

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 12/01/2016					
LUNCH 6-8	Total	100			
SPAGHETTI AND MEAT SAUCE	1 CUP	50	266	7.32	41.86
PIZZA STICK BOSCO 7 "	STICK	50	240	3.00	29.0
BREAD, TOAST GARLIC MINI	1 oz SLICE	60	70	1.00	12.0
SPINACH SALAD	1.5 CUP	60	159	2.10	10.23
SALAD DRESSING, RANCH	1.5 OZ	60	101	0.00	2.73
JUICE APPLE JUICE CUP	1 EACH	80	60	0.00	14.0
ORANGES,FRESH	1 EACH	80	45	2.30	11.28
MILK 1% SMITH BROTHERS	HALF PINT	20	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	0.00	23.0
Weighted Daily Average			661	8.87	91.62
% of Calories					55.4%
Nutrient Guideline			600-700		

Fri - 12/02/2016					
LUNCH 6-8	Total	100			
POLLOCK BAJA FISH WG STICKS,	4 PIECES	25	220	2.00	18.0
CORN DOG CHICKEN	1 EACH	75	240	5.00	30.0
BROCCOLI RAW EL 1/2	1/2 C	60	39	2.95	7.53
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	3.29	9.34
PEACH CUBES 3/4 CUP	3/4 cup	90	39	1.13	9.56
PRETZEL GOLDFISH CRACKERS	BAG	90	90	1.00	16.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	0.00	23.0
KETCHUP:3	PKG	80	10	0.00	2.0
TARTAR SAUCE: scratch	1 OZ	25	77	0.29	6.52
HUMMAS DIP TRADITIONAL .85 V	1 EACH	60	110	3.00	12.0
Weighted Daily Average			618	11.78	91.56
% of Calories					59.3%
Nutrient Guideline			600-700		

Mon - 12/05/2016					
LUNCH 6-8	Total	100			
CHICKEN, POPCORN	serv 3.36 oz	75	253	3.04	16.21
ROLL DINNER WG BAKER BOY	ROLL	75	110	2.00	19.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	302	3.76	32.34
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	25	6	0.42	1.32
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	75	21	1.95	4.56
APPLES,FRESH,W/SKIN	1 EACH	90	77	3.58	20.58
JUICE/FRUITABLES/TROPICAL	6.75 OZ	100	90	*N/A*	22.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	0.00	23.0
Weighted Daily Average			651	*9.50	99.76
% of Calories					61.3%
Nutrient Guideline			600-700		

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

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 12/06/2016					
LUNCH 6-8	Total	100			
Cindys Fiesta Bowl each 3/4 ri	serving	40	387	5.70	47.54
TORTILLA WHEAT 10"1/2 tortilla	1/2	40	100	1.50	18.0
CHICKEN TAQUITOS	3 EACH	60	330	3.00	39.0
SALSA , GREEN CHILI TOMATO, CH	2 oz	85	13	0.55	2.77
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	40	120	6.00	18.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	53	1.30	13.39
JUICE APPLE JUICE CUP	1 EACH	75	60	0.00	14.0
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	80	0.00	0.57
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	0.00	23.0
Weighted Daily Average			684	8.39	98.96
% of Calories					57.9%
Nutrient Guideline			600-700		

Wed - 12/07/2016					
LUNCH 6-8	Total	100			
EGG ROLL (1 EACH)	ROLL	80	160	3.00	20.0
PORK NUGGETS HONEY BB-Q-2 ea	2 each	80	133	0.67	5.33
RICE FRIED VEG.	SERVING (3/4C)	50	270	3.00	54.0
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	20	267	1.33	10.67
ROLL DINNER WG BAKER BOY	ROLL	20	110	2.00	19.0
BROCCOLI RAW 3/4 C	.75 C	60	15	*N/A*	2.79
APPLESAUCE, UNSWEETENED	.5 CUP	65	52	1.40	13.79
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	65	73	0.98	19.15
HUMMAS DIP TRADITIONAL .85 V	1 EACH	45	110	3.00	12.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	0.00	23.0
Weighted Daily Average			699	*8.00	100.88
% of Calories					57.7%
Nutrient Guideline			600-700		

Thu - 12/08/2016					
LUNCH 6-8	Total	100			
Vegetarian Chili 1 c	1 CUP	25	89	3.29	13.47
BREAD, TOAST GARLIC MINI (2)	2 oz SLICE	100	140	2.00	24.0
CHICKEN, POPCORN	serv 3.36 oz	70	253	3.04	16.21
SALAD DRESSING, RANCH	1.5 OZ	55	101	0.00	2.73
SALAD, ROMAINE 2016	1.5 CUP	55	84	4.27	19.02
BANANAS,RAW FRESH	1 EACH	75	90	2.63	23.07
JUICE APPLE JUICE CUP	1 EACH	65	60	0.00	14.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	0.00	23.0
Weighted Daily Average			674	9.27	98.08
% of Calories					58.2%
Nutrient Guideline			600-700		

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 12/09/2016					
LUNCH 6-8	Total	100			
CORN DOG CHICKEN	1 EACH	80	240	5.00	30.0
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	20	203	2.00	12.0
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	95	99	2.40	22.87
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	68	1.60	17.88
CARROTS, RAW BABY EL 4 oz	4 OZ	45	40	3.29	9.34
SALAD DRESSING, RANCH	1.5 OZ	45	101	0.00	2.73
CRACKER WAFFLE GRAHAM	serving	65	111	2.03	20.25
MILK 1% SMITH BROTHERS	HALF PINT	20	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	0.00	23.0
Weighted Daily Average			632	10.51	99.34
% of Calories					62.8%
Nutrient Guideline			600-700		

Mon - 12/12/2016					
LUNCH 6-8	Total	100			
CHICKEN NUGGETS,(5 EACH)	1 EACH	80	260	3.00	16.0
EGG ROLL (1 EACH)	ROLL	20	160	3.00	20.0
chicken nugget ea	2 each	20	104	1.20	6.4
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	65	39	4.20	7.4
RICE, BROWN LONG, 1/2 C	1/2 CUP	80	108	1.80	22.39
APPLESAUCE, UNSWEETENED	.5 CUP	95	52	1.40	13.79
JUICE/FRUITABLES/TROPICAL	6.75 OZ	90	90	*N/A*	22.0
MILK 1% SMITH BROTHERS	HALF PINT	10	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	0.00	23.0
Weighted Daily Average			624	*8.74	94.55
% of Calories					60.6%
Nutrient Guideline			600-700		

Tue - 12/13/2016					
LUNCH 6-8	Total	100			
BBQ PORK HOAGIE	1 EACH	50	400	3.00	39.0
CORN DOG CHICKEN	1 EACH	50	240	5.00	30.0
SWEET POTATO LATTICE FF 3/4	3/4 CUP	70	191	3.37	24.75
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	80	68	1.60	17.88
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	90	73	0.98	19.15
GREEN BEANS, CUT;K-51/2 C	.50 CUP	20	14	1.30	3.04
MILK 1% SMITH BROTHERS	HALF PINT	20	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	0.00	23.0
Weighted Daily Average			696	8.78	103.82
% of Calories					59.6%
Nutrient Guideline			600-700		

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 12/14/2016					
LUNCH 6-8	Total	100			
CHICKEN TAQUITOS	3 EACH	60	330	3.00	39.0
CHICKEN FAJITA QUES W/BEAN K-8	1 EACH	40	356	6.02	46.47
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	45	120	6.00	18.0
APPLES,FRESH,W/SKIN	1 EACH	75	77	3.58	20.58
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	3.29	9.34
SALAD DRESSING, RANCH	1.5 OZ	60	101	0.00	2.73
SALSA , GREEN CHILI TOMATO, CH	2 oz	60	13	0.55	2.77
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	0.00	23.0
Weighted Daily Average			658	11.89	93.63
% of Calories					56.9%
Nutrient Guideline			600-700		

Thu - 12/15/2016					
LUNCH 6-8	Total	100			
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA)	35	350	3.00	19.0
CHEESE, AMERICAN RF 1 slice	SLICE	65	35	0.00	1.0
HAMBURGER ELE	1 EACH	50	268	4.00	31.0
POTATOES, MASHED INSTANT:3/4 c	3/4 c	80	135	1.50	25.5
GRAVY BROWN	2 OZ	80	25	0.00	0.0
WINTER MIX :3/4 C K-5	3/4 C	60	50	4.00	8.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	90	53	1.30	13.39
ROLL DINNER WG BAKER BOY	ROLL	80	110	2.00	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	0.00	23.0
Weighted Daily Average			687	9.42	94.46
% of Calories					55.0%
Nutrient Guideline			600-700		

Fri - 12/16/2016					
LUNCH 6-8	Total	100			
PIZZA 4X6 TONY'S	SLICE	85	300	4.00	33.0
CHICKEN, POPCORN	serv 3.36 oz	15	253	3.04	16.21
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	75	58	2.00	15.12
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	75	99	2.40	22.87
APPLES,FRESH,W/SKIN	1 EACH	35	77	3.58	20.58
COOKIE SNICKERDOODLE (2)	1 EACH	50	200	0.00	38.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	0.00	23.0
Weighted Daily Average			665	8.40	106.67
% of Calories					64.2%
Nutrient Guideline			600-700		

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 12/19/2016					
LUNCH 6-8	Total	100			
CORN DOG CHICKEN	1 EACH	80	240	5.00	30.0
BBQ PORK HOAGIE	1 EACH	20	400	3.00	39.0
BEANS BAKED 1/2	1/2 CUP	35	140	6.00	25.0
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	1.40	13.79
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	65	85	1.50	11.0
CRACKER WAFFLE GRAHAM	serving	60	111	2.03	20.25
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	0.00	23.0
Weighted Daily Average			614	10.08	93.07
% of Calories					60.6%
Nutrient Guideline			600-700		

Tue - 12/20/2016					
LUNCH 6-8	Total	100			
CHEESE, AMERICAN RF 1 slice	SLICE	80	35	0.00	1.0
HAMBURGER ELE	1 EACH	80	268	4.00	31.0
CHICKEN, POPCORN	serv 3.36 oz	20	253	3.04	16.21
POTATO, CRINKLE CUT: 4 OZ	4 OZ	80	160	2.67	25.33
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	75	21	1.95	4.56
BANANAS,RAW FRESH	1 EACH	80	90	2.63	23.07
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	0.00	23.0
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	80	6	0.42	1.32
KETCHUP:3	PKG	100	10	0.00	2.0
Weighted Daily Average			638	9.84	93.24
% of Calories					58.5%
Nutrient Guideline			600-700		

Wed - 12/21/2016					
LUNCH 6-8	Total	100			
Sweet N Sour Chicken	3.9 oz	80	190	2.00	25.0
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA)	20	350	3.00	19.0
RICE, BROWN LONG, 3/4 C	3/4 CUP	70	162	2.70	33.59
BROCCOLI RAW 3/4 C	.75 C	65	15	*N/A*	2.79
MANDARIN ORANGE SEG LIGHT 3/4	3/4	80	180	2.00	42.0
APPLESAUCE, UNSWEETENED	.5 CUP	45	52	1.40	13.79
SALAD DRESSING, RANCH	1.5 OZ	65	101	0.00	2.73
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	0.00	23.0
PRETZEL GOLDFISH CRACKERS	BAG	80	90	1.00	16.0
Weighted Daily Average			764	*7.13	122.70
% of Calories					64.2%
Nutrient Guideline			600-700		

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LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 12/22/2016					
LUNCH 6-8	Total	100			
TACO BEEF & BEAN K-8 GRADE	2 each	30	127	2.03	12.07
PIZZA STICK BOSCO 7 "	STICK	70	240	3.00	29.0
SALAD, ROMAINE 2016	SRV	100	56	2.85	12.68
SALAD DRESSING, RANCH	1.5 OZ	100	101	0.00	2.73
PEARS,FRESH	1 EACH	100	101	5.52	27.11
ORANGE JUICE CUP	1 EACH	100	50	0.00	13.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	65	6	0.42	1.32
SALSA , GREEN CHILI TOMATO, CH	2 oz	30	13	0.55	2.77
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	0.00	23.0
Weighted Daily Average			649	11.51	102.63
% of Calories					63.2%
Nutrient Guideline			600-700		

Fri - 12/23/2016					
LUNCH 6-8	Total	100			
CHICKEN BREAD K-6 san new BUN	PATTY	80	393	7.04	42.21
BURRITO BEAN & CHEESE ZESTY	1 EA	20	290	6.00	42.0
SALSA , GREEN CHILI TOMATO, CH	2 oz	20	13	0.55	2.77
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	65	99	2.40	22.87
STRAWBERRY CUP	1 EACH	80	80	1.99	20.93
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	25	6	0.42	1.32
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	53	1.30	13.39
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	0.00	23.0
Weighted Daily Average			653	11.05	102.56
% of Calories					62.8%
Nutrient Guideline			600-700		

Mon - 12/26/2016					
LUNCH 6-8	Total	100			
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	80	267	1.33	10.67
CHICKEN, POPCORN	serv 3.36 oz	20	253	3.04	16.21
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	1.80	22.39
FRUIT,MIXED,CND,LIGHT: 3/4 C	3/4 C	75	102	2.40	26.82
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	85	21	1.95	4.56
COOKIE SNICKERDOODLE (2)	1 EACH	90	200	0.00	38.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	0.00	23.0
Weighted Daily Average			760	6.93	111.56
% of Calories					58.7%
Nutrient Guideline			600-700		

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LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 12/27/2016					
LUNCH 6-8	Total	100			
PULLED PORK SANDWICH	4.20	50	310	3.00	33.0
ROLL DINNER WG BAKER BOY	ROLL	50	110	2.00	19.0
CHICKEN NUGGETS,(5 EACH)	SERVING	50	260	3.00	16.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	75	100	2.00	15.0
PEARS,FRESH	1 EACH	75	101	5.52	27.11
BEANS BAKED 1/2	1/2 CUP	60	140	6.00	25.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	0.00	23.0
Weighted Daily Average			689	13.24	99.78
% of Calories					57.9%
Nutrient Guideline			600-700		

Wed - 12/28/2016					
LUNCH 6-8	Total	100			
FRENCH TOAST STICKS, WG :3 EA	3 EA	80	208	2.39	25.64
SAUSAGE LINKS 2	2 EACH	80	43	*N/A*	1.0
HAM & CHEESE HOAGIE GRADE K-8	1 EA	20	225	2.11	31.43
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	20	6	0.42	1.32
POTATO, TATER TOTS: 6-12 (15)	15 EACH	95	225	3.00	25.5
STRAWBERRY CUP	1 EACH	75	80	1.99	20.93
JUICE APPLE CUP JOHA	4 OZ	60	60	0.00	14.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	0.00	23.0
Weighted Daily Average			671	*6.76	95.38
% of Calories					56.9%
Nutrient Guideline			600-700		

Thu - 12/29/2016					
LUNCH 6-8	Total	100			
SPAGHETTI AND MEAT SAUCE	1 CUP	50	266	7.32	41.86
PIZZA STICK BOSCO 7 "	STICK	50	240	3.00	29.0
BREAD, TOAST GARLIC MINI	1 oz SLICE	50	70	1.00	12.0
SPINACH SALAD	1.5 CUP	60	159	2.10	10.23
SALAD DRESSING, RANCH	1.5 OZ	60	101	0.00	2.73
JUICE APPLE JUICE CUP	1 EACH	80	60	0.00	14.0
ORANGES,FRESH	1 EACH	80	45	2.30	11.28
MILK 1% SMITH BROTHERS	HALF PINT	20	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	0.00	23.0
Weighted Daily Average			654	8.77	90.42
% of Calories					55.3%
Nutrient Guideline			600-700		

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

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 12/30/2016					
LUNCH 6-8	Total	100			
POLLOCK BAJA FISH WG STICKS,	4 PIECES	25	220	2.00	18.0
CORN DOG CHICKEN	1 EACH	75	240	5.00	30.0
BROCCOLI RAW EL 1/2	1/2 C	60	39	2.95	7.53
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	3.29	9.34
PEACH CUBES 3/4 CUP	3/4 cup	90	39	1.13	9.56
PRETZEL GOLDFISH CRACKERS	BAG	90	90	1.00	16.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	0.00	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	0.00	23.0
KETCHUP:3	PKG	80	10	0.00	2.0
TARTAR SAUCE: scratch	1 OZ	25	77	0.29	6.52
HUMMAS DIP TRADITIONAL .85 V	1 EACH	60	110	3.00	12.0
Weighted Daily Average			618	11.78	91.56
% of Calories					59.3%
Nutrient Guideline			600-700		

Weighted Average			666	*9.57	98.92
					59.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	666		600 - 700	100%				
Fiber (g)	9.57				Missing			
Carbohydrate (g)	98.92	59.38%						

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