

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

LUNCH K-5

Weighted Values - Detailed

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Generated on: 9/20/2016 12:03:06 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/03/2016				
LUNCH K-5	Total	100		
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	100	267	10.67
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	22.39
APPLES,FRESH,W/SKIN	1 EACH	65	50	13.37
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	45	31	8.05
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	65	14	2.96
COOKIE SNICKERDOODLE	1 EACH	45	45	8.55
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			628	85.19
% of Calories				54.2%
Nutrient Guideline			550-650	

Tue - 10/04/2016				
LUNCH K-5	Total	100		
PULLED PORK SANDWICH	4.20	100	310	33.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	100	100	15.0
PEARS,FRESH	1 EACH	65	66	17.62
BEANS BAKED 1/2	1/2 CUP	40	56	10.0
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			646	94.82
% of Calories				58.7%
Nutrient Guideline			550-650	

Wed - 10/05/2016				
LUNCH K-5	Total	100		
FRENCH TOAST STICKS, WG :3 EA	3 EA	100	208	25.64
SAUSAGE LINKS 2	2 EACH	100	43	1.0
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	180	20.4
STRAWBERRY CUP	1 EACH	70	76	20.56
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
JUICE APPLE CUP JOHA	4 OZ	85	51	11.9
Weighted Daily Average			672	98.71
% of Calories				58.7%
Nutrient Guideline			550-650	

Thu - 10/06/2016				
LUNCH K-5	Total	100		
MANWICH SLOPPY JOE'S K-8 GRADE	3 OZ	100	247	34.76
SPINACH SALAD	1.5 CUP	45	72	4.6
SALAD DRESSING, RANCH	1.5 OZ	45	45	1.23
JUICE APPLE CUP JOHA	4 OZ	90	54	12.6
ORANGES,FRESH	1 EACH	65	29	7.33
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average			574	81.52
% of Calories				56.8%
Nutrient Guideline			550-650	

Fri - 10/07/2016				
LUNCH K-5	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	100	220	18.0
BROCCOLI RAW EL 1/2	1/2 C	45	17	3.39
CARROTS, RAW BABY EL 4 oz	4 OZ	60	24	5.61
PRETZEL GOLDFISH CRACKERS	BAG	95	86	15.2
BERRY, TRIPLE BLEND 6-12	EA (5oz)	65	72	16.9
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	110	19.55
KETCHUP:3	PKG	100	10	2.0
TARTAR SAUCE: scratch	1 OZ	85	65	5.54
HUMMAS RANCH DIP V.94	SERVING	20	18	2.2
Weighted Daily Average			638	90.33
% of Calories				56.6%
Nutrient Guideline			550-650	

Mon - 10/10/2016				
LUNCH K-5	Total	100		
PRETZEL WG SOFT 2.2 OZ	1 EACH	100	140	30.0
CHEESE SAUCE CHEDDAR 2 oz	2 OZ	100	80	6.0
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	80	17	3.65
APPLES,FRESH,W/SKIN	1 EACH	80	62	16.46
JUICE ORANGE JUICE CUP J	4 OZ	80	40	10.4
CRACKER BUNNY GRAHAMS	PACKAGE	80	130	20.25
MILK 1% SMITH BROTHERS	HALF PINT	25	28	3.25
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			593	107.26
% of Calories				72.3%
Nutrient Guideline			550-650	

Tue - 10/11/2016				
LUNCH K-5	Total	100		
Cindys Fiesta Bowl ea 1/2 rice	serving	95	317	34.53
TORTILLA WHEAT 10"1/2 tortilla	1/2	45	45	8.1
SALSA , GREEN CHILI TOMATO, CH	2 oz	90	12	2.49
PEACHES, DICED LIGHT S: 1/2 C	4 oz	75	40	10.05
JUICE APPLE CUP JOHA	4 OZ	75	45	10.5
REFRIED BEANS, ELEM 1/2	1/2 CUP	45	54	8.1
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	110	19.55
Weighted Daily Average			639	95.27
% of Calories				59.6%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 10/12/2016				
LUNCH K-5	Total	100		
EGG ROLL (1 EACH)	ROLL	95	152	19.0
RICE FRIED VEG.	SERVING (3/4C)	95	256	51.3
BROCCOLI RAW EL 1/2	1/2 C	65	25	4.89
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	50	37	9.58
APPLESAUCE, UNSWEETENED	.5 CUP	65	34	8.96
HUMMAS DIP TRADITIONAL .85 V	1 EACH	15	17	1.8
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	110	19.55
Weighted Daily Average			647	117.03
% of Calories				72.3%
Nutrient Guideline			550-650	

Thu - 10/13/2016				
LUNCH K-5	Total	100		
Vegetarian Chili 1 c	1 CUP	95	84	12.79
BREAD, TOAST GARLIC MINI	1 oz SLICE	95	67	11.4
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	95	76	0.54
SALAD, ROMAINE 2016	SRV	100	56	12.68
SALAD DRESSING, RANCH	1.5 OZ	100	101	2.73
BANANAS,RAW FRESH	1 EACH	90	81	20.76
JUICE APPLE CUP JOHA	4 OZ	90	54	12.6
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
Weighted Daily Average			645	94.50
% of Calories				58.6%
Nutrient Guideline			550-650	

Fri - 10/14/2016				
LUNCH K-5	Total	100		
CORN DOG CHICKEN	1 EACH	100	240	30.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	85	58	15.2
CARROTS, RAW BABY EL 4 oz	4 OZ	75	30	7.01
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	75	50	11.43
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	110	19.55
CRACKER WAFFLE GRAHAM	serving	95	106	19.24
Weighted Daily Average			610	104.37
% of Calories				68.5%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/17/2016				
LUNCH K-5	Total	100		
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	100	203	12.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	90	97	20.15
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	85	33	6.29
APPLESAUCE, UNSWEETENED	.5 CUP	95	49	13.1
JUICE ORANGE JUICE CUP J	4 OZ	95	47	12.35
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	110	19.55
KETCHUP:3	PKG	100	10	2.0
Weighted Daily Average			567	87.39
% of Calories				61.6%
Nutrient Guideline			550-650	

Tue - 10/18/2016				
LUNCH K-5	Total	100		
BBQ PORK HOAGIE	1 EACH	95	380	37.05
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	44	11.62
SWEET POTATO LATTICE FF 3/4	3/4 CUP	45	86	11.14
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	40	29	7.66
GREEN BEANS, CUT;K-51/2 C	.50 CUP	20	3	0.61
MILK 1% SMITH BROTHERS	HALF PINT	40	44	5.2
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	55	71	12.65
Weighted Daily Average			658	85.93
% of Calories				52.2%
Nutrient Guideline			550-650	

Wed - 10/19/2016				
LUNCH K-5	Total	100		
CHICKEN TAQUITOS	3 EACH	90	297	35.1
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	55	66	9.9
APPLES,FRESH,W/SKIN	1 EACH	75	58	15.43
CARROTS, RAW BABY EL 4 oz	4 OZ	60	24	5.61
SALAD DRESSING, RANCH	1.5 OZ	60	60	1.64
SALSA , GREEN CHILI TOMATO, CH	2 oz	60	8	1.66
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			627	88.54
% of Calories				56.5%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 10/20/2016				
LUNCH K-5	Total	100		
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA)	100	350	19.0
ROLL DINNER WG BAKER BOY	ROLL	60	66	11.4
POTATOES, MASHED INSTANT:1/2C	1/2 cup	75	67	12.75
GRAVY BROWN	2 OZ	75	19	0.0
WINTER MIX :3/4 C K-5	3/4 C	60	30	4.8
PEACHES, DICED LIGHT S: 1/2 C	4 oz	80	42	10.72
MILK 1% SMITH BROTHERS	HALF PINT	25	28	3.25
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			700	79.17
% of Calories				45.3%
Nutrient Guideline			550-650	

Fri - 10/21/2016				
LUNCH K-5	Total	100		
PIZZA 4X6 TONY'S	SLICE	100	300	33.0
APPLES,FRESH,W/SKIN	1 EACH	60	46	12.35
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	90	52	13.6
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	65	64	14.86
COOKIE SNICKERDOODLE	1 EACH	85	85	16.15
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			662	109.16
% of Calories				66.0%
Nutrient Guideline			550-650	

Mon - 10/24/2016				
LUNCH K-5	Total	100		
CORN DOG CHICKEN	1 EACH	100	240	30.0
BEANS BAKED 1/2	1/2 CUP	80	112	20.0
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	75	64	8.25
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
JUICE APPLE CUP JOHA	4 OZ	80	48	11.2
Weighted Daily Average			590	90.45
% of Calories				61.3%
Nutrient Guideline			550-650	

Tue - 10/25/2016				
LUNCH K-5	Total	100		
HAMBURGER ELE	1 EACH	100	268	31.0
CHEESE, AMERICAN RF 1 slice	SLICE	100	35	1.0
POTATO, KK OVENABLE 3 OZ	3 OZ	60	72	12.6
BANANAS,RAW FRESH	1 EACH	75	67	17.3
GREEN BEANS, CUT;K-51/2 C	.50 CUP	75	11	2.28
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	85	5	1.13

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			579	85.65 59.2%
Nutrient Guideline			550-650	

Wed - 10/26/2016				
LUNCH K-5	Total	100		
TERIYAKI CHICKEN STIR FRY KIT	2.8 OZ	100	140	8.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	22.39
BROCCOLI RAW 3/4 C	.75 C	75	11	2.09
SALAD DRESSING, RANCH	1.5 OZ	75	76	2.05
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	95	85	19.95
APPLESAUCE, UNSWEETENED	.5 CUP	95	49	13.1
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
Weighted Daily Average % of Calories			596	88.58 59.5%
Nutrient Guideline			550-650	

Thu - 10/27/2016				
LUNCH K-5	Total	100		
TACO BEEF & BEAN K-8 GRADE:2	2 EACH	100	255	24.14
SALAD, ROMAINE 2016	SRV	65	36	8.24
SALAD DRESSING, RANCH	1.5 OZ	65	65	1.77
PEARS,FRESH	1 EACH	80	81	21.69
JUICE ORANGE JUICE CUP J	4 OZ	90	45	11.7
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	65	4	0.86
SALSA , GREEN CHILI TOMATO, CH	2 oz	85	11	2.36
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average % of Calories			612	89.96 58.8%
Nutrient Guideline			550-650	

Fri - 10/28/2016				
LUNCH K-5	Total	100		
CHICKEN SAND BREAD K-6	SANDWICH	100	383	44.21
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	80	53	12.2
STRAWBERRY CUP	1 EACH	60	65	17.63
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	25	2	0.33
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	34	8.71
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average % of Calories			651	102.27 62.8%
Nutrient Guideline			550-650	

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Mon - 10/31/2016				
LUNCH K-5	Total	100		
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	100	267	10.67
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	22.39
APPLES,FRESH,W/SKIN	1 EACH	65	50	13.37
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	45	31	8.05
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	65	14	2.96
COOKIE SNICKERDOODLE	1 EACH	45	45	8.55
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			628	85.19
% of Calories				54.2%
Nutrient Guideline			550-650	

Weighted Average			627	93.39 59.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	627		550 - 650	100%				
Carbohydrate (g)	93.39	59.61%						

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