77	20.58
BANANAS, RAW FRESH	1 EACH	10	90	23.07
ORANGES, FRESH	1 EACH	10	45	11.28
JUICE APPLE JUCE CUP	4 OZ	80	60	14.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	25	53	13.39
STRAWBERRY CUP	1 EACH	40	108	29.38
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	20	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	80	140	28.0
DIPPING SAUCE 6-12	4 OZ	35	11	2.94
Weighted Daily Average			533	96.40
% of Calories				72.4%
Nutrient Guideline			450-600	

Fri - 01/29/2016				
BREAKFAST 9-12	Total	100		
CEREAL, 1 BOWL VARIETY	SERVING	15	107	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	15	180	38.0
YOGURT, LI'L YAMI VARIETY	4 OZ	10	130	18.17
STRING CHEESE each	1 OZ	5	91	*N/A*
Maple Waffle Graham	serving	15	111	20.25
FRCH TOAST STICKS, WG: 2 EA K-5	2 EACH	25	69	8.55
SAUSAGE LINKS	2 EACH	25	87	2.0
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	40	203	25.14
APPLES, FRESH, W/SKIN	1 EACH	10	77	20.58
ORANGES, FRESH	1 EACH	10	45	11.28
BANANAS, RAW FRESH	1 EACH	10	90	23.07
MANDARIN ORANGE SEG LIGHT 3/4	3/4	85	135	31.5
JUICE APPLE JUCE CUP	4 OZ	90	60	14.0
MILK DARIGOLD WHITE 1% HALF P	HALF PINT	30	110	13.0
MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	70	140	28.0
Weighted Daily Average			518	*95.06
% of Calories				*73.3%
Nutrient Guideline			450-600	

Weighted Average			489	*90.71
				*74.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	489		450 - 600	100%				
Carbohydrate (g)	90.71	74.16%			Missing			

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KENAI PENINSULA BOROUGH
SCHOOL DISTRICT

BREAKFAST 9-12

Base Menu Spreadsheet

Portion Values - Detailed

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Portion	Reimb	Cals	Carb
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