

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

BREAKFAST 6-8

## Base Menu Spreadsheet

### Weighted Values - Detailed

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|                                | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|--------------|----------------|-------------|
| Mon - 10/24/2016               |                 |              |                |             |
| BREAKFAST 6-8                  | Total           | 100          |                |             |
| CEREAL,1 BOWL VARIETY          | SERVING         | 35           | 37             | 8.05        |
| CRACKER WAFFLE GRAHAM          | serving         | 35           | 39             | 7.09        |
| BAR BENEFIT COCOA CHIP         | BAR             | 45           | 122            | 21.6        |
| APPLESAUCE, UNSWEETENED        | .5 CUP          | 60           | 31             | 8.27        |
| MILK 1% SMITH BROTHERS         | HALF PINT       | 40           | 44             | 5.2         |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN        | 50           | 65             | 11.5        |
| JUICE APPLE JUICE CUP          | 1 EACH          | 80           | 48             | 11.2        |
| YOGURT, LI'L YAMI VARIETY      | 4 OZ            | 20           | 26             | 3.63        |
| Weighted Daily Average         |                 |              | 412            | 76.54       |
| % of Calories                  |                 |              |                | 74.3%       |
| Nutrient Guideline             |                 |              | 400-550        |             |

|                                |           |     |         |        |
|--------------------------------|-----------|-----|---------|--------|
| Tue - 10/25/2016               |           |     |         |        |
| BREAKFAST 6-8                  | Total     | 100 |         |        |
| CEREAL, 2 BOWL VARIETY         | SERVING   | 20  | 42      | 9.5    |
| YOGURT, LI'L YAMI VARIETY      | 4 OZ      | 10  | 13      | 1.82   |
| BURRITO, BRK BACON & POTATO    | 1 EACH    | 50  | 100     | 12.5   |
| BERRY,TRIPLE BERRY BLEND K-5   | SERVING   | 95  | 84      | 19.76  |
| APPLESAUCE, UNSWEETENED        | .5 CUP    | 65  | 34      | 8.96   |
| MILK 1% SMITH BROTHERS         | HALF PINT | 25  | 28      | 3.25   |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN  | 65  | 84      | 14.95  |
| STRING CHEESE each             | 1 OZ      | 0   | 0       | *N/A*  |
| MILK UHT WHITE                 | 1 EA      | 10  | 10      | 1.2    |
| RICE CRISPY TREAT BROWN RICE   | 1 oz      | 45  | 44      | 7.1    |
| PEACH CUBES 1/2 CUP            | 1/2 cup   | 0   | 0       | 0.0    |
| Weighted Daily Average         |           |     | 439     | *79.04 |
| % of Calories                  |           |     |         | *72.1% |
| Nutrient Guideline             |           |     | 400-550 |        |

|                                |           |     |         |       |
|--------------------------------|-----------|-----|---------|-------|
| Wed - 10/26/2016               |           |     |         |       |
| BREAKFAST 6-8                  | Total     | 100 |         |       |
| CEREAL,1 BOWL VARIETY          | SERVING   | 20  | 21      | 4.6   |
| POP TART, WHOLE GRAIN STRAWBER | PASTRY    | 15  | 27      | 5.7   |
| YOGURT, LI'L YAMI VARIETY      | 4 OZ      | 20  | 26      | 3.63  |
| BANANA BREAD ULTR SLICE        | SLICE     | 65  | 182     | 28.6  |
| FRUIT,MIXED,,LIGHT: 1/2 C      | 1/2 C     | 80  | 54      | 14.3  |
| JUICE ORANGE JUICE CUP J       | 4 OZ      | 95  | 47      | 12.35 |
| MILK DARIGOLD WHITE 1% HALF P  | HALF PINT | 25  | 28      | 3.25  |
| MILK, DARIGOLD CHOC FF HALF PI | HALF PINT | 65  | 91      | 18.2  |
| MILK UHT WHITE                 | 1 EA      | 10  | 10      | 1.2   |
| Weighted Daily Average         |           |     | 487     | 91.84 |
| % of Calories                  |           |     |         | 75.5% |
| Nutrient Guideline             |           |     | 400-550 |       |

\*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.

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BREAKFAST 6-8

Base Menu Spreadsheet

Weighted Values - Detailed

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|                                | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|--------------|----------------|-------------|
| Thu - 10/27/2016               |                 |              |                |             |
| BREAKFAST 6-8                  | Total           | 100          |                |             |
| CEREAL, 1 BOWL VARIETY         | SERVING         | 25           | 27             | 5.75        |
| NUTRI-GRAIN BAR, STRAWBERRY    | BAR             | 25           | 30             | 6.0         |
| PIZZA, BREAKFAST PIZZA SAUSAGE | SLICE           | 50           | 105            | 13.0        |
| PEARS, DICED LIGHT SYRUP 1/2 C | .5 CUP          | 80           | 46             | 12.09       |
| STRAWBERRY CUP                 | 1 EACH          | 85           | 92             | 24.97       |
| MILK 1% SMITH BROTHERS         | HALF PINT       | 25           | 28             | 3.25        |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN        | 65           | 84             | 14.95       |
| MILK UHT WHITE                 | 1 EA            | 10           | 10             | 1.2         |
| CRACKER WAFFLE GRAHAM          | serving         | 20           | 22             | 4.05        |
| Weighted Daily Average         |                 |              | 445            | 85.26       |
| % of Calories                  |                 |              |                | 76.7%       |
| Nutrient Guideline             |                 |              | 400-550        |             |

|                                |           |     |         |       |
|--------------------------------|-----------|-----|---------|-------|
| Fri - 10/28/2016               |           |     |         |       |
| BREAKFAST 6-8                  | Total     | 100 |         |       |
| CEREAL, 1 BOWL VARIETY         | SERVING   | 40  | 43      | 9.2   |
| POP TART, WHOLE GRAIN STRAWBER | PASTRY    | 20  | 36      | 7.6   |
| YOGURT, L'L YAMI VARIETY       | 4 OZ      | 20  | 26      | 3.63  |
| PINEAPPLE CHUNKS 1/2 C         | 1/2 CUP   | 80  | 59      | 15.32 |
| MANDARIN ORANGE SEGMENTS: 1/2c | .5 CUP    | 80  | 72      | 16.8  |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN  | 65  | 84      | 14.95 |
| MILK 1% SMITH BROTHERS         | HALF PINT | 20  | 22      | 2.6   |
| MILK UHT WHITE                 | 1 EA      | 10  | 10      | 1.2   |
| BREAKFAST WRAP EGG N CHEESE    | 1 EACH    | 45  | 81      | 6.3   |
| Weighted Daily Average         |           |     | 433     | 77.61 |
| % of Calories                  |           |     |         | 71.7% |
| Nutrient Guideline             |           |     | 400-550 |       |

|                  |  |  |     |        |
|------------------|--|--|-----|--------|
| Weighted Average |  |  | 443 | *82.06 |
|                  |  |  |     | *74.1% |

| Nutrient         | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories         | 443      |           | 400 - 550     | 100%        |           |           |         |                         |
| Carbohydrate (g) | 82.06    | 74.10%    |               |             | Missing   |           |         |                         |

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