

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 22, 2017

## GRAB N GO BREAKFAST

Base Menu Spreadsheet

Portion Values - Detailed

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Option #1	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
6-12 GRAB N GO BREAKF	Total	100				
BAR BENEFIT COCOA CHIP	BAR	100	270	21	5.0	48.0
APPLESAUCE UNSWEETENED CUPS	1 EA	100	53	12	0.0	14.64
AMAZIN' RAISIN STRAWBERRY	PACKAGE	100	110	22	1.0	25.0
MILK 1% SMITH BROTHERS	HALF PINT	50	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	50	130	22	8.0	23.0
Weighted Daily Average			553	*66	14.00	105.64
% of Calories				*47.4%	10.1%	76.4%
Nutrient Guideline			450-600			

Option # 2	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
6-12 GRAB N GO BREAKF	Total	100				
BREAKFAST BAR CINN TOAST CRUNC	BAR	75	150	9	2.0	30.0
BREAKFAST BAR COCOA PUFFS	BAR	50	150	9	2.0	30.0
CRACKER BUNNY GRAHAMS	PACKAGE	75	162	9	3.04	25.31
ORANGES,FRESH	1 EACH	100	45	9	0.9	11.28
ORANGES,FRESH	1 EACH	100	45	9	0.9	11.28
MILK 1% SMITH BROTHERS	HALF PINT	55	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	45	130	22	8.0	23.0
Weighted Daily Average			518	*46	14.58	96.54
% of Calories				*35.4%	11.3%	74.5%
Nutrient Guideline			450-600			

Option # 3	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
6-12 GRAB N GO BREAKF	Total	100				
BANANA BREAD ULTR SLICE	SLICE	100	280	25	5.0	44.0
ORANGE JUICE CUP	1 EACH	65	50	12	0.0	13.0
AMAZIN' RAISIN STRAWBERRY	PACKAGE	65	110	22	1.0	25.0
MILK 1% SMITH BROTHERS	HALF PINT	40	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	60	130	22	8.0	23.0
Weighted Daily Average			506	*60	13.65	87.70
% of Calories				*47.7%	10.8%	69.3%
Nutrient Guideline			450-600			

Option # 4	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
6-12 GRAB N GO BREAKF	Total	100				
CEREAL,1 BOWL VARIETY	SERVING	100	107	*5	2.0	23.0
CHEWY OATMEAL BITES	PACKAGE	100	130	8	2.0	24.0
BANANAS,RAW FRESH	1 EACH	65	90	12	1.1	23.07
BANANAS,RAW FRESH	1 EACH	65	90	12	1.1	23.07
MILK 1% SMITH BROTHERS	HALF PINT	85	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	15	130	22	8.0	23.0
Weighted Daily Average			467	*32	13.43	91.49
% of Calories				*27.1%	11.5%	78.4%
Nutrient Guideline			450-600			

\*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.**

**KENAI PENINSULA BOROUGH  
SCHOOL DISTRICT**

**Oct 22, 2017**

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Option # 5	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
6-12 GRAB N GO BREAKF	Total	100				
BAR FRENCH TOAST BENEFIT	BAR	100	290	*N/A*	5.0	47.0
JUICE APPLE JUICE CUP	1 EACH	75	60	13	0.0	14.0
FRUIT BAR FRESH HS	1 EACH	70	67	*9	0.79	17.3
MILK 1% SMITH BROTHERS	HALF PINT	40	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	55	130	22	8.0	23.0
Weighted Daily Average			498	*28	13.15	87.46
% of Calories				*22.9%	10.6%	70.3%
Nutrient Guideline			450-600			

Weighted Average			508	*46 *82.1%	13.76 10.8%	93.77 73.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	508		450 - 600	100%				
Sugars (g)	46	36.49%			Missing			
Protein (g)	13.76	10.83%						
Carbohydrate (g)	93.77	73.78%						

\*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

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