

**KENAI PENINSULA BOROUGH
SCHOOL DISTRICT**

**BREAKFAST 9-12 / NIHI/ SO.
PREP**

Base Menu Spreadsheet
Portion Values - Detailed

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Monday	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
BREAKFAST 9-12	Total	100				
BAR BENEFIT COCOA CHIP	BAR	35	270	21	5.0	48.0
BREAKFAST WRAP EGG N CHEESE	1 EACH	20	180	1	10.0	14.0
CEREAL,1 BOWL VARIETY	SERVING	35	107	*5	2.0	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	35	180	15	2.0	38.0
CHEWY OATMEAL BITES	PACKAGE	20	130	8	2.0	24.0
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	65	58	0	0.38	15.12
JUICE APPLE JUICE CUP	1 EACH	75	60	13	0.0	14.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	29	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	12	9.0	13.0
Weighted Daily Average			468	*43	13.99	87.01
% of Calories				*36.6%	12.0%	74.4%
Nutrient Guideline			450-600			

Tuesday	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
BREAKFAST 9-12	Total	100				
BOSCO CHEESE STICK WG ELM	Bread Stick	45	150	1	10.0	17.0
DIPPING SAUCE K-5 2 oz	2 OZ	45	22	*N/A*	0.72	5.88
BANANA BREAD ULTR SLICE	SLICE	25	280	25	5.0	44.0
PEACH CUBES 1/2 CUP	1/2 cup	100	35	7	0.5	8.5
APPLESAUCE, UNSWEETENED	.5 CUP	100	52	0	0.2	13.79
CRACKER BUNNY GRAHAMS	PACKAGE	25	162	9	3.04	25.31
CEREAL,1 BOWL VARIETY	SERVING	15	107	*5	2.0	23.0
YOGURT VARIETY UPSTATE	4 OZ	40	90	15	3.01	19.05
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	29	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	12	9.0	13.0
Weighted Daily Average			456	*40	17.22	82.42
% of Calories				*35.3%	15.1%	72.3%
Nutrient Guideline			450-600			

Wednesday	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
BREAKFAST 9-12	Total	100				
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	20	210	9	9.0	26.0
BAR BENEFIT COCOA CHIP	BAR	25	270	21	5.0	48.0
CEREAL,1 BOWL VARIETY	SERVING	45	107	*5	2.0	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	35	180	15	2.0	38.0
CHEWY OATMEAL BITES	PACKAGE	20	130	8	2.0	24.0
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	0	0.2	13.79
JUICE ORANGE JUICE CUP J	4 OZ	95	50	*N/A*	0.0	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	29	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	12	9.0	13.0

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
 † - 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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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			466	*33	13.40	90.66
% of Calories				*28.4%	11.5%	77.8%
Nutrient Guideline			450-600			

Thursday

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
BREAKFAST 9-12	Total	100				
BREAKFAST WRAP EGG N CHEESE	1 EACH	50	180	1	10.0	14.0
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	30	210	9	9.0	26.0
CEREAL,1 BOWL VARIETY	SERVING	15	107	*5	2.0	23.0
CRACKER BUNNY GRAHAMS	PACKAGE	15	162	9	3.04	25.31
YOGURT VARIETY UPSTATE	4 OZ	5	90	15	3.01	19.05
STRAWBERRY CUP	1 EACH	95	80	16	0.0	20.93
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	95	58	0	0.38	15.12
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	29	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	12	9.0	13.0
Weighted Daily Average			457	*38	17.16	78.18
% of Calories				*33.4%	15.0%	68.5%
Nutrient Guideline			450-600			

Friday

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
BREAKFAST 9-12	Total	100				
BANANA BREAD ULTR SLICE	SLICE	25	280	25	5.0	44.0
FRENCH TOAST STICKS, WG :3 EA	3 EA	35	208	*N/A*	7.65	25.64
CEREAL,1 BOWL VARIETY	SERVING	30	107	*5	2.0	23.0
POP TART, WHOLE GRAIN STRAWBER	PASTRY	30	180	15	2.0	38.0
YOGURT VARIETY UPSTATE	4 OZ	20	90	15	3.01	19.05
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	68	0	0.52	17.88
FRUIT BAR FRESH HS	1 EACH	50	67	*9	0.79	17.3
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	29	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	12	9.0	13.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	8.0	23.0
Weighted Daily Average			454	*38	14.65	83.79
% of Calories				*33.5%	12.9%	73.9%
Nutrient Guideline			450-600			

Weighted Average			460	*38	15.29	84.41
				*75.2%	13.3%	73.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	460		450 - 600	100%				
Sugars (g)	38	33.43%			Missing			
Protein (g)	15.29	13.29%						
Carbohydrate (g)	84.41	73.39%						

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