

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

BREAKFAST Elementary

Base Menu Spreadsheet

Weighted Values - Detailed

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Generated on: 10/10/2016 12:50:20 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/03/2016				
BREAKFAST K-5	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	40	43	9.2
CRACKER WAFFLE GRAHAM	serving	25	28	5.06
YOGURT VARIETY UPSTATE	4 OZ	15	14	2.86
BAR BENEFIT COCOA CHIP	BAR	60	162	28.8
APPLESAUCE, UNSWEETENED	.5 CUP	45	23	6.2
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	84	14.95
MILK UHT WHITE	1 EA	20	20	2.4
JUICE APPLE JUICE CUP	1 EACH	90	54	12.6
Weighted Daily Average			444	84.02
% of Calories				75.6%
Nutrient Guideline			350-500	

Tue - 10/04/2016				
BREAKFAST K-5	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	35	37	8.05
YOGURT VARIETY UPSTATE	4 OZ	35	32	6.67
NUTRI-GRAIN BAR, RASPBERRY	BAR	35	42	8.4
BURRITO, BRK BACON & POTATO	1 EACH	65	130	16.25
PEACH CUBES 1/2 CUP	1/2 cup	1	0	0.09
BERRY,TRIPLE BERRY BLEND K-5	SERVING	45	40	9.36
APPLESAUCE UNSWEETENED CUPS	1 EA	85	42	11.9
MILK 1% SMITH BROTHERS	HALF PINT	10	11	1.3
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	84	14.95
MILK UHT WHITE	1 EA	25	25	3.0
Weighted Daily Average			444	79.96
% of Calories				72.1%
Nutrient Guideline			350-500	

Wed - 10/05/2016				
BREAKFAST K-5	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	27	5.75
CRACKER WAFFLE GRAHAM	serving	15	17	3.04
POP TART, WHOLE GRAIN STRAWBER	PASTRY	20	36	7.6
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	55	116	14.3
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	44	11.62
ORANGE JUICE CUP	1 EACH	95	47	12.35
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	60	78	13.8
MILK UHT WHITE	1 EA	25	25	3.0
Weighted Daily Average			406	73.41
% of Calories				72.3%
Nutrient Guideline			350-500	

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

¹ - 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.

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Thu - 10/06/2016				
BREAKFAST K-5	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	27	5.75
NUTRI-GRAIN BAR, RASPBERRY	BAR	25	30	6.0
RICE CRISPY TREAT BROWN RICE	1 oz	20	20	3.16
BREAKFAST WRAP EGG N CHEESE	1 EACH	1	2	0.14
EGG N CHEESE SANDWICH	1 EACH	65	103	12.23
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	65	38	9.83
STRAWBERRY CUP	1 EACH	65	70	19.1
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	65	84	14.95
MILK UHT WHITE	1 EA	20	20	2.4
Weighted Daily Average			410	75.50
% of Calories				73.6%
Nutrient Guideline			350-500	

Fri - 10/07/2016				
BREAKFAST K-5	Total	100		
CEREAL,1 BOWL VARIETY	SERVING	25	27	5.75
POP TART, WHOLE GRAIN STRAWBER	PASTRY	25	45	9.5
YOGURT VARIETY UPSTATE	4 OZ	15	14	2.86
BANANA BREAD ULTR SLICE	SLICE	65	182	28.6
PEACHES, DICED LIGHT S: 1/2 C	4 oz	75	40	10.05
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	85	62	16.28
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	15	19	3.45
MILK 1% SMITH BROTHERS	HALF PINT	65	72	8.45
MILK UHT WHITE	1 EA	20	20	2.4
Weighted Daily Average			480	87.33
% of Calories				72.8%
Nutrient Guideline			350-500	

Weighted Average			437	80.05
				73.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	437		350 - 500	100%				
Carbohydrate (g)	80.05	73.27%						

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