

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 11/1/2016 4:07:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 11/01/2016				
LUNCH K-5	Total	100		
PULLED PORK SANDWICH	4.20	100	310	33.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	100	100	15.0
PEARS,FRESH	1 EACH	65	101	27.11
BEANS BAKED 1/2	1/2 CUP	40	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			646	94.82
% of Calories				58.7%
Nutrient Guideline			550-650	

Wed - 11/02/2016				
LUNCH K-5	Total	100		
FRENCH TOAST STICKS, WG :3 EA	3 EA	100	208	25.64
SAUSAGE LINKS 2	2 EACH	100	43	1.0
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	225	25.5
STRAWBERRY CUP	1 EACH	70	108	29.38
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
JUICE APPLE CUP JOHA	4 OZ	85	60	14.0
Weighted Daily Average			672	98.71
% of Calories				58.7%
Nutrient Guideline			550-650	

Thu - 11/03/2016				
LUNCH K-5	Total	100		
SPAGHETTI AND MEAT SAUCE	1 CUP	100	266	41.86
BREAD, TOAST GARLIC MINI (2)	2 oz SLICE	100	140	24.0
SPINACH SALAD	1.5 CUP	50	159	10.23
SALAD DRESSING, RANCH	1.5 OZ	50	101	2.73
JUICE APPLE CUP JOHA	4 OZ	100	60	14.0
ORANGES,FRESH	1 EACH	65	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			751	114.67
% of Calories				61.0%
Nutrient Guideline			550-650	

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.

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 2

Generated on: 11/1/2016 4:07:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 11/04/2016				
LUNCH K-5	Total	100		
POLLOCK BAJA FISH WG STICKS,	4 PIECES	95	220	18.0
BROCCOLI RAW EL 1/2	1/2 C	60	39	7.53
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	9.34
PRETZEL GOLDFISH CRACKERS	BAG	65	90	16.0
PEACH CUBES 1/2 CUP	1/2 CUP	50	35	8.5
MILK 1% SMITH BROTHERS	HALF PINT	80	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	23.0
TARTAR SAUCE: scratch	1 OZ	80	77	6.52
HUMMAS RANCH DIP V.94	SERVING	60	90	11.0
Weighted Daily Average			646	83.64
% of Calories				51.8%
Nutrient Guideline			550-650	

Mon - 11/07/2016				
LUNCH K-5	Total	100		
CHICKEN, POPCORN	serv 3.36 oz	100	253	16.21
ROLL DINNER WG BAKER BOY	ROLL	75	110	19.0
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	80	21	4.56
APPLES,FRESH,W/SKIN	1 EACH	80	77	20.58
ORANGE JUICE CUP	1 EACH	90	50	13.0
JUICE ORANGE JUICE CUP J	4 OZ	80	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			625	93.17
% of Calories				59.7%
Nutrient Guideline			550-650	

Tue - 11/08/2016				
LUNCH K-5	Total	100		
Cindys Fiesta Bowl ea 1/2 rice	serving	95	333	36.35
TORTILLA WHEAT 10"1/2 tortilla	1/2	45	100	18.0
SALSA , GREEN CHILI TOMATO, CH	2 oz	90	13	2.77
PEACHES, DICED LIGHT S: 1/2 C	4 oz	75	53	13.39
JUICE APPLE CUP JOHA	4 OZ	75	60	14.0
REFRIED BEANS, ELEM 1/2	1/2 CUP	45	120	18.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	23.0
Weighted Daily Average			639	95.27
% of Calories				59.6%
Nutrient Guideline			550-650	

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.

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 11/1/2016 4:07:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 11/09/2016				
LUNCH K-5	Total	100		
EGG ROLL (1 EACH)	ROLL	95	160	20.0
RICE FRIED VEG.	SERVING (3/4C)	95	270	54.0
BROCCOLI RAW EL 1/2	1/2 C	65	39	7.53
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	50	73	19.15
APPLESAUCE, UNSWEETENED	.5 CUP	65	52	13.79
HUMMAS DIP TRADITIONAL .85 V	1 EACH	15	110	12.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	23.0
Weighted Daily Average			647	117.03
% of Calories				72.3%
Nutrient Guideline			550-650	

Thu - 11/10/2016				
LUNCH K-5	Total	100		
Vegetarian Chili 1 c	1 CUP	95	89	13.47
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	95	80	0.57
BREAD, TOAST GARLIC MINI	1 oz SLICE	95	70	12.0
SALAD, ROMAINE 2016	SRV	100	56	12.68
SALAD DRESSING, RANCH	1.5 OZ	100	101	2.73
BANANAS,RAW FRESH	1 EACH	90	90	23.07
JUICE APPLE CUP JOHA	4 OZ	90	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			645	94.50
% of Calories				58.6%
Nutrient Guideline			550-650	

Fri - 11/11/2016				
LUNCH K-5	Total	100		
CORN DOG CHICKEN	1 EACH	100	240	30.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	85	68	17.88
CARROTS, RAW BABY EL 4 oz	4 OZ	75	40	9.34
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	75	66	15.24
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	23.0
CRACKER WAFFLE GRAHAM	serving	95	111	20.25
Weighted Daily Average			610	104.37
% of Calories				68.5%
Nutrient Guideline			550-650	

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.

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 4

Generated on: 11/1/2016 4:07:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 11/14/2016				
LUNCH K-5	Total	100		
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	100	203	12.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	90	108	22.39
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	85	39	7.4
APPLESAUCE, UNSWEETENED	.5 CUP	95	52	13.79
JUICE ORANGE JUICE CUP J	4 OZ	95	50	13.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	23.0
Weighted Daily Average			557	85.39
% of Calories				61.3%
Nutrient Guideline			550-650	

Tue - 11/15/2016				
LUNCH K-5	Total	100		
BBQ PORK HOAGIE	1 EACH	95	400	39.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	68	17.88
SWEET POTATO LATTICE FF 3/4	3/4 CUP	35	191	24.75
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	40	73	19.15
GREEN BEANS, CUT;K-51/2 C	.50 CUP	20	14	3.04
MILK 1% SMITH BROTHERS	HALF PINT	40	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	55	130	23.0
Weighted Daily Average			639	83.45
% of Calories				52.3%
Nutrient Guideline			550-650	

Wed - 11/16/2016				
LUNCH K-5	Total	100		
CHICKEN TAQUITOS	3 EACH	90	330	39.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	55	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			627	88.54
% of Calories				56.5%
Nutrient Guideline			550-650	

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.

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 5

Generated on: 11/1/2016 4:07:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 11/17/2016				
LUNCH K-5	Total	100		
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA)	100	350	19.0
ROLL DINNER WG BAKER BOY	ROLL	60	110	19.0
POTATOES, MASHED INSTANT:1/2C	1/2 cup	75	90	17.0
GRAVY BROWN	2 OZ	75	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	80	53	13.39
MILK 1% SMITH BROTHERS	HALF PINT	25	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
Weighted Daily Average			700	79.17
% of Calories				45.3%
Nutrient Guideline			550-650	

Fri - 11/18/2016				
LUNCH K-5	Total	100		
PIZZA 4X6 TONY'S	SLICE	100	300	33.0
APPLES,FRESH,W/SKIN	1 EACH	60	77	20.58
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	90	58	15.12
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	65	99	22.87
COOKIE SNICKERDOODLE	1 EACH	85	100	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			662	109.16
% of Calories				66.0%
Nutrient Guideline			550-650	

Mon - 11/21/2016				
LUNCH K-5	Total	100		
CORN DOG CHICKEN	1 EACH	100	240	30.0
BEANS BAKED 1/2	1/2 CUP	80	140	25.0
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	65	85	11.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
JUICE APPLE CUP JOHA	4 OZ	65	60	14.0
Weighted Daily Average			572	87.25
% of Calories				61.0%
Nutrient Guideline			550-650	

Tue - 11/22/2016				
LUNCH K-5	Total	100		
HAMBURGER ELE	1 EACH	100	268	31.0
CHEESE, AMERICAN RF 1 slice	SLICE	100	35	1.0
POTATO, KK OVENABLE 3 OZ	3 OZ	60	120	21.0
BANANAS,RAW FRESH	1 EACH	75	90	23.07
GREEN BEANS, CUT;K-51/2 C	.50 CUP	75	14	3.04
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	23.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	85	6	1.32

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.

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 6

Generated on: 11/1/2016 4:07:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			579	85.65 59.2%
Nutrient Guideline			550-650	

Wed - 11/23/2016				
LUNCH K-5	Total	100		
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	22.39
Sweet N Sour Chicken	3.9 oz	100	190	25.0
BROCCOLI RAW 3/4 C	.75 C	75	15	2.79
SALAD DRESSING, RANCH	1.5 OZ	75	101	2.73
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	95	90	21.0
APPLESAUCE, UNSWEETENED	.5 CUP	95	52	13.79
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			646	105.58 65.4%
Nutrient Guideline			550-650	

Mon - 11/28/2016				
LUNCH K-5	Total	100		
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	100	267	10.67
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	22.39
APPLES,FRESH,W/SKIN	1 EACH	65	77	20.58
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	45	68	17.88
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	65	21	4.56
COOKIE SNICKERDOODLE	1 EACH	45	100	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 % of Calories			628	85.19 54.2%
Nutrient Guideline			550-650	

Tue - 11/29/2016				
LUNCH K-5	Total	100		
PULLED PORK SANDWICH	4.20	100	310	33.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	100	100	15.0
PEARS,FRESH	1 EACH	65	101	27.11
BEANS BAKED 1/2	1/2 CUP	40	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 % of Calories			646	94.82 58.7%
Nutrient Guideline			550-650	

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.

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 7

Generated on: 11/1/2016 4:07:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 11/30/2016				
LUNCH K-5	Total	100		
FRENCH TOAST STICKS, WG :3 EA	3 EA	100	208	25.64
SAUSAGE LINKS 2	2 EACH	100	43	1.0
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	225	25.5
STRAWBERRY CUP	1 EACH	70	108	29.38
MILK 1% SMITH BROTHERS	HALF PINT	15	110	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	23.0
JUICE APPLE CUP JOHA	4 OZ	85	60	14.0
Weighted Daily Average			672	98.71
% of Calories				58.7%
Nutrient Guideline			550-650	

Weighted Average			640	94.95 59.3%
------------------	--	--	-----	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	640		550 - 650	100%				
Carbohydrate (g)	94.95	59.31%						

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.