

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 1, 2017 thru Feb 28, 2017

LUNCH K-6

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Generated on: 1/27/2017 12:44:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 02/01/2017					
LUNCH K-5	Total	100			
EGG ROLL (1 EACH)	ROLL	95	160	3	20.0
RICE FRIED VEG.	SERVING (3/4C)	95	270	3	54.0
BROCCOLI RAW EL 1/2	1/2 C	65	39	*N/A*	7.53
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	50	73	*N/A*	19.15
APPLESAUCE, UNSWEETENED	.5 CUP	65	52	0	13.79
HUMMAS DIP TRADITIONAL .85 V	1 EACH	15	110	1	12.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0
Weighted Daily Average			647	*25	117.03
% of Calories				*15.2%	72.3%
Nutrient Guideline			550-650		

Thu - 02/02/2017					
LUNCH K-5	Total	100			
Vegetarian Chili 1/2 c	1/2 cup	95	44	*0	6.61
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	95	80	0	0.57
PRETZEL WG SOFT 2.2 oz.(1/2)	1/2	95	70	0	15.0
SALAD, ROMAINE 2016	SRV	100	56	*1	12.68
SALAD DRESSING, RANCH	1.5 OZ	100	101	*N/A*	2.73
BANANAS,RAW FRESH	1 EACH	100	90	12	23.07
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			557	*31	80.55
% of Calories				*22.3%	57.9%
Nutrient Guideline			550-650		

Fri - 02/03/2017					
LUNCH K-5	Total	100			
RAVIOLI, BEEF about 8	EA 1 cup	100	250	6	30.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	85	68	0	17.88
CARROTS, RAW BABY EL 4 oz	4 OZ	50	40	*N/A*	9.34
SALAD DRESSING, RANCH	1.5 OZ	50	101	*N/A*	2.73
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	50	66	0	15.24
CRACKER WAFFLE GRAHAM	serving	95	111	*N/A*	20.25
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0
Weighted Daily Average			644	*25	99.59
% of Calories				*15.3%	61.9%
Nutrient Guideline			550-650		

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Portion Values - Detailed

Page 2

Generated on: 1/27/2017 12:44:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 02/06/2017					
LUNCH K-5	Total	100			
CHICKEN NUGGETS,(5 EACH)	SERVING	100	260	1	16.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	90	108	0	22.39
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	85	39	0	7.4
APPLESAUCE, UNSWEETENED	.5 CUP	95	52	0	13.79
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0
Weighted Daily Average			567	*20	77.04
% of Calories				*13.9%	54.4%
Nutrient Guideline			550-650		

Tue - 02/07/2017					
LUNCH K-5	Total	100			
BBQ PORK HOAGIE	1 EACH	95	400	*3	39.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	68	0	17.88
SWEET POTATO LATTICE FF 3/4	3/4 CUP (12 EA)	35	250	13	32.29
MILK 1% SMITH BROTHERS	HALF PINT	40	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	55	130	22	23.0
Weighted Daily Average			627	*20	77.82
% of Calories				*12.5%	49.6%
Nutrient Guideline			550-650		

Wed - 02/08/2017					
LUNCH K-5	Total	100			
CHICKEN TAQUITOS 2 ea	2 EACH	100	220	*N/A*	26.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	65	120	1	18.0
APPLES,FRESH,W/SKIN	1 EACH	100	77	15	20.58
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	*N/A*	9.34
SALAD DRESSING, RANCH	1.5 OZ	60	101	*N/A*	2.73
SALSA , GREEN CHILI TOMATO, CH	2 oz	60	13	*N/A*	2.77
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			581	*33	86.38
% of Calories				*22.5%	59.4%
Nutrient Guideline			550-650		

Thu - 02/09/2017					
LUNCH K-5	Total	100			
BEEF FINGERS CNTRY FRD (4)	3.88	100	302	*N/A*	18.32
POTATOES, MASHED INSTANT:3/4 c	3/4 c	100	135	0	25.5
GRAVY BROWN	2 OZ	100	25	*N/A*	0.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	80	53	0	13.39
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			629	*16	75.04
% of Calories				*10.5%	47.7%
Nutrient Guideline			550-650		

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Feb 1, 2017 thru Feb 28, 2017

LUNCH K-6

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Generated on: 1/27/2017 12:44:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 02/10/2017					
LUNCH K-5	Total	100			
PIZZA 4X6 TONY'S	SLICE	100	300	10	33.0
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	15.12
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	4.56
CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	100	110	*N/A*	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			603	*26	90.88
% of Calories				*17.6%	60.3%
Nutrient Guideline			550-650		

Mon - 02/13/2017					
LUNCH K-5	Total	100			
CORN DOG CHICKEN	1 EACH	100	240	5	30.0
BEANS BAKED 1/2	1/2 CUP	45	140	*N/A*	25.0
SWEET POTATO LATTICE CUT FRIES	1/2 CUP (8each)	75	170	9	22.0
APPLESAUCE, UNSWEETENED	.5 CUP	80	52	0	13.79
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			598	*29	89.78
% of Calories				*19.6%	60.0%
Nutrient Guideline			550-650		

Tue - 02/14/2017					
LUNCH K-5	Total	100			
MANWICH SLOPPY JOE	SERVINGS	100	303	*3	35.68
POTATO, KK OVENABLE 3 OZ	3 OZ	85	120	0	21.0
BANANAS,RAW FRESH	1 EACH	75	90	12	23.07
GREEN BEANS, CUT;K-51/2 C	.50 CUP	75	14	0	3.04
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			603	*29	93.46
% of Calories				*19.5%	62.0%
Nutrient Guideline			550-650		

Wed - 02/15/2017					
LUNCH K-5	Total	100			
Sweet N Sour Chicken	3.9 oz	100	190	13	25.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	22.39
BROCCOLI RAW 3/4 C	.75 C	75	15	*N/A*	2.79
SALAD DRESSING, RANCH	1.5 OZ	75	101	*N/A*	2.73
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	95	90	*N/A*	21.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0

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Feb 1, 2017 thru Feb 28, 2017

LUNCH-6

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Generated on: 1/27/2017 12:44:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Weighted Daily Average			596	*31	92.48
% of Calories				*20.5%	62.0%
Nutrient Guideline			550-650		

Thu - 02/16/2017					
LUNCH K-5	Total	100			
TACO BEEF & BEAN K-8 GRADE:2	2 EACH	100	255	*0	24.14
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	100	6	*N/A*	1.32
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	100	66	0	15.24
PEARS, FRESH	1 EACH	100	101	17	27.11
SALSA, GREEN CHILI TOMATO, CH	2 oz	100	13	*N/A*	2.77
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			555	*34	89.79
% of Calories				*24.6%	64.7%
Nutrient Guideline			550-650		

Fri - 02/17/2017					
LUNCH K-5	Total	100			
CHICKEN SAND BREAD K-6	SANDWICH	100	383	*1	44.21
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	25	6	*N/A*	1.32
SALAD, ROMAINE 2016	SRV	50	56	*1	12.68
SALAD DRESSING, RANCH	1.5 OZ	50	101	*N/A*	2.73
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	0	13.39
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			609	*18	79.48
% of Calories				*11.8%	52.2%
Nutrient Guideline			550-650		

Mon - 02/20/2017					
LUNCH K-5	Total	100			
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	100	150	4	6.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	22.39
APPLES, FRESH, W/SKIN	1 EACH	65	77	15	20.58
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	95	21	0	4.56
CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	100	110	*N/A*	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			552	*31	84.30
% of Calories				*22.1%	61.1%
Nutrient Guideline			550-650		

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Feb 1, 2017 thru Feb 28, 2017

LUNCH K-6

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Generated on: 1/27/2017 12:44:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 02/21/2017					
LUNCH K-5	Total	100			
CHEESE, AMERICAN RF 1 slice	SLICE	100	35	*N/A*	1.0
HAMBURGER ELE	1 EACH	100	268	*0	31.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	100	0	15.0
PEARS,FRESH	1 EACH	65	101	17	27.11
BEANS BAKED 1/2	1/2 CUP	40	140	*N/A*	25.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	100	6	*N/A*	1.32
Weighted Daily Average			625	*28	92.14
% of Calories				*17.8%	59.0%
Nutrient Guideline			550-650		

Wed - 02/22/2017					
LUNCH K-5	Total	100			
FRENCH TOAST STICKS, WG :3 EA	3 EA	100	208	*N/A*	25.64
SAUSAGE LINKS 2	2 EACH	100	43	*N/A*	1.0
POTATO, TATER TOTS: 6-12 (15)	15 EACH	70	225	0	25.5
ORANGES,FRESH	1 EACH	70	45	9	11.28
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
SYRUP CUP, REDUCED CALORIE	1 EACH	100	50	*N/A*	13.0
Weighted Daily Average			604	*23	84.59
% of Calories				*15.1%	56.0%
Nutrient Guideline			550-650		

Thu - 02/23/2017					
LUNCH K-5	Total	100			
SPAGHETTI AND MEAT SAUCE	1 CUP	100	266	*1	41.86
BREAD, TOAST GARLIC MINI	1 oz SLICE	65	70	*N/A*	12.0
SPINACH SALAD	1.5 CUP	50	159	*0	10.23
SALAD DRESSING, RANCH	1.5 OZ	50	101	*N/A*	2.73
JUICE APPLE JUICE CUP	1 EACH	50	60	13	14.0
STRAWBERRY CUP	serving	65	80	16	20.93
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			649	*36	97.74
% of Calories				*22.1%	60.2%
Nutrient Guideline			550-650		

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LUNCH K-6

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Portion Values - Detailed

Page 6

Generated on: 1/27/2017 12:44:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 02/24/2017					
LUNCH K-5	Total	100			
BAJA FISH WG STICKS, 4 ea	4 PIECES	95	220	0	18.0
BROCCOLI RAW EL 1/2	1/2 C	90	39	*N/A*	7.53
HUMMAS DIP TRADITIONAL M/MA	1 EACH	90	110	1	12.0
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	*N/A*	9.34
PEACH CUBES 1/2 CUP	1/2 CUP	45	35	7	8.5
PRETZEL GOLDFISH CRACKERS	BAG	65	90	*N/A*	16.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0
TARTAR SAUCE: scratch	1 OZ	1	77	*N/A*	6.52
Weighted Daily Average			574	*23	76.72
% of Calories				*15.7%	53.5%
Nutrient Guideline			550-650		

Mon - 02/27/2017					
LUNCH K-5	Total	100			
CHICKEN, POPCORN	serv 3.36 oz	100	253	1	16.21
ROLL DINNER WG BAKER BOY	ROLL	100	110	*N/A*	19.0
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	4.56
APPLES,FRESH,W/SKIN	1 EACH	100	77	15	20.58
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			587	*33	80.85
% of Calories				*22.5%	55.1%
Nutrient Guideline			550-650		

Tue - 02/28/2017					
LUNCH K-5	Total	100			
Cindys Fiesta Bowl ea 1/2 rice	serving	95	333	*0	36.35
TORTILLA WHEAT 10"1/2 tortilla	1/2	40	100	*N/A*	18.0
SALSA , GREEN CHILI TOMATO, CH	2 oz	90	13	*N/A*	2.77
PEACHES, DICED LIGHT S: 1/2 C	4 oz	75	53	0	13.39
JUICE APPLE JUICE CUP	1 EACH	75	60	13	14.0
REFRIED BEANS, ELEM 1/2	1/2 CUP	35	120	1	18.0
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	35	80	0	0.57
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0
Weighted Daily Average			650	*29	92.77
% of Calories				*17.7%	57.1%
Nutrient Guideline			550-650		

Weighted Average			603	*27	87.92
				*40.2%	58.3%

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LUNCH K-6

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Portion Values - Detailed

Page 7

Generated on: 1/27/2017 12:44:40 PM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Reimb Qty Miss Data	Cals (kcal) Shortfall	Sugars (g) Overage	Carb (g) Error Messages (if any)
Calories	603		550 - 650	100%				
Sugars (g)	27	17.85%			Missing			
Carbohydrate (g)	87.92	58.33%						

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