

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

## Base Menu Spreadsheet Weighted Values - Detailed

Page 1

k-12 Breakfast

Generated on: 9/30/2016 1:42:57 PM

|                                | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|--------------|----------------|-------------|
| Mon - 10/10/2016               |                 |              |                |             |
| k-12 Breakfast                 | Total           | 100          |                |             |
| APPLESAUCE, UNSWEETENED        | .5 CUP          | 90           | 47             | 12.41       |
| JUICE APPLE CUP JOHA           | 4 OZ            | 90           | 54             | 12.6        |
| BAR BENEFIT COCOACHIP          | BAR             | 50           | 135            | 24.0        |
| CRACKER WAFFLEGRAHAM           | serving         | 25           | 28             | 5.06        |
| YOGURT VARIETYUPSTATE          | 4 OZ            | 40           | 36             | 7.62        |
| CEREAL,1 BOWL VARIETY          | SERVING         | 25           | 27             | 5.75        |
| MILK 1% SMITHBROTHERS          | HALF PINT       | 20           | 22             | 2.6         |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN        | 80           | 104            | 18.4        |
| MILK DARIGOLD 1/2 GALLON       | 1 CUP           | 1            | 1              | 0.13        |
| MILK CHOCOLATE 1/2 GALLON DARI | 1 CUP           | 1            | 2              | 0.31        |
| Weighted Daily Average         |                 |              | 455            | 88.88       |
| % of Calories                  |                 |              |                | 78.1%       |
| Nutrient Guideline             |                 |              | 450-500        |             |

|                                |           |     |         |       |
|--------------------------------|-----------|-----|---------|-------|
| Tue - 10/11/2016               |           |     |         |       |
| k-12 Breakfast                 | Total     | 100 |         |       |
| PEACH CUBES 1/2 CUP            | 1/2 cup   | 100 | 35      | 8.5   |
| APPLESAUCE, UNSWEETENED        | .5 CUP    | 100 | 52      | 13.79 |
| BURRITO, BRK BACON & POTATO    | 1 EACH    | 50  | 100     | 12.5  |
| RICE CRISPY TREAT BROWN RICE   | 1 oz      | 10  | 10      | 1.58  |
| CEREAL,1 BOWL VARIETY          | SERVING   | 50  | 53      | 11.5  |
| YOGURT VARIETYUPSTATE          | 4 OZ      | 60  | 54      | 11.43 |
| MILK 1% SMITHBROTHERS          | HALF PINT | 20  | 22      | 2.6   |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN  | 80  | 104     | 18.4  |
| MILK CHOCOLATE 1/2 GALLON DARI | 1 CUP     | 1   | 2       | 0.31  |
| MILK DARIGOLD 1/2 GALLON       | 1 CUP     | 1   | 1       | 0.13  |
| Weighted Daily Average         |           |     | 433     | 80.73 |
| % of Calories                  |           |     |         | 74.5% |
| Nutrient Guideline             |           |     | 450-500 |       |

|                                |           |     |         |       |
|--------------------------------|-----------|-----|---------|-------|
| Wed - 10/12/2016               |           |     |         |       |
| k-12 Breakfast                 | Total     | 100 |         |       |
| BANANA BREAD ULTRSLICE         | SLICE     | 35  | 98      | 15.4  |
| CEREAL,1 BOWL VARIETY          | SERVING   | 55  | 59      | 12.65 |
| POP TART, WHOLE GRAIN STRAWBER | PASTRY    | 35  | 63      | 13.3  |
| CRACKER WAFFLEGRAHAM           | serving   | 20  | 22      | 4.05  |
| YOGURT VARIETYUPSTATE          | 4 OZ      | 20  | 18      | 3.81  |
| FRUIT,MIXED,,LIGHT: 1/2C       | 1/2 C     | 65  | 44      | 11.62 |
| JUICE ORANGE JUICE CUP J       | 4 OZ      | 75  | 37      | 9.75  |
| MILK 1% SMITHBROTHERS          | HALF PINT | 25  | 28      | 3.25  |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN  | 75  | 97      | 17.25 |
| MILK CHOCOLATE 1/2 GALLON DARI | 1 CUP     | 1   | 2       | 0.31  |
| MILK DARIGOLD 1/2 GALLON       | 1 CUP     | 1   | 1       | 0.13  |
| Weighted Daily Average         |           |     | 470     | 91.52 |
| % of Calories                  |           |     |         | 77.9% |
| Nutrient Guideline             |           |     | 450-500 |       |

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# KENAI PENINSULA BOROUGH

## SCHOOL DISTRICT

Base Menu Spreadsheet

k-12 Breakfast

Weighted Values - Detailed

Page 2

Generated on: 9/30/2016 1:42:57 PM

|                                | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|--------------|----------------|-------------|
| Thu - 10/13/2016               |                 |              |                |             |
| k-12 Breakfast                 | Total           | 100          |                |             |
| PIZZA, BREAKFAST PIZZA SAUSAGE | SLICE           | 85           | 179            | 22.1        |
| CEREAL,1 BOWL VARIETY          | SERVING         | 15           | 16             | 3.45        |
| CRACKER BUNNY GRAHAMS          | PACKAGE         | 15           | 24             | 3.8         |
| YOGURT VARIETY UPSTATE         | 4 OZ            | 5            | 5              | 0.95        |
| STRAWBERRY CUP                 | 1 EACH          | 80           | 87             | 23.5        |
| PEARS, DICED LIGHT SYRUP 1/2 C | .5 CUP          | 80           | 46             | 12.09       |
| MILK 1% SMITH BROTHERS         | HALF PINT       | 25           | 28             | 3.25        |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN        | 75           | 97             | 17.25       |
| MILK CHOCOLATE 1/2 GALLON DARI | 1 CUP           | 1            | 2              | 0.31        |
| MILK DARIGOLD 1/2 GALLON       | 1 CUP           | 1            | 1              | 0.13        |
| Weighted Daily Average         |                 |              | 484            | 86.83       |
| % of Calories                  |                 |              |                | 71.7%       |
| Nutrient Guideline             |                 |              | 450-500        |             |

|                                |           |     |         |       |
|--------------------------------|-----------|-----|---------|-------|
| Fri - 10/14/2016               |           |     |         |       |
| k-12 Breakfast                 | Total     | 100 |         |       |
| FRENCH TOAST STICKS, WG :3 EA  | 3 EA      | 55  | 114     | 14.1  |
| SAUSAGE LINKS L SODIUM 1 ea    | 1 EA      | 55  | 55      | 0.55  |
| CEREAL,1 BOWL VARIETY          | SERVING   | 20  | 21      | 4.6   |
| POP TART, WHOLE GRAIN STRAWBER | PASTRY    | 20  | 36      | 7.6   |
| YOGURT VARIETY UPSTATE         | 4 OZ      | 20  | 18      | 3.81  |
| MANDARIN ORANGE SEGMENTS: 1/2c | .5 CUP    | 50  | 45      | 10.5  |
| PINEAPPLE CHUNKS 1/2C          | 1/2 CUP   | 50  | 37      | 9.58  |
| MILK CHOCOLATE 1/2 GALLON DARI | 1 CUP     | 1   | 2       | 0.31  |
| MILK DARIGOLD 1/2 GALLON       | 1 CUP     | 1   | 1       | 0.13  |
| MILK 1% SMITH BROTHERS         | HALF PINT | 20  | 22      | 2.6   |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN  | 80  | 104     | 18.4  |
| Weighted Daily Average         |           |     | 455     | 72.18 |
| % of Calories                  |           |     |         | 63.4% |
| Nutrient Guideline             |           |     | 450-500 |       |

|                  |  |  |     |       |
|------------------|--|--|-----|-------|
| Weighted Average |  |  | 460 | 84.03 |
|                  |  |  |     | 73.1% |

| Nutrient         | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories         | 460      |           | 450 - 500     | 100%        |           |           |         |                         |
| Carbohydrate (g) | 84.03    | 73.12%    |               |             |           |           |         |                         |

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.