

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Base Menu Spreadsheet
Portion Values - Detailed

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Jan. 2017 Monday - Friday Menu

High School/ Nikiski/Sol. Prep/Kenai Alt. Nutritionals

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MONDAYS	Portion Size	Reimb Qty	Cals (kcal)	Vit-C (mg)	Carb (g)
LUNCH 9-12	Total	100			
PIZZA PRIMO BIG DADDY 16"	SLICE	35	370	0.0	35.96
Sweet N Sour Chicken	3.9 oz	45	190	0.0	25.0
BBQ PORK HOAGIE	1 EACH	25	400	1.2	39.0
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	95	39	55.35	7.4
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	80	85	0.0	11.0
FRUIT BAR FRESH HS	1 EACH	95	67	32.45	17.3
JUICE APPLE JUICE CUP	1 EACH	95	60	60.0	14.0
RICE, BROWN LONG, 3/4 C	3/4 CUP	75	162	0.0	33.59
MILK 1% SMITH BROTHERS	HALF PINT	20	110	1.2	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	2.4	23.0
Weighted Daily Average % of Calories			788	142.87	125.34 63.6%
Nutrient Guideline			750-850		

TUESDAYS

LUNCH 9-12	Total	100			
EGG ROLL 2 EACH	ROLL	30	320	12.0	40.01
RICE, BROWN LONG, 1/2 C	1/2 CUP	30	108	0.0	22.39
Cindys Fiesta Bowl each 3/4 ri	serving	25	387	0.0	47.54
TORTILLA WHEAT 10"	1 EA	25	200	0.0	36.0
WRAP, TURKEY 9-12 GRADE	1 EACH	35	473	8.57	43.61
FRUIT BAR FRESH HS	1 EACH	40	67	32.45	17.3
VEGETABLE BAR HS	SERVINGS	60	48	51.17	9.84
MILK 1% SMITH BROTHERS	HALF PINT	15	110	1.2	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	2.4	23.0
SALAD DRESSING, RANCH	1.5 OZ	60	101	0.11	2.73
JUICE/FRUITABLES/TROPICAL	6.75 OZ	55	90	60.0	22.0
COOKIE, CHOC CHIP / M&M WG (1	1 EACH	80	110	0.0	19.0
HUMMAS DIP TRADITIONAL .85 V	1 EACH	25	110	1.2	12.0
Weighted Daily Average % of Calories			843	85.75	119.98 56.9%
Nutrient Guideline			750-850		

WEDNESDAYS

LUNCH 9-12	Total	100			
CHICKEN PATTY BREADED 7-12 san	PATTY	30	342	0.0	38.11
CHICKEN TAQUITOS HS	4 EACH	30	440	0.0	52.0
CHICKEN FAJITA QUES 9-12	1 EACH	40	452	0.0	37.41
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	100	4.8	15.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	60	120	1.2	18.0
ORANGE JUICE CUP	1 EACH	95	50	60.0	13.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	1.2	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	2.4	23.0
FRUIT BAR FRESH HS	1 EACH	95	67	32.45	17.3
SALSA , GREEN CHILI TOMATO, CH	2 oz	30	13	0.0	2.77
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	80	0.0	0.57

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**

Base Menu Spreadsheet
Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Vit-C (mg)	Carb (g)
Weighted Daily Average % of Calories			841	94.55	115.64 55.0%
Nutrient Guideline			750-850		

THURSDAYS

	Portion Size	Reimb Qty	Cals (kcal)	Vit-C (mg)	Carb (g)
LUNCH 9-12	Total	100			
HOAGIE HAM/CHEESE	1 EA	25	188	0.1	30.24
BREAD BEEF FINGER BOWL	SV	35	584	7.2	71.32
BOSCO CHEESE STICK WG-2	Bread Stick (2)	40	300	0.0	34.0
ROLL DINNER WG BAKER BOY	ROLL	35	110	0.0	19.0
FRUIT BAR FRESH HS	1 EACH	40	67	32.45	17.3
VEGETABLE BAR HS	SERVINGS	60	48	51.17	9.84
MILK 1% SMITH BROTHERS	HALF PINT	20	110	1.2	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	2.4	23.0
SALAD DRESSING, RANCH	1.5 OZ	60	101	0.11	2.73
EDAMANE SUCCOTASH	4 OZ	45	133	*N/A*	13.33
DIPPING SAUCE 6-12 4 oz	4 OZ	45	45	7.23	11.76
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	20	6	3.95	1.32
PEACH CUBES 1/2 CUP	1/2 cup	95	35	57.0	8.5
Weighted Daily Average % of Calories			760	*106.53	106.72 56.1%
Nutrient Guideline			750-850		

FRIDAYS

	Portion Size	Reimb Qty	Cals (kcal)	Vit-C (mg)	Carb (g)
LUNCH 9-12	Total	100			
BEEF PATTY MESQUITE CHARBROILE	1 ea	35	347	0.0	31.4
PIZZA PRIMO BIG DADDY 16"	SLICE	35	370	0.0	35.96
CHICKEN, POPCORN	serv 3.36 oz	30	253	0.0	16.21
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	225	3.6	25.5
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	50	21	4.8	4.56
FRUIT BAR FRESH HS	1 EACH	50	67	32.45	17.3
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	85	68	3.81	17.88
MILK 1% SMITH BROTHERS	HALF PINT	20	110	1.2	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	2.4	23.0
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	30	6	3.95	1.32
PRETZEL GOLDFISH CRACKERS	BAG	65	90	0.0	16.0
Weighted Daily Average % of Calories			795	28.09	106.76 53.7%
Nutrient Guideline			750-850		

Weighted Average			806	*91.56	114.89 57.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	806		750 - 850	100%				
Vitamin C (mg)	91.56				Missing			
Carbohydrate (g)	114.89	57.05%						

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