

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Jan. 2017

Base Menu Spreadsheet
Portion Values - Detailed

k-12 Breakfast

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Mondays	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
k-12 Breakfast	Total	100			
BAR BENEFIT COCOA CHIP	BAR	55	270	5.0	48.0
CEREAL,1 BOWL VARIETY	SERVING	25	107	2.0	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	35	180	2.0	38.0
CRACKER WAFFLE GRAHAM	serving	20	111	*N/A*	20.25
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	65	58	0.38	15.12
JUICE APPLE JUICE CUP	1 EACH	75	60	0.0	14.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	9.0	13.0
Weighted Daily Average			471	*12.39	90.76
% of Calories				*10.5%	77.1%
Nutrient Guideline			450-500		

Tuesdays

k-12 Breakfast	Total	100			
BURRITO, BRK BACON & POTATO	1 EACH	50	200	8.0	25.0
SAUSAGE LINKS L SODIUM 1 ea	1 EA	50	100	7.0	1.0
PEACH CUBES 1/2 CUP	1/2 cup	100	35	0.5	8.5
APPLESAUCE, UNSWEETENED	.5 CUP	100	52	0.2	13.79
CRACKER BUNNY GRAHAMS	PACKAGE	25	162	3.04	25.31
CEREAL,1 BOWL VARIETY	SERVING	20	107	2.0	23.0
YOGURT VARIETY UPSTATE	4 OZ	45	90	3.01	19.05
MILK 1% SMITH BROTHERS	HALF PINT	20	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	9.0	13.0
Weighted Daily Average			468	18.90	76.23
% of Calories				16.1%	65.1%
Nutrient Guideline			450-500		

Wednesdays

k-12 Breakfast	Total	100			
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	45	210	9.0	26.0
CEREAL,1 BOWL VARIETY	SERVING	25	107	2.0	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	35	180	2.0	38.0
CRACKER WAFFLE GRAHAM	serving	10	111	*N/A*	20.25
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	100	90	0.5	21.0
JUICE ORANGE JUICE CUP J	4 OZ	95	50	0.0	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	9.0	13.0
Weighted Daily Average			461	*13.94	87.06
% of Calories				*12.1%	75.6%
Nutrient Guideline			450-500		

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.

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Thursdays	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
k-12 Breakfast	Total	100			
BREAKFAST WRAP EGG N CHEESE	1 EACH	65	180	10.0	14.0
CEREAL,1 BOWL VARIETY	SERVING	25	107	2.0	23.0
CRACKER BUNNY GRAHAMS	PACKAGE	25	162	3.04	25.31
YOGURT VARIETY UPSTATE	4 OZ	5	90	3.01	19.05
STRAWBERRY CUP	1 EACH	100	80	0.0	20.93
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	95	58	0.38	15.12
MILK 1% SMITH BROTHERS	HALF PINT	25	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	9.0	13.0
Weighted Daily Average			452	16.46	78.36
% of Calories				14.6%	69.4%
Nutrient Guideline			450-500		

Fridays

k-12 Breakfast	Total	100			
BANANA BREAD ULTR SLICE	SLICE	60	280	5.0	44.0
CEREAL,1 BOWL VARIETY	SERVING	30	107	2.0	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	20	180	2.0	38.0
YOGURT VARIETY UPSTATE	4 OZ	30	90	3.01	19.05
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	68	0.52	17.88
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	50	73	0.51	19.15
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	9.0	13.0
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			473	13.68	89.25
% of Calories				11.6%	75.5%
Nutrient Guideline			450-500		

Weighted Average			465	*15.07	84.33
				*13.0%	72.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	465		450 - 500	100%				
Protein (g)	15.07	12.97%			Missing			
Carbohydrate (g)	84.33	72.55%						

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