

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

moose pass k-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 12/05/2016					
moose pass k-8	Total	100			
CORN DOG CHICKEN	1 EACH	100	240	9.0	30.0
BEANS BAKED 1/2	1/2 CUP	80	140	7.0	25.0
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	75	85	1.0	11.0
APPLESAUCE, UNSWEETENED	.5 CUP	80	52	0.2	13.79
JUICE APPLE CUP JOHA	4 OZ	80	60	*N/A*	14.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	8.0	23.0
Weighted Daily Average			631	*23.51	101.48
% of Calories				*14.9%	64.3%
Nutrient Guideline			600-650		

Tue - 12/06/2016					
moose pass k-8	Total	100			
HAMBURGER ELE	1 EACH	100	268	18.0	31.0
CHEESE, AMERICAN RF 1 slice	SLICE	100	35	3.5	1.0
POTATO, KK OVENABLE 3 OZ	3 OZ	90	120	3.0	21.0
BANANAS,RAW FRESH	1 EACH	75	90	1.1	23.07
GREEN BEANS, CUT;K-51/2 C	.50 CUP	75	14	0.78	3.04
MILK 1% SMITH BROTHERS	HALF PINT	15	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	8.0	23.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	85	6	0.31	1.32
Weighted Daily Average			615	33.47	91.95
% of Calories				21.8%	59.8%
Nutrient Guideline			600-650		

Wed - 12/07/2016					
moose pass k-8	Total	10			
CHICKEN DRUMETTE SOUTHERN	3 EACH	10	220	16.0	9.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	10	108	2.52	22.39
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	6	39	4.28	7.4
SALAD DRESSING, RANCH	1.5 OZ	6	101	0.85	2.73
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	9	90	0.5	21.0
JUICE APPLE CUP JOHA	4 OZ	8	60	*N/A*	14.0
MILK 1% SMITH BROTHERS	HALF PINT	5	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	5	130	8.0	23.0
Weighted Daily Average			661	*30.04	85.57
% of Calories				*18.2%	51.8%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 12/08/2016					
moose pass k-8	Total	100			
FRENCH TOAST STICKS, WG :3 EA	3 EA	100	208	7.65	25.64
SAUSAGE LINKS 2	2 EACH	100	43	3.0	1.0
POTATO, TATER TOTS: 6-12 (15)	15 each	95	225	1.5	25.5
STRAWBERRY CUP	1 EACH	75	80	0.0	20.93
MILK 1% SMITH BROTHERS	HALF PINT	15	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	8.0	23.0
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	80	58	0.38	15.12
Weighted Daily Average			685	19.58	97.86
% of Calories				11.4%	57.1%
Nutrient Guideline			600-650		

Fri - 12/09/2016					
moose pass k-8	Total	100			
CHICKEN BREAD K-6 san new BUN	PATTY	100	393	20.19	42.21
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	100	66	2.15	15.24
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	100	6	0.31	1.32
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	53	0.5	13.39
MILK 1% SMITH BROTHERS	HALF PINT	15	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	8.0	23.0
Weighted Daily Average			614	30.18	86.68
% of Calories				19.7%	56.5%
Nutrient Guideline			600-650		

Mon - 12/12/2016					
moose pass k-8	Total	10			
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	10	203	14.0	12.0
RICE, BROWN LONG, 3/4 C	3/4 CUP	10	162	3.78	33.59
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	10	39	4.28	7.4
APPLESAUCE, UNSWEETENED	.5 CUP	10	52	0.2	13.79
JUICE ORANGE JUICE CUP J	4 OZ	10	50	0.0	13.0
MILK 1% SMITH BROTHERS	HALF PINT	3	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	7	130	8.0	23.0
KETCHUP: 3	PKG	10	10	0.0	2.0
Weighted Daily Average			640	30.25	101.77
% of Calories				18.9%	63.6%
Nutrient Guideline			600-650		

Tue - 12/13/2016					
moose pass k-8	Total	10			
BBQ PORK HOAGIE	1 EACH	9	400	*7.0	39.0
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	9	68	0.52	17.88
SWEET POTATO LATTICE FF 3/4	3/4 CUP	6	191	2.25	24.75
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	8	73	0.51	19.15
CELERY STICKS*1/2 C	1/2 cup	10	12	0.51	2.21
MILK 1% SMITH BROTHERS	HALF PINT	2	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	8	130	8.0	23.0

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			732	*17.04	104.57
% of Calories				*9.3%	57.1%
Nutrient Guideline			600-650		

Wed - 12/14/2016					
moose pass k-8	Total	10			
CHICKEN TAQUITOS	3 EACH	10	330	12.0	39.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	4	120	6.0	18.0
CARROTS, RAW BABY EL 4 oz	4 OZ	6	40	0.73	9.34
SALAD DRESSING, RANCH	1.5 OZ	6	101	0.85	2.73
SALSA , GREEN CHILI TOMATO, CH	2 oz	8	13	0.48	2.77
MILK 1% SMITH BROTHERS	HALF PINT	2	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	8	130	8.0	23.0
ORANGES,FRESH	1 EACH	8	45	0.9	11.28
Weighted Daily Average			635	24.45	85.69
% of Calories				15.4%	54.0%
Nutrient Guideline			600-650		

Thu - 12/15/2016					
moose pass k-8	Total	100			
BEEF FINGERS COUNTRY FRIED	SERVING (4 EA )	100	350	4.7	19.0
ROLL DINNER WG BAKER BOY	ROLL	60	110	4.0	19.0
POTATOES, MASHED INSTANT:1/2C	1/2 cup	60	90	2.0	17.0
GRAVY BROWN	2 OZ	60	25	0.0	0.0
WINTER MIX :3/4 C K-5	3/4 C	60	50	4.0	8.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	45	53	0.5	13.39
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	55	68	0.52	17.88
MILK 1% SMITH BROTHERS	HALF PINT	25	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	8.0	23.0
Weighted Daily Average			701	19.21	81.76
% of Calories				11.0%	46.6%
Nutrient Guideline			600-650		

Fri - 12/16/2016					
moose pass k-8	Total	100			
PIZZA 4X6 TONY'S	SLICE	100	300	16.0	33.0
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	65	99	3.22	22.87
APPLES,FRESH,W/SKIN	1 EACH	60	77	0.39	20.58
PEARS, SLICED :1/2 C	1/2 C	75	80	0.0	20.0
COOKIE SNICKERDOODLE	1 EACH	85	100	0.0	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	8.0	23.0
Weighted Daily Average			670	25.53	110.56
% of Calories				15.2%	66.0%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 12/19/2016					
moose pass k-8	Total	100			
CORN DOG CHICKEN	1 EACH	100	240	9.0	30.0
BEANS BAKED 1/2	1/2 CUP	80	140	7.0	25.0
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	75	85	1.0	11.0
APPLESAUCE, UNSWEETENED	.5 CUP	80	52	0.2	13.79
JUICE APPLE CUP JOHA	4 OZ	80	60	*N/A*	14.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	8.0	23.0
Weighted Daily Average			631	*23.51	101.48
% of Calories				*14.9%	64.3%
Nutrient Guideline			600-650		

Tue - 12/20/2016					
moose pass k-8	Total	100			
HAMBURGER ELE	1 EACH	100	268	18.0	31.0
CHEESE, AMERICAN RF 1 slice	SLICE	100	35	3.5	1.0
POTATO, KK OVENABLE 3 OZ	3 OZ	90	120	3.0	21.0
BANANAS,RAW FRESH	1 EACH	75	90	1.1	23.07
GREEN BEANS, CUT;K-51/2 C	.50 CUP	75	14	0.78	3.04
MILK 1% SMITH BROTHERS	HALF PINT	15	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	8.0	23.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	85	6	0.31	1.32
Weighted Daily Average			615	33.47	91.95
% of Calories				21.8%	59.8%
Nutrient Guideline			600-650		

Wed - 12/21/2016					
moose pass k-8	Total	10			
CHICKEN DRUMETTE SOUTHERN	3 EACH	10	220	16.0	9.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	10	108	2.52	22.39
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	6	39	4.28	7.4
SALAD DRESSING, RANCH	1.5 OZ	6	101	0.85	2.73
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	9	90	0.5	21.0
JUICE APPLE CUP JOHA	4 OZ	8	60	*N/A*	14.0
MILK 1% SMITH BROTHERS	HALF PINT	5	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	5	130	8.0	23.0
Weighted Daily Average			661	*30.04	85.57
% of Calories				*18.2%	51.8%
Nutrient Guideline			600-650		

Weighted Average			653	*26.17	94.38
				*16.0%	57.8%

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	Error Messages (if any)
Calories	653		600 - 650						
Protein (g)	26.17	16.03%						3	
Carbohydrate (g)	94.38	57.80%			Missing				Correction Required - Calories too High

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