

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

LUNCH 6-8

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/03/2016				
LUNCH 6-8	Total	100		
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	80	213	8.53
CHICKEN, POPCORN	serv 3.36 oz	20	51	3.24
RICE, BROWN LONG, 1/2 C	1/2 CUP	80	86	17.91
FRUIT,MIXED,CND,LIGHT: 3/4 C	3/4 C	75	77	20.11
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	85	18	3.88
COOKIE SNICKERDOODLE (2)	1 EACH	65	130	24.7
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			689	97.58
% of Calories				56.7%
Nutrient Guideline			600-700	

Tue - 10/04/2016				
LUNCH 6-8	Total	100		
PULLED PORK SANDWICH	4.20	50	155	16.5
ROLL DINNER WG BAKER BOY	ROLL	50	55	9.5
CHICKEN NUGGETS,(5 EACH)	SERVING	50	130	8.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	75	75	11.25
PEARS,FRESH	1 EACH	75	76	20.33
BEANS BAKED 1/2	1/2 CUP	60	84	15.0
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			689	99.78
% of Calories				57.9%
Nutrient Guideline			600-700	

Wed - 10/05/2016				
LUNCH 6-8	Total	100		
FRENCH TOAST STICKS, WG :3 EA	3 EA	80	166	20.51
SAUSAGE LINKS 2	2 EACH	80	35	0.8
HAM & CHEESE HOAGIE GRADE K-8	1 EA	20	45	6.29
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	20	1	0.26
POTATO, TATER TOTS: 6-12 (15)	15 EACH	95	214	24.23
STRAWBERRY CUP	1 EACH	75	81	22.03
JUICE APPLE CUP JOHA	4 OZ	60	36	8.4
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			692	101.72
% of Calories				58.8%
Nutrient Guideline			600-700	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 10/06/2016				
LUNCH 6-8	Total	100		
MANWICH SLOPPY JOE'S K-8 GRADE	3 OZ	75	185	26.07
PIZZA STICK BOSCO 7 "	STICK	20	48	5.8
BREAD, TOAST GARLIC MINI (2)	2 oz SLICE	50	70	12.0
SPINACH SALAD	1.5 CUP	65	104	6.65
SALAD DRESSING, RANCH	1.5 OZ	65	65	1.77
JUICE APPLE CUP JOHA	4 OZ	95	57	13.3
ORANGES,FRESH	1 EACH	95	43	10.72
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
Weighted Daily Average			698	97.31
% of Calories				55.7%
Nutrient Guideline			600-700	

Fri - 10/07/2016				
LUNCH 6-8	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	25	55	4.5
CORN DOG CHICKEN	1 EACH	75	180	22.5
BROCCOLI RAW EL 1/2	1/2 C	60	23	4.52
CARROTS, RAW BABY EL 4 oz	4 OZ	60	24	5.61
PRETZEL GOLDFISH CRACKERS	BAG	90	81	14.4
BERRY, TRIPLE BLEND 6-12	EA (5oz)	90	99	23.4
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
TARTAR SAUCE: scratch	1 OZ	25	19	1.63
HUMMAS DIP TRADITIONAL .85 V	1 EACH	60	66	7.2
Weighted Daily Average			673	104.75
% of Calories				62.2%
Nutrient Guideline			600-700	

Mon - 10/10/2016				
LUNCH 6-8	Total	100		
PRETZEL WG SOFT 2.2 OZ	1 EACH	50	70	15.0
CHEESE SAUCE CHEDDAR 2 oz	2 OZ	50	40	3.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	50	146	15.15
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	50	3	0.66
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	75	16	3.42
APPLES, FRESH, W/SKIN	1 EACH	80	62	16.46
JUICE ORANGE JUICE CUP J	4 OZ	90	45	11.7
CRACKER BUNNY GRAHAMS	PACKAGE	80	130	20.25
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
Weighted Daily Average			638	106.65
% of Calories				66.9%
Nutrient Guideline			600-700	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 10/11/2016				
LUNCH 6-8	Total	100		
Cindys Fiesta Bowl each 3/4 ri	serving	40	155	19.02
TORTILLA WHEAT 10"1/2 tortilla	1/2	40	40	7.2
CHICKEN TAQUITOS	3 EACH	60	198	23.4
SALSA , GREEN CHILI TOMATO, CH	2 oz	85	11	2.36
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	40	48	7.2
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	34	8.71
JUICE APPLE CUP JOHA	4 OZ	85	51	11.9
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	32	0.23
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
Weighted Daily Average			690	100.36
% of Calories				58.2%
Nutrient Guideline			600-700	

Wed - 10/12/2016				
LUNCH 6-8	Total	100		
EGG ROLL (1 EACH)	ROLL	80	128	16.0
PORK NUGGETS HONEY BB-Q-2 ea	2 each	80	107	4.27
RICE FRIED VEG.	SERVING (3/4C)	50	135	27.0
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	20	53	2.13
ROLL DINNER WG BAKER BOY	ROLL	20	22	3.8
BROCCOLI RAW 3/4 C	.75 C	60	9	1.67
APPLESAUCE, UNSWEETENED	.5 CUP	65	34	8.96
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	65	48	12.45
HUMMAS DIP TRADITIONAL .85 V	1 EACH	45	50	5.4
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			699	100.88
% of Calories				57.7%
Nutrient Guideline			600-700	

Thu - 10/13/2016				
LUNCH 6-8	Total	100		
DIPPING SAUCE 6-12 4 oz	4 oz	25	11	2.94
BOSCO CHEESE STICK WG-2	Bread Stick (2)	25	75	8.5
BREAD, TOAST GARLIC MINI (2)	2 oz SLICE	70	98	16.8
CHICKEN, POPCORN	serv 3.36 oz	70	177	11.35
SALAD DRESSING, RANCH	1.5 OZ	55	55	1.5
SALAD, ROMAINE 2016	1.5 CUP	55	46	10.46
BANANAS,RAW FRESH	1 EACH	75	67	17.3
JUICE APPLE CUP JOHA	4 OZ	65	39	9.1
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
Weighted Daily Average			696	98.95
% of Calories				56.9%
Nutrient Guideline			600-700	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 10/14/2016				
LUNCH 6-8	Total	100		
CORN DOG CHICKEN	1 EACH	80	192	24.0
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	20	41	2.4
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	95	94	21.72
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	44	11.62
CARROTS, RAW BABY EL 4 oz	4 OZ	45	18	4.2
SALAD DRESSING, RANCH	1.5 OZ	45	45	1.23
CRACKER WAFFLE GRAHAM	serving	65	72	13.16
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
Weighted Daily Average			632	99.34
% of Calories				62.8%
Nutrient Guideline			600-700	

Mon - 10/17/2016				
LUNCH 6-8	Total	100		
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	80	162	9.6
EGG ROLL (1 EACH)	ROLL	20	32	4.0
chicken nugget ea	2 each	20	21	1.28
BROCCOLI RAW 3/4 C	.75 C	90	13	2.51
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	22.39
APPLESAUCE, UNSWEETENED	.5 CUP	100	52	13.79
JUICE/FRUITABLES/TROPICAL	6.75 OZ	100	90	22.0
MILK 1% SMITH BROTHERS	HALF PINT	10	11	1.3
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	110	19.55
Weighted Daily Average			600	96.42
% of Calories				64.3%
Nutrient Guideline			600-700	

Tue - 10/18/2016				
LUNCH 6-8	Total	100		
BBQ PORK HOAGIE	1 EACH	50	200	19.5
CORN DOG CHICKEN	1 EACH	50	120	15.0
SWEET POTATO LATTICE FF 3/4	3/4 CUP	70	134	17.32
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	80	54	14.3
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	90	66	17.24
GREEN BEANS, CUT;K-51/2 C	.50 CUP	20	3	0.61
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			696	103.82
% of Calories				59.6%
Nutrient Guideline			600-700	

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LUNCH 6-8

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 10/19/2016				
LUNCH 6-8	Total	100		
CHICKEN TAQUITOS	3 EACH	60	198	23.4
CHICKEN FAJITA QUES W/BEAN K-8	1 EACH	40	142	18.59
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	45	54	8.1
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			658	93.63
% of Calories				56.9%
Nutrient Guideline			600-700	

Thu - 10/20/2016				
LUNCH 6-8	Total	100		
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA )	35	122	6.65
CHEESE, AMERICAN RF 1 slice	SLICE	65	23	0.65
HAMBURGER ELE	1 EACH	50	134	15.5
POTATOES, MASHED INSTANT:3/4 c	3/4 c	80	108	20.4
GRAVY BROWN	2 OZ	80	20	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	90	48	12.05
ROLL DINNER WG BAKER BOY	ROLL	80	88	15.2
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			687	94.46
% of Calories				55.0%
Nutrient Guideline			600-700	

Fri - 10/21/2016				
LUNCH 6-8	Total	100		
PIZZA 4X6 TONY'S	SLICE	85	255	28.05
CHICKEN, POPCORN	serv 3.36 oz	15	38	2.43
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	75	43	11.34
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	75	74	17.15
APPLES,FRESH,W/SKIN	1 EACH	35	27	7.2
COOKIE SNICKERDOODLE (2)	1 EACH	50	100	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	110	19.55
Weighted Daily Average			665	106.67
% of Calories				64.2%
Nutrient Guideline			600-700	

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LUNCH 6-8

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/24/2016				
LUNCH 6-8	Total	100		
CORN DOG CHICKEN	1 EACH	80	192	24.0
BBQ PORK HOAGIE	1 EACH	20	80	7.8
BEANS BAKED 1/2	1/2 CUP	35	49	8.75
APPLESAUCE, UNSWEETENED	.5 CUP	85	44	11.72
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	65	55	7.15
JUICE APPLE CUP JOHA	4 OZ	90	54	12.6
CRACKER WAFFLE GRAHAM	serving	60	67	12.15
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	110	19.55
Weighted Daily Average			668	105.67
% of Calories				63.2%
Nutrient Guideline			600-700	

Tue - 10/25/2016				
LUNCH 6-8	Total	100		
CHEESE, AMERICAN RF 1 slice	SLICE	80	28	0.8
HAMBURGER ELE	1 EACH	80	214	24.8
CHICKEN, POPCORN	serv 3.36 oz	20	51	3.24
POTATO, CRINKLE CUT: 4 OZ	4 OZ	80	128	20.27
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	75	16	3.42
BANANAS,RAW FRESH	1 EACH	80	72	18.45
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	80	5	1.06
Weighted Daily Average			628	91.24
% of Calories				58.2%
Nutrient Guideline			600-700	

Wed - 10/26/2016				
LUNCH 6-8	Total	100		
CHICKEN, TERIYAKI	SERVG 2.85 OZ	80	117	11.2
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA )	20	70	3.8
RICE, BROWN LONG, 3/4 C	3/4 CUP	80	130	26.87
BROCCOLI RAW 3/4 C	.75 C	65	10	1.81
MANDARIN ORANGE SEG LIGHT 3/4	3/4	80	144	33.6
SALAD DRESSING, RANCH	1.5 OZ	65	65	1.77
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
PRETZEL GOLDFISH CRACKERS	BAG	80	72	12.8
Weighted Daily Average			722	111.06
% of Calories				61.6%
Nutrient Guideline			600-700	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 10/27/2016				
LUNCH 6-8	Total	100		
TACO BEEF & BEAN K-8 GRADE	2 each	30	38	3.62
PIZZA STICK BOSCO 7 "	STICK	70	168	20.3
SALAD, ROMAINE 2016	SRV	100	56	12.68
SALAD DRESSING, RANCH	1.5 OZ	100	101	2.73
PEARS,FRESH	1 EACH	95	96	25.75
JUICE ORANGE JUICE CUP J	4 OZ	100	50	13.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	65	4	0.86
SALSA , GREEN CHILI TOMATO, CH	2 oz	30	4	0.83
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	110	19.55
Weighted Daily Average			644	101.27
% of Calories				62.9%
Nutrient Guideline			600-700	

Fri - 10/28/2016				
LUNCH 6-8	Total	100		
CHICKEN BREAD K-6 san new BUN	PATTY	80	315	33.77
PRETZEL WG SOFT 2.2 OZ	1 EACH	20	28	6.0
CHEESE SAUCE CHEDDAR 2 oz	2 OZ	20	16	1.2
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	65	64	14.86
STRAWBERRY CUP	1 EACH	80	87	23.5
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			660	107.57
% of Calories				65.2%
Nutrient Guideline			600-700	

Mon - 10/31/2016				
LUNCH 6-8	Total	100		
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	80	213	8.53
CHICKEN, POPCORN	serv 3.36 oz	20	51	3.24
RICE, BROWN LONG, 1/2 C	1/2 CUP	65	70	14.56
FRUIT,MIXED,CND,LIGHT: 3/4 C	3/4 C	75	77	20.11
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	85	18	3.88
COOKIE SNICKERDOODLE (2)	1 EACH	75	150	28.5
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
Weighted Daily Average			693	98.02
% of Calories				56.6%
Nutrient Guideline			600-700	

Weighted Average			672	100.82
				60.0%

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)	Error Messages (if any)
Calories	672		600 - 700	100%				
Carbohydrate (g)	100.82	59.99%						

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