

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Base Menu Spreadsheet
Portion Values - Detailed

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Feb 1, 2017 thru Feb 28, 2017

HS/Kenai Alt. So.
Prep/ Nikiski
Jr.Sr. Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Mondays					
LUNCH 9-12	Total	100			
PIZZA PRIMO BIG DADDY 16"	SLICE	35	370	8	35.96
Sweet N Sour Chicken	3.9 oz	45	190	13	25.0
BBQ PORK HOAGIE	1 EACH	25	400	*3	39.0
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	95	39	0	7.4
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	80	85	5	11.0
FRUIT BAR FRESH HS	1 EACH	95	67	*9	17.3
JUICE APPLE JUICE CUP	1 EACH	95	60	13	14.0
RICE, BROWN LONG, 3/4 C	3/4 CUP	75	162	0	33.59
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			788	*52	125.34
% of Calories				*26.4%	63.6%
Nutrient Guideline			750-850		

Tuesdays					
LUNCH 9-12	Total	100			
EGG ROLL 2 EACH	ROLL	30	320	6	40.01
RICE, BROWN LONG, 1/2 C	1/2 CUP	30	108	0	22.39
Cindys Fiesta Bowl each 3/4 ri	serving	25	387	*0	47.54
TORTILLA WHEAT 10"	1 EA	25	200	*N/A*	36.0
WRAP, TURKEY 9-12 GRADE	1 EACH	35	473	*1	43.61
FRUIT BAR FRESH HS	1 EACH	40	67	*9	17.3
VEGETABLE BAR HS	SERVINGS	60	48	*0	9.84
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
SALAD DRESSING, RANCH	1.5 OZ	60	101	*N/A*	2.73
JUICE/FRUITABLES/TROPICAL	6.75 OZ	55	90	*N/A*	22.0
COOKIE, CHOC CHIP / M&M WG (1	1 EACH	80	110	8	19.0
HUMMAS DIP TRADITIONAL .85 V	1 EACH	25	110	1	12.0
Weighted Daily Average			843	*30	119.98
% of Calories				*14.4%	56.9%
Nutrient Guideline			750-850		

Wednesdays					
LUNCH 9-12	Total	100			
CHICKEN PATTY BREADED 7-12 san	PATTY	30	342	*0	38.11
CHICKEN TAQUITOS HS	4 EACH	30	440	*N/A*	52.0
CHICKEN FAJITA QUES 9-12	1 EACH	40	452	*N/A*	37.41
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	100	0	15.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	60	120	1	18.0
ORANGE JUICE CUP	1 EACH	95	50	12	13.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
FRUIT BAR FRESH HS	1 EACH	95	67	*9	17.3
SALSA , GREEN CHILI TOMATO, CH	2 oz	30	13	*N/A*	2.77
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	80	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.

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories			841	*39 *18.4%	115.64 55.0%
Nutrient Guideline			750-850		

Thursdays					
LUNCH 9-12	Total	100			
HOAGIE HAM/CHEESE	1 EA	25	188	*3	30.24
BREAD BEEF FINGER BOWL	SV	35	584	*1	71.32
BOSCO CHEESE STICK WG-2	Bread Stick (2)	40	300	2	34.0
ROLL DINNER WG BAKER BOY	ROLL	35	110	*N/A*	19.0
FRUIT BAR FRESH HS	1 EACH	40	67	*9	17.3
VEGETABLE BAR HS	SERVINGS	60	48	*0	9.84
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
SALAD DRESSING, RANCH	1.5 OZ	60	101	*N/A*	2.73
EDAMANE SUCCOTASH	4 OZ	45	133	*N/A*	13.33
DIPPING SAUCE 6-12 4 oz	4 OZ	45	45	*N/A*	11.76
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	20	6	*N/A*	1.32
PEACH CUBES 1/2 CUP	1/2 cup	95	35	7	8.5
Weighted Daily Average % of Calories			760	*28 *15.0%	106.72 56.1%
Nutrient Guideline			750-850		

Fridays					
LUNCH 9-12	Total	100			
BEEF PATTY MESQUITE CHARBROILE	1 ea	35	347	*N/A*	31.4
PIZZA PRIMO BIG DADDY 16"	SLICE	35	370	8	35.96
CHICKEN, POPCORN	serv 3.36 oz	30	253	1	16.21
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	225	0	25.5
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	50	21	0	4.56
FRUIT BAR FRESH HS	1 EACH	50	67	*9	17.3
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	85	68	0	17.88
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	30	6	*N/A*	1.32
PRETZEL GOLDFISH CRACKERS	BAG	65	90	*N/A*	16.0
Weighted Daily Average % of Calories			795	*25 *12.8%	106.76 53.7%
Nutrient Guideline			750-850		

Weighted Average			806	*35 *39.1%	114.89 57.0%
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LUNCH 9-12

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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	806		750 - 850	100%				
Sugars (g)	35	17.37%			Missing			
Carbohydrate (g)	114.89	57.05%						

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