

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

Page 1

Generated on: 11/1/2016 4:12:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 11/01/2016				
LUNCH 6-8	Total	100		
PULLED PORK SANDWICH	4.20	50	310	33.0
ROLL DINNER WG BAKER BOY	ROLL	50	110	19.0
CHICKEN NUGGETS,(5 EACH)	SERVING	50	260	16.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	75	100	15.0
PEARS,FRESH	1 EACH	75	101	27.11
BEANS BAKED 1/2	1/2 CUP	60	140	25.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			689	99.78
% of Calories				57.9%
Nutrient Guideline			600-700	

Wed - 11/02/2016				
LUNCH 6-8	Total	100		
FRENCH TOAST STICKS, WG :3 EA	3 EA	80	208	25.64
SAUSAGE LINKS 2	2 EACH	80	43	1.0
HAM & CHEESE HOAGIE GRADE K-8	1 EA	20	225	31.43
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	20	6	1.32
POTATO, TATER TOTS: 6-12 (15)	15 EACH	85	225	25.5
STRAWBERRY CUP	1 EACH	75	108	29.38
JUICE/FRUITABLES/TROPICAL	6.75 OZ	60	90	22.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			688	103.97
% of Calories				60.5%
Nutrient Guideline			600-700	

Thu - 11/03/2016				
LUNCH 6-8	Total	100		
SPAGHETTI AND MEAT SAUCE	1 CUP	50	266	41.86
PIZZA STICK BOSCO 7 "	STICK	50	240	29.0
BREAD, TOAST GARLIC MINI (2)	2 oz SLICE	50	140	24.0
SPINACH SALAD	1.5 CUP	60	159	10.23
SALAD DRESSING, RANCH	1.5 OZ	60	101	2.73
JUICE APPLE JUICE CUP	1 EACH	80	60	14.0
ORANGES,FRESH	1 EACH	80	45	11.28
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average			689	96.42
% of Calories				56.0%
Nutrient Guideline			600-700	

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

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Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

Page 2

Generated on: 11/1/2016 4:12:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 11/04/2016				
LUNCH 6-8	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	25	220	18.0
CORN DOG CHICKEN	1 EACH	75	240	30.0
BROCCOLI RAW EL 1/2	1/2 C	60	39	7.53
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	9.34
PEACH CUBES 3/4 CUP	3/4 cup	90	39	9.56
PRETZEL GOLDFISH CRACKERS	BAG	90	90	16.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
KETCHUP:3	PKG	80	10	2.0
TARTAR SAUCE: scratch	1 OZ	25	77	6.52
HUMMAS DIP TRADITIONAL .85 V	1 EACH	60	110	12.0
Weighted Daily Average			618	91.56
% of Calories				59.3%
Nutrient Guideline			600-700	

Mon - 11/07/2016				
LUNCH 6-8	Total	100		
CHICKEN, POPCORN	serv 3.36 oz	75	253	16.21
ROLL DINNER WG BAKER BOY	ROLL	75	110	19.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	293	30.31
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	25	6	1.32
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	75	21	4.56
APPLES, FRESH, W/SKIN	1 EACH	90	77	20.58
JUICE/FRUITABLES/TROPICAL	6.75 OZ	100	90	22.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average			649	99.26
% of Calories				61.2%
Nutrient Guideline			600-700	

Tue - 11/08/2016				
LUNCH 6-8	Total	100		
Cindys Fiesta Bowl each 3/4 ri	serving	40	387	47.54
TORTILLA WHEAT 10" 1/2 tortilla	1/2	40	100	18.0
CHICKEN TAQUITOS	3 EACH	60	330	39.0
SALSA, GREEN CHILI TOMATO, CH	2 oz	85	13	2.77
REFRIED BEANS, TRADITIO : 1/2 C	1/2 C	40	120	18.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	53	13.39
JUICE APPLE JUICE CUP	1 EACH	75	60	14.0
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	80	0.57
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average			684	98.96
% of Calories				57.9%
Nutrient Guideline			600-700	

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Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

Page 3

Generated on: 11/1/2016 4:12:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 11/09/2016				
LUNCH 6-8	Total	100		
EGG ROLL (1 EACH)	ROLL	80	160	20.0
PORK NUGGETS HONEY BB-Q-2 ea	2 each	80	133	5.33
RICE FRIED VEG.	SERVING (3/4C)	50	270	54.0
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	20	267	10.67
ROLL DINNER WG BAKER BOY	ROLL	20	110	19.0
BROCCOLI RAW 3/4 C	.75 C	60	15	2.79
APPLESAUCE, UNSWEETENED	.5 CUP	65	52	13.79
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	65	73	19.15
HUMMAS DIP TRADITIONAL .85 V	1 EACH	45	110	12.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			699	100.88
% of Calories				57.7%
Nutrient Guideline			600-700	

Thu - 11/10/2016				
LUNCH 6-8	Total	100		
Vegetarian Chili 1 c	1 CUP	25	89	13.47
BREAD, TOAST GARLIC MINI (2)	2 oz SLICE	100	140	24.0
CHICKEN, POPCORN	serv 3.36 oz	70	253	16.21
SALAD DRESSING, RANCH	1.5 OZ	55	101	2.73
SALAD, ROMAINE 2016	1.5 CUP	55	84	19.02
BANANAS, RAW FRESH	1 EACH	75	90	23.07
JUICE APPLE JUICE CUP	1 EACH	65	60	14.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average			674	98.08
% of Calories				58.2%
Nutrient Guideline			600-700	

Fri - 11/11/2016				
LUNCH 6-8	Total	100		
CORN DOG CHICKEN	1 EACH	80	240	30.0
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	20	203	12.0
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	95	99	22.87
FRUIT, MIXED,, LIGHT: 1/2 C	1/2 C	65	68	17.88
CARROTS, RAW BABY EL 4 oz	4 OZ	45	40	9.34
SALAD DRESSING, RANCH	1.5 OZ	45	101	2.73
CRACKER WAFFLE GRAHAM	serving	65	111	20.25
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average			632	99.34
% of Calories				62.8%
Nutrient Guideline			600-700	

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LUNCH 6-8

Portion Values - Detailed

Page 4

Generated on: 11/1/2016 4:12:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 11/14/2016				
LUNCH 6-8	Total	100		
CHICKEN NUGGETS,(5 EACH)	1 EACH	80	260	16.0
EGG ROLL (1 EACH)	ROLL	20	160	20.0
chicken nugget ea	2 each	20	104	6.4
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	65	39	7.4
RICE, BROWN LONG, 1/2 C	1/2 CUP	80	108	22.39
APPLESAUCE, UNSWEETENED	.5 CUP	95	52	13.79
JUICE/FRUITABLES/TROPICAL	6.75 OZ	90	90	22.0
MILK 1% SMITH BROTHERS	HALF PINT	10	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	23.0
Weighted Daily Average			624	94.55
% of Calories				60.6%
Nutrient Guideline			600-700	

Tue - 11/15/2016				
LUNCH 6-8	Total	100		
BBQ PORK HOAGIE	1 EACH	50	400	39.0
CORN DOG CHICKEN	1 EACH	50	240	30.0
SWEET POTATO LATTICE FF 3/4	3/4 CUP	70	191	24.75
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	80	68	17.88
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	90	73	19.15
GREEN BEANS, CUT;K-51/2 C	.50 CUP	20	14	3.04
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			696	103.82
% of Calories				59.6%
Nutrient Guideline			600-700	

Wed - 11/16/2016				
LUNCH 6-8	Total	100		
CHICKEN TAQUITOS	3 EACH	60	330	39.0
CHICKEN FAJITA QUES W/BEAN K-8	1 EACH	40	356	46.47
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	45	120	18.0
APPLES,FRESH,W/SKIN	1 EACH	75	77	20.58
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	9.34
SALAD DRESSING, RANCH	1.5 OZ	60	101	2.73
SALSA , GREEN CHILI TOMATO, CH	2 oz	60	13	2.77
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			658	93.63
% of Calories				56.9%
Nutrient Guideline			600-700	

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LUNCH 6-8

Portion Values - Detailed

Page 5

Generated on: 11/1/2016 4:12:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 11/17/2016				
LUNCH 6-8	Total	100		
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA)	35	350	19.0
CHEESE, AMERICAN RF 1 slice	SLICE	65	35	1.0
HAMBURGER ELE	1 EACH	50	268	31.0
POTATOES, MASHED INSTANT:3/4 c	3/4 c	80	135	25.5
GRAVY BROWN	2 OZ	80	25	0.0
WINTER MIX :3/4 C K-5	3/4 C	60	50	8.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	90	53	13.39
ROLL DINNER WG BAKER BOY	ROLL	80	110	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			687	94.46
% of Calories				55.0%
Nutrient Guideline			600-700	

Fri - 11/18/2016				
LUNCH 6-8	Total	100		
PIZZA 4X6 TONY'S	SLICE	85	300	33.0
CHICKEN, POPCORN	serv 3.36 oz	15	253	16.21
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	75	58	15.12
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	75	99	22.87
APPLES,FRESH,W/SKIN	1 EACH	35	77	20.58
COOKIE SNICKERDOODLE (2)	1 EACH	50	200	38.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	23.0
Weighted Daily Average			665	106.67
% of Calories				64.2%
Nutrient Guideline			600-700	

Mon - 11/21/2016				
LUNCH 6-8	Total	100		
CORN DOG CHICKEN	1 EACH	80	240	30.0
BBQ PORK HOAGIE	1 EACH	20	400	39.0
BEANS BAKED 1/2	1/2 CUP	35	140	25.0
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	13.79
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	65	85	11.0
JUICE APPLE JUICE CUP	1 EACH	90	60	14.0
CRACKER WAFFLE GRAHAM	serving	60	111	20.25
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	23.0
Weighted Daily Average			668	105.67
% of Calories				63.2%
Nutrient Guideline			600-700	

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

Page 6

Generated on: 11/1/2016 4:12:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 11/22/2016				
LUNCH 6-8	Total	100		
CHEESE, AMERICAN RF 1 slice	SLICE	80	35	1.0
HAMBURGER ELE	1 EACH	80	268	31.0
CHICKEN, POPCORN	serv 3.36 oz	20	253	16.21
POTATO, CRINKLE CUT: 4 OZ	4 OZ	80	160	25.33
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	75	21	4.56
BANANAS,RAW FRESH	1 EACH	80	90	23.07
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	80	6	1.32
KETCHUP:3	PKG	100	10	2.0
Weighted Daily Average			638	93.24
% of Calories				58.5%
Nutrient Guideline			600-700	

Wed - 11/23/2016				
LUNCH 6-8	Total	100		
Sweet N Sour Chicken	3.9 oz	80	190	25.0
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA)	20	350	19.0
RICE, BROWN LONG, 3/4 C	3/4 CUP	70	162	33.59
BROCCOLI RAW 3/4 C	.75 C	65	15	2.79
MANDARIN ORANGE SEG LIGHT 3/4	3/4	80	180	42.0
APPLESAUCE, UNSWEETENED	.5 CUP	45	52	13.79
SALAD DRESSING, RANCH	1.5 OZ	65	101	2.73
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
PRETZEL GOLDFISH CRACKERS	BAG	80	90	16.0
Weighted Daily Average			764	122.70
% of Calories				64.2%
Nutrient Guideline			600-700	

Thu - 11/24/2016				
LUNCH 6-8	Total	100		
TACO BEEF & BEAN K-8 GRADE	2 each	30	127	12.07
PIZZA STICK BOSCO 7 "	STICK	70	240	29.0
SALAD, ROMAINE 2016	SRV	100	56	12.68
SALAD DRESSING, RANCH	1.5 OZ	100	101	2.73
PEARS,FRESH	1 EACH	100	101	27.11
ORANGE JUICE CUP	1 EACH	100	50	13.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	65	6	1.32
SALSA , GREEN CHILI TOMATO, CH	2 oz	30	13	2.77
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	23.0
Weighted Daily Average			649	102.63
% of Calories				63.2%
Nutrient Guideline			600-700	

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Page 7

Generated on: 11/1/2016 4:12:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 11/25/2016				
LUNCH 6-8	Total	100		
CHICKEN BREAD K-6 san new BUN	PATTY	80	393	42.21
BURRITO BEAN & CHEESE ZESTY	1 EA	20	290	42.0
SALSA , GREEN CHILI TOMATO, CH	2 oz	20	13	2.77
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	65	99	22.87
STRAWBERRY CUP	1 EACH	80	108	29.38
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	25	6	1.32
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	53	13.39
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			676	109.32
% of Calories				64.7%
Nutrient Guideline			600-700	

Mon - 11/28/2016				
LUNCH 6-8	Total	100		
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	80	267	10.67
CHICKEN, POPCORN	serv 3.36 oz	20	253	16.21
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	22.39
FRUIT, MIXED, CND, LIGHT: 3/4 C	3/4 C	75	102	26.82
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	85	21	4.56
COOKIE SNICKERDOODLE (2)	1 EACH	90	200	38.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			760	111.56
% of Calories				58.7%
Nutrient Guideline			600-700	

Tue - 11/29/2016				
LUNCH 6-8	Total	100		
PULLED PORK SANDWICH	4.20	50	310	33.0
ROLL DINNER WG BAKER BOY	ROLL	50	110	19.0
CHICKEN NUGGETS, (5 EACH)	SERVING	50	260	16.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	75	100	15.0
PEARS, FRESH	1 EACH	75	101	27.11
BEANS BAKED 1/2	1/2 CUP	60	140	25.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			689	99.78
% of Calories				57.9%
Nutrient Guideline			600-700	

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LUNCH 6-8

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Page 8

Generated on: 11/1/2016 4:12:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 11/30/2016				
LUNCH 6-8	Total	100		
FRENCH TOAST STICKS, WG :3 EA	3 EA	80	208	25.64
SAUSAGE LINKS 2	2 EACH	80	43	1.0
HAM & CHEESE HOAGIE GRADE K-8	1 EA	20	225	31.43
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	20	6	1.32
POTATO, TATER TOTS: 6-12 (15)	15 EACH	95	225	25.5
STRAWBERRY CUP	1 EACH	75	108	29.38
JUICE APPLE CUP JOHA	4 OZ	60	60	14.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			692	101.72
% of Calories				58.8%
Nutrient Guideline			600-700	

Weighted Average			677	101.27 59.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	677		600 - 700	100%				
Carbohydrate (g)	101.27	59.85%						

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.