

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2016 thru Nov 30, 2016

High School/ So. Prep/Kenai Alt./ NI HI

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 11/01/2016				
LUNCH 9-12	Total	100		
BBQ PORK HOAGIE	1 EACH	50	400	39.0
Cindys Fiesta Bowl each 3/4 ri	serving	25	387	47.54
TORTILLA WHEAT 10"	1 EA	25	200	36.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	293	30.31
FRUIT BAR FRESH HS	1 EACH	40	67	17.3
VEGETABLE BAR HS	SERVINGS	60	48	9.84
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
SALAD DRESSING, RANCH	1.5 OZ	60	101	2.73
JUICE/FRUITABLES/TROPICAL	6.75 OZ	55	90	22.0
COOKIE SNICKERDOODLE	1 EACH	80	100	19.0
Weighted Daily Average			787	110.07
% of Calories				56.0%
Nutrient Guideline			750-850	

Wed - 11/02/2016				
LUNCH 9-12	Total	100		
CHICKEN PATTY BREADED 7-12 san	PATTY	30	342	38.11
CHICKEN TAQUITOS HS	4 EACH	30	440	52.0
BURRITO, CHEESE/BEAN ZESTY CN	1 EACH	40	290	42.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	100	15.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	60	120	18.0
ORANGE JUICE CUP	1 EACH	95	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
FRUIT BAR FRESH HS	1 EACH	95	67	17.3
SALSA , GREEN CHILI TOMATO, CH	2 oz	30	13	2.77
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	80	0.57
Weighted Daily Average			776	117.47
% of Calories				60.5%
Nutrient Guideline			750-850	

Thu - 11/03/2016				
LUNCH 9-12	Total	100		
WRAP, HAM 9-12 GRADE	1 EACH	25	379	38.99
BREAD BEEF FINGER BOWL	SV	15	584	71.32
BOSCO CHEESE STICK WG-2	Bread Stick (2)	60	300	34.0
ROLL DINNER WG BAKER BOY	ROLL	15	110	19.0
FRUIT BAR FRESH HS	1 EACH	40	67	17.3
VEGETABLE BAR HS	SERVINGS	60	48	9.84
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
SALAD DRESSING, RANCH	1.5 OZ	60	101	2.73
EDAMANE SUCCOTASH	4 OZ	45	133	13.33
DIPPING SAUCE 6-12 4 oz	4 OZ	45	45	11.76
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	20	6	1.32
PEACH CUBES 1/2 CUP	1/2 cup	95	35	8.5

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

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Nov 1, 2016 thru Nov 30, 2016

High School/ So. Prep/Kenai Alt./ NI HIGH

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			729	97.64 53.5%
Nutrient Guideline			750-850	

Fri - 11/04/2016				
LUNCH 9-12	Total	100		
BEEF PATTY MESQUITE CHARBROILE	1 ea	30	347	31.4
PIZZA PRIMO BIG DADDY 16"	SLICE	30	370	35.96
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	30	267	10.67
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	225	25.5
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	50	21	4.56
FRUIT BAR FRESH HS	1 EACH	50	67	17.3
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	85	68	17.88
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
KETCHUP:3	PKG	75	10	2.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	30	6	1.32
ROLL DINNER WG BAKER BOY	ROLL	40	110	19.0
PRETZEL GOLDFISH CRACKERS	BAG	65	90	16.0
Weighted Daily Average % of Calories			815	110.83 54.4%
Nutrient Guideline			750-850	

Mon - 11/07/2016				
LUNCH 9-12	Total	100		
PIZZA PRIMO BIG DADDY 16"	SLICE	35	370	35.96
Sweet N Sour Chicken	3.9 oz	45	190	25.0
CHICKEN, POPCORN	serv 3.36 oz	25	253	16.21
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	95	39	7.4
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	80	85	11.0
FRUIT BAR FRESH HS	1 EACH	95	67	17.3
JUICE APPLE JUICE CUP	1 EACH	95	60	14.0
RICE, BROWN LONG, 3/4 C	3/4 CUP	75	162	33.59
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average % of Calories			752	119.64 63.7%
Nutrient Guideline			750-850	

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2016 thru Nov 30, 2016

High School/ So. Prep/Kenai Alt./ NI HI

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 11/08/2016				
LUNCH 9-12	Total	100		
BBQ PORK HOAGIE	1 EACH	50	400	39.0
Cindys Fiesta Bowl each 3/4 ri	serving	25	387	47.54
TORTILLA WHEAT 10"	1 EA	25	200	36.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	293	30.31
FRUIT BAR FRESH HS	1 EACH	40	67	17.3
VEGETABLE BAR HS	SERVINGS	60	48	9.84
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
SALAD DRESSING, RANCH	1.5 OZ	60	101	2.73
JUICE/FRUITABLES/TROPICAL	6.75 OZ	55	90	22.0
COOKIE SNICKERDOODLE	1 EACH	80	100	19.0
Weighted Daily Average			787	110.07
% of Calories				56.0%
Nutrient Guideline			750-850	

Wed - 11/09/2016				
LUNCH 9-12	Total	100		
CHICKEN PATTY BREADED 7-12 san	PATTY	30	342	38.11
CHICKEN TAQUITOS HS	4 EACH	30	440	52.0
BURRITO, CHEESE/BEAN ZESTY CN	1 EACH	40	290	42.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	100	15.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	60	120	18.0
ORANGE JUICE CUP	1 EACH	95	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
FRUIT BAR FRESH HS	1 EACH	95	67	17.3
SALSA , GREEN CHILI TOMATO, CH	2 oz	30	13	2.77
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	80	0.57
Weighted Daily Average			776	117.47
% of Calories				60.5%
Nutrient Guideline			750-850	

Thu - 11/10/2016				
LUNCH 9-12	Total	100		
WRAP, HAM 9-12 GRADE	1 EACH	25	379	38.99
BREAD BEEF FINGER BOWL	SV	15	584	71.32
BOSCO CHEESE STICK WG-2	Bread Stick (2)	60	300	34.0
ROLL DINNER WG BAKER BOY	ROLL	15	110	19.0
FRUIT BAR FRESH HS	1 EACH	40	67	17.3
VEGETABLE BAR HS	SERVINGS	60	48	9.84
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
SALAD DRESSING, RANCH	1.5 OZ	60	101	2.73
EDAMANE SUCCOTASH	4 OZ	45	133	13.33
DIPPING SAUCE 6-12 4 oz	4 OZ	45	45	11.76
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	20	6	1.32
PEACH CUBES 1/2 CUP	1/2 cup	95	35	8.5

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Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2016 thru Nov 30, 2016

High School/ So. Prep/Kenai Alt./ NI HI

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			729	97.64 53.5%
Nutrient Guideline			750-850	

Fri - 11/11/2016				
LUNCH 9-12	Total	100		
BEEF PATTY MESQUITE CHARBROILE	1 ea	30	347	31.4
PIZZA PRIMO BIG DADDY 16"	SLICE	30	370	35.96
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	30	267	10.67
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	225	25.5
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	50	21	4.56
FRUIT BAR FRESH HS	1 EACH	50	67	17.3
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	85	68	17.88
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
KETCHUP:3	PKG	75	10	2.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	30	6	1.32
ROLL DINNER WG BAKER BOY	ROLL	40	110	19.0
PRETZEL GOLDFISH CRACKERS	BAG	65	90	16.0
Weighted Daily Average % of Calories			815	110.83 54.4%
Nutrient Guideline			750-850	

Mon - 11/14/2016				
LUNCH 9-12	Total	100		
PIZZA PRIMO BIG DADDY 16"	SLICE	35	370	35.96
Sweet N Sour Chicken	3.9 oz	45	190	25.0
CHICKEN, POPCORN	serv 3.36 oz	25	253	16.21
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	95	39	7.4
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	80	85	11.0
FRUIT BAR FRESH HS	1 EACH	95	67	17.3
JUICE APPLE JUICE CUP	1 EACH	95	60	14.0
RICE, BROWN LONG, 3/4 C	3/4 CUP	75	162	33.59
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average % of Calories			752	119.64 63.7%
Nutrient Guideline			750-850	

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Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2016 thru Nov 30, 2016

High School/ So. Prep/Kenai Alt./ NI HI

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 11/15/2016				
LUNCH 9-12	Total	100		
BBQ PORK HOAGIE	1 EACH	50	400	39.0
Cindys Fiesta Bowl each 3/4 ri	serving	25	387	47.54
TORTILLA WHEAT 10"	1 EA	25	200	36.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	293	30.31
FRUIT BAR FRESH HS	1 EACH	40	67	17.3
VEGETABLE BAR HS	SERVINGS	60	48	9.84
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
SALAD DRESSING, RANCH	1.5 OZ	60	101	2.73
JUICE/FRUITABLES/TROPICAL	6.75 OZ	55	90	22.0
COOKIE SNICKERDOODLE	1 EACH	80	100	19.0
Weighted Daily Average			787	110.07
% of Calories				56.0%
Nutrient Guideline			750-850	

Wed - 11/16/2016				
LUNCH 9-12	Total	100		
CHICKEN PATTY BREADED 7-12 san	PATTY	30	342	38.11
CHICKEN TAQUITOS HS	4 EACH	30	440	52.0
BURRITO, CHEESE/BEAN ZESTY CN	1 EACH	40	290	42.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	100	15.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	60	120	18.0
ORANGE JUICE CUP	1 EACH	95	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
FRUIT BAR FRESH HS	1 EACH	95	67	17.3
SALSA , GREEN CHILI TOMATO, CH	2 oz	30	13	2.77
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	80	0.57
Weighted Daily Average			776	117.47
% of Calories				60.5%
Nutrient Guideline			750-850	

Thu - 11/17/2016				
LUNCH 9-12	Total	100		
WRAP, HAM 9-12 GRADE	1 EACH	25	379	38.99
BREAD BEEF FINGER BOWL	SV	15	584	71.32
BOSCO CHEESE STICK WG-2	Bread Stick (2)	60	300	34.0
ROLL DINNER WG BAKER BOY	ROLL	15	110	19.0
FRUIT BAR FRESH HS	1 EACH	40	67	17.3
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SALAD DRESSING, RANCH	1.5 OZ	60	101	2.73
EDAMANE SUCCOTASH	4 OZ	45	133	13.33
DIPPING SAUCE 6-12 4 oz	4 OZ	45	45	11.76
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	20	6	1.32
PEACH CUBES 1/2 CUP	1/2 cup	95	35	8.5

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High School/ So. Prep/Kenai Alt./ NI HI

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			729	97.64 53.5%
Nutrient Guideline			750-850	

Fri - 11/18/2016				
LUNCH 9-12	Total	100		
BEEF PATTY MESQUITE CHARBROILE	1 ea	30	347	31.4
PIZZA PRIMO BIG DADDY 16"	SLICE	30	370	35.96
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	30	267	10.67
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	225	25.5
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	50	21	4.56
FRUIT BAR FRESH HS	1 EACH	50	67	17.3
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	85	68	17.88
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
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KETCHUP:3	PKG	75	10	2.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	30	6	1.32
ROLL DINNER WG BAKER BOY	ROLL	40	110	19.0
PRETZEL GOLDFISH CRACKERS	BAG	65	90	16.0
Weighted Daily Average % of Calories			815	110.83 54.4%
Nutrient Guideline			750-850	

Mon - 11/21/2016				
LUNCH 9-12	Total	100		
PIZZA PRIMO BIG DADDY 16"	SLICE	35	370	35.96
Sweet N Sour Chicken	3.9 oz	45	190	25.0
CHICKEN, POPCORN	serv 3.36 oz	25	253	16.21
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	95	39	7.4
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	80	85	11.0
FRUIT BAR FRESH HS	1 EACH	95	67	17.3
JUICE APPLE JUICE CUP	1 EACH	95	60	14.0
RICE, BROWN LONG, 3/4 C	3/4 CUP	75	162	33.59
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High School/ So. Prep/Kenai Alt./ NI HI

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LUNCH 9-12	Total	100		
BBQ PORK HOAGIE	1 EACH	50	400	39.0
Cindys Fiesta Bowl each 3/4 ri	serving	25	387	47.54
TORTILLA WHEAT 10"	1 EA	25	200	36.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	293	30.31
FRUIT BAR FRESH HS	1 EACH	40	67	17.3
VEGETABLE BAR HS	SERVINGS	60	48	9.84
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COOKIE SNICKERDOODLE	1 EACH	80	100	19.0
Weighted Daily Average			787	110.07
% of Calories				56.0%
Nutrient Guideline			750-850	

Wed - 11/23/2016				
LUNCH 9-12	Total	100		
CHICKEN PATTY BREADED 7-12 san	PATTY	30	342	38.11
CHICKEN TAQUITOS HS	4 EACH	30	440	52.0
BURRITO, CHEESE/BEAN ZESTY CN	1 EACH	40	290	42.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	100	15.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	60	120	18.0
ORANGE JUICE CUP	1 EACH	95	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
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CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	80	0.57
Weighted Daily Average			776	117.47
% of Calories				60.5%
Nutrient Guideline			750-850	

Thu - 11/24/2016				
LUNCH 9-12	Total	100		
WRAP, HAM 9-12 GRADE	1 EACH	25	379	38.99
BREAD BEEF FINGER BOWL	SV	15	584	71.32
BOSCO CHEESE STICK WG-2	Bread Stick (2)	60	300	34.0
ROLL DINNER WG BAKER BOY	ROLL	15	110	19.0
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MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
SALAD DRESSING, RANCH	1.5 OZ	60	101	2.73
EDAMANE SUCCOTASH	4 OZ	45	133	13.33
DIPPING SAUCE 6-12 4 oz	4 OZ	45	45	11.76
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	20	6	1.32
PEACH CUBES 1/2 CUP	1/2 cup	95	35	8.5

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			729	97.64 53.5%
Nutrient Guideline			750-850	

Fri - 11/25/2016				
LUNCH 9-12	Total	100		
BEEF PATTY MESQUITE CHARBROILE	1 ea	30	347	31.4
PIZZA PRIMO BIG DADDY 16"	SLICE	30	370	35.96
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	30	267	10.67
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	225	25.5
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	50	21	4.56
FRUIT BAR FRESH HS	1 EACH	50	67	17.3
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	85	68	17.88
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
KETCHUP:3	PKG	75	10	2.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	30	6	1.32
ROLL DINNER WG BAKER BOY	ROLL	40	110	19.0
PRETZEL GOLDFISH CRACKERS	BAG	65	90	16.0
Weighted Daily Average % of Calories			815	110.83 54.4%
Nutrient Guideline			750-850	

Mon - 11/28/2016				
LUNCH 9-12	Total	100		
PIZZA PRIMO BIG DADDY 16"	SLICE	35	370	35.96
Sweet N Sour Chicken	3.9 oz	45	190	25.0
CHICKEN, POPCORN	serv 3.36 oz	25	253	16.21
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	95	39	7.4
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	80	85	11.0
FRUIT BAR FRESH HS	1 EACH	95	67	17.3
JUICE APPLE JUICE CUP	1 EACH	95	60	14.0
RICE, BROWN LONG, 3/4 C	3/4 CUP	75	162	33.59
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
Weighted Daily Average % of Calories			752	119.64 63.7%
Nutrient Guideline			750-850	

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.

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2016 thru Nov 30, 2016

High School/ So. Prep/Kenai Alt./ NI HI

Generated on: 11/1/2016 4:14:33 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 11/29/2016				
LUNCH 9-12	Total	100		
BBQ PORK HOAGIE	1 EACH	50	400	39.0
Cindys Fiesta Bowl each 3/4 ri	serving	25	387	47.54
TORTILLA WHEAT 10"	1 EA	25	200	36.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	293	30.31
FRUIT BAR FRESH HS	1 EACH	40	67	17.3
VEGETABLE BAR HS	SERVINGS	60	48	9.84
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
SALAD DRESSING, RANCH	1.5 OZ	60	101	2.73
JUICE/FRUITABLES/TROPICAL	6.75 OZ	55	90	22.0
COOKIE SNICKERDOODLE	1 EACH	80	100	19.0
Weighted Daily Average			787	110.07
% of Calories				56.0%
Nutrient Guideline			750-850	

Wed - 11/30/2016				
LUNCH 9-12	Total	100		
CHICKEN PATTY BREADED 7-12 san	PATTY	30	342	38.11
CHICKEN TAQUITOS HS	4 EACH	30	440	52.0
BURRITO, CHEESE/BEAN ZESTY CN	1 EACH	40	290	42.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	100	15.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	60	120	18.0
ORANGE JUICE CUP	1 EACH	95	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
FRUIT BAR FRESH HS	1 EACH	95	67	17.3
SALSA , GREEN CHILI TOMATO, CH	2 oz	30	13	2.77
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	80	0.57
Weighted Daily Average			776	117.47
% of Calories				60.5%
Nutrient Guideline			750-850	

Weighted Average			773	111.37
				57.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	773		750 - 850	100%				
Carbohydrate (g)	111.37	57.66%						

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