

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Apr 1, 2017 thru Apr 30, 2017

LUNCH K-5

Base Menu Spreadsheet

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Carb (g)
Mon - 04/03/2017						
LUNCH K-5	Total	100				
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	100	203	49	0	12.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	0	22.39
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	100	39	0	0	7.4
APPLES,FRESH,W/SKIN	1 EACH	100	77	0	15	20.58
MILK 1% SMITH BROTHERS	HALF PINT	15	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	5	22	23.0
Weighted Daily Average			554	55	*34	83.87
% of Calories					*24.7%	60.5%
Nutrient Guideline			550-650			

Tue - 04/04/2017						
LUNCH K-5	Total	100				
BBQ PORK HOAGIE	1 EACH	95	400	50	*3	39.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	95	68	0	0	17.88
SWEET POTATO LATTICE FF 3/4	3/4 CUP (12 EA)	35	250	0	13	32.29
MILK 1% SMITH BROTHERS	HALF PINT	40	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	55	130	5	22	23.0
Weighted Daily Average			647	54	*20	83.19
% of Calories					*12.1%	51.4%
Nutrient Guideline			550-650			

Wed - 04/05/2017						
LUNCH K-5	Total	100				
CHICKEN TAQUITOS 2 ea	2 EACH	100	220	18	*N/A*	26.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	95	120	0	1	18.0
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	0	0	13.79
CARROTS, RAW BABY EL 4 oz	4 OZ	75	40	0	*N/A*	9.34
SALAD DRESSING, RANCH	1.5 OZ	75	101	16	*N/A*	2.73
SALSA , GREEN CHILI TOMATO, CH	2 oz	100	13	0	*N/A*	2.77
MILK 1% SMITH BROTHERS	HALF PINT	15	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	23.0
Weighted Daily Average			610	36	*17	85.84
% of Calories					*11.4%	56.3%
Nutrient Guideline			550-650			

Thu - 04/06/2017						
LUNCH K-5	Total	100				
BEEF FINGERS CNTRY FRD (4)	3.88	100	302	43	*N/A*	18.32
POTATOES, MASHED INSTANT:3/4 c	3/4 c	100	135	0	0	25.5
GRAVY BROWN	2 OZ	100	25	0	*N/A*	0.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	80	53	0	0	13.39
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	23.0
Weighted Daily Average			629	49	*16	75.04
% of Calories					*10.5%	47.7%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Carb (g)
Fri - 04/07/2017						
LUNCH K-5	Total	100				
PIZZA 4X6 TONY'S	SLICE	100	300	25	10	33.0
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	0	15.12
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	0	4.56
CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	100	110	0	*N/A*	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	23.0
Weighted Daily Average			603	30	*26	90.88
% of Calories					*17.6%	60.3%
Nutrient Guideline			550-650			

Mon - 04/10/2017						
LUNCH K-5	Total	100				
CORN DOG CHICKEN	1 EACH	100	240	40	5	30.0
BEANS BAKED 1/2	1/2 CUP	45	140	0	*N/A*	25.0
SWEET POTATO LATTICE CUT FRIES	1/2 CUP (8each)	75	170	0	9	22.0
APPLESAUCE, UNSWEETENED	.5 CUP	80	52	0	0	13.79
MILK 1% SMITH BROTHERS	HALF PINT	20	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	5	22	23.0
Weighted Daily Average			598	46	*29	89.78
% of Calories					*19.6%	60.0%
Nutrient Guideline			550-650			

Tue - 04/11/2017						
LUNCH K-5	Total	100				
MANWICH SLOPPY JOE	SERVINGS	100	303	31	*3	35.68
POTATO, KK OVENABLE 3 OZ	3 OZ	70	120	0	0	21.0
GREEN BEANS, CUT;K-51/2 C	.50 CUP	75	14	0	0	3.04
BANANAS,RAW FRESH	1 EACH	75	90	0	12	23.07
MILK 1% SMITH BROTHERS	HALF PINT	15	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	5	22	23.0
Weighted Daily Average			585	37	*29	90.31
% of Calories					*20.1%	61.7%
Nutrient Guideline			550-650			

Wed - 04/12/2017						
LUNCH K-5	Total	100				
Sweet N Sour Chicken	3.9 oz	100	190	45	13	25.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	0	22.39
BROCCOLI RAW 3/4 C	.75 C	75	15	0	*N/A*	2.79
SALAD DRESSING, RANCH	1.5 OZ	75	101	16	*N/A*	2.73
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	95	90	0	*N/A*	21.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	5	22	23.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Carb (g)
Weighted Daily Average			596	63	*31	92.48
% of Calories					*20.5%	62.0%
Nutrient Guideline			550-650			

Thu - 04/13/2017						
LUNCH K-5	Total	100				
CHICKEN ALFREDO	1 CUP	100	271	66	*3	35.37
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	100	99	0	0	22.87
PEARS,FRESH	1 EACH	100	101	0	17	27.11
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	23.0
Weighted Daily Average			596	72	*37	105.85
% of Calories					*24.7%	71.0%
Nutrient Guideline			550-650			

Fri - 04/14/2017						
LUNCH K-5	Total	100				
CHICKEN SAND BREAD K-6	SANDWICH	100	383	25	*1	44.21
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	25	6	0	*N/A*	1.32
SALAD, ROMAINE 2016	SRV	50	56	0	*1	12.68
SALAD DRESSING, RANCH	1.5 OZ	50	101	16	*N/A*	2.73
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	0	0	13.39
MILK 1% SMITH BROTHERS	HALF PINT	15	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	23.0
Weighted Daily Average			609	39	*18	79.48
% of Calories					*11.8%	52.2%
Nutrient Guideline			550-650			

Mon - 04/17/2017						
LUNCH K-5	Total	100				
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	100	150	35	4	6.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	0	22.39
APPLES,FRESH,W/SKIN	1 EACH	100	77	0	15	20.58
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	0	4.56
CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	100	110	0	*N/A*	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	23.0
Weighted Daily Average			580	40	*36	91.73
% of Calories					*24.8%	63.2%
Nutrient Guideline			550-650			

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SCHOOL DISTRICT**

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Carb (g)
Tue - 04/18/2017						
LUNCH K-5	Total	100				
CHEESE, AMERICAN RF 1 slice	SLICE	100	35	7	*N/A*	1.0
HAMBURGER ELE	1 EACH	100	268	34	*0	31.0
POTATO, KK OVENABLE 3 OZ	3 OZ	80	120	0	0	21.0
PEARS,FRESH	1 EACH	65	101	0	17	27.11
BEANS BAKED 1/2	1/2 CUP	40	140	0	*N/A*	25.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	23.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	100	6	0	*N/A*	1.32
Weighted Daily Average			641	47	*28	96.94
% of Calories					*17.3%	60.5%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Carb (g)
Wed - 04/19/2017						
LUNCH K-5	Total	100				
FRENCH TOAST STICKS, WG :3 EA	3 EA	90	208	105	*N/A*	25.64
SAUSAGE LINKS lower sod (2)	1 EACH	80	200	50	0	2.0
POTATO, TATER TOTS: 6-12 (15)	15 EACH	45	225	0	0	25.5
ORANGES,FRESH	1 EACH	45	45	0	9	11.28
MILK 1% SMITH BROTHERS	HALF PINT	15	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	23.0
SYRUP CUP, REDUCED CALORIE	1 EACH	90	50	0	*N/A*	13.0
Weighted Daily Average			628	140	*21	72.13
% of Calories					*13.1%	46.0%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Carb (g)
Thu - 04/20/2017						
LUNCH K-5	Total	100				
SPAGHETTI AND MEAT SAUCE	1 CUP	95	266	22	*1	40.98
BREAD, TOAST GARLIC MINI	1 oz SLICE	95	70	0	*N/A*	12.0
SPINACH SALAD	1.5 CUP	50	159	22	*0	10.23
SALAD DRESSING, RANCH	1.5 OZ	50	101	16	*N/A*	2.73
JUICE APPLE JUICE CUP	1 EACH	50	60	0	13	14.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	70	130	5	22	23.0
Weighted Daily Average			592	46	*23	82.51
% of Calories					*15.7%	55.7%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Carb (g)
Fri - 04/21/2017						
LUNCH K-5	Total	100				
BAJA FISH WG STICKS, 4 ea	4 PIECES	100	220	40	0	18.0
BROCCOLI RAW EL 1/2	1/2 C	90	39	0	*N/A*	7.53
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	0	*N/A*	9.34
HUMMAS RANCH DIP V.94	SERVING	45	90	5	1	11.0
PEACH CUBES 1/2 CUP	1/2 CUP	75	35	0	7	8.5
PRETZEL GOLDFISH CRACKERS	BAG	90	90	0	*N/A*	16.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	5	22	23.0
TARTAR SAUCE: scratch	1 OZ	80	77	6	*N/A*	6.52
Weighted Daily Average			620	53	*24	83.47
% of Calories					*15.5%	53.8%
Nutrient Guideline			550-650			

Mon - 04/24/2017						
LUNCH K-5	Total	100				
CHICKEN, POPCORN	serv 3.36 oz	100	253	25	1	16.21
ROLL DINNER WG BAKER BOY	ROLL	100	110	0	*N/A*	19.0
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	0	4.56
APPLES,FRESH,W/SKIN	1 EACH	100	77	0	15	20.58
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	23.0
Weighted Daily Average			587	32	*33	80.85
% of Calories					*22.5%	55.1%
Nutrient Guideline			550-650			

Tue - 04/25/2017						
LUNCH K-5	Total	100				
RAVIOLI, BEEF about 8	EA 1 cup	100	250	25	6	30.0
BREAD, TOAST GARLIC MINI	1 oz SLICE	100	70	0	*N/A*	12.0
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	75	66	0	0	15.24
CARROTS, RAW BABY EL 4 oz	4 OZ	65	40	0	*N/A*	9.34
SALAD DRESSING, RANCH	1.5 OZ	65	101	16	*N/A*	2.73
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	50	68	0	0	17.88
MILK 1% SMITH BROTHERS	HALF PINT	15	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	5	22	23.0
Weighted Daily Average			622	41	*25	91.72
% of Calories					*15.9%	59.0%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Carb (g)
Wed - 04/26/2017						
LUNCH K-5	Total	100				
EGG ROLL (1 EACH)	ROLL	95	160	30	3	20.0
RICE FRIED VEG.	SERVING (3/4C)	95	270	0	3	54.0
BROCCOLI RAW EL 1/2	1/2 C	65	39	0	*N/A*	7.53
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	50	73	0	*N/A*	19.15
HUMMAS DIP TRADITIONAL .85 V	1 EACH	15	110	0	1	12.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	5	22	23.0
Weighted Daily Average			614	34	*25	108.07
% of Calories					*16.0%	70.4%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Carb (g)
Thu - 04/27/2017						
LUNCH K-5	Total	100				
Vegetarian Chili 1/2 c	1/2 cup	95	44	0	*0	6.61
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	95	80	16	0	0.57
PRETZEL WG SOFT 2.2 oz.( 1/2)	1/2	95	70	0	0	15.0
SALAD, ROMAINE 2016	SRV	100	56	0	*1	12.68
SALAD DRESSING, RANCH	1.5 OZ	100	101	16	*N/A*	2.73
BANANAS,RAW FRESH	1 EACH	100	90	0	12	23.07
MILK 1% SMITH BROTHERS	HALF PINT	20	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	5	22	23.0
Weighted Daily Average			557	38	*31	80.55
% of Calories					*22.3%	57.9%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Carb (g)
Fri - 04/28/2017						
LUNCH K-5	Total	100				
CORN DOG CHICKEN	1 EACH	100	240	40	5	30.0
CHEESY ROTINI NOODLES	1 CUP	85	212	0	*0	33.77
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	85	21	0	0	4.56
STRAWBERRY CUP	servng	85	80	0	16	20.93
MILK 1% SMITH BROTHERS	HALF PINT	15	110	10	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	23.0
Weighted Daily Average			620	45	*35	99.57
% of Calories					*22.6%	64.3%
Nutrient Guideline			550-650			

Weighted Average			605	50	*27	88.21
					*40.1%	58.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	605		550 - 650	100%				
Cholesterol (mg)	50							
Sugars (g)	27	17.81%			Missing			
Carbohydrate (g)	88.21	58.37%						

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