

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

K-12 , Middle Breakfast

Base Menu Spreadsheet

Portion Values - Detailed

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Monday	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
k-12 Breakfast	Total	100				
BAR BENEFIT COCOA CHIP	BAR	55	270	21	5.0	48.0
CEREAL,1 BOWL VARIETY	SERVING	25	107	*5	2.0	23.0
CRACKER BUNNY GRAHAMS	PACKAGE	35	162	9	3.04	25.31
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			469	*44	13.15	87.07
% of Calories				*37.8%	11.2%	74.3%
Nutrient Guideline			450-500			

Tuesday	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
k-12 Breakfast	Total	100				
OATMEAL WITH BROWN SUGAR (PRE	6 OZ	50	185	*N/A*	5.1	39.12
CEREAL,1 BOWL VARIETY	SERVING	30	107	*5	2.0	23.0
YOGURT VARIETY UPSTATE	4 OZ	10	90	15	3.01	19.05
BREAKFAST BAR CINN TOAST CRUNC	BAR	90	150	9	2.0	30.0
AMAZIN' RAISIN STRAWBERRY	PACKAGE	60	110	22	1.0	25.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	0	0.5	13.39
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			496	*42	14.34	99.84
% of Calories				*34.2%	11.6%	80.6%
Nutrient Guideline			450-500			

Wednesday	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
k-12 Breakfast	Total	100				
PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	45	210	9	9.0	26.0
CEREAL,1 BOWL VARIETY	SERVING	15	107	*5	2.0	23.0
CHEWY OATMEAL BITES	PACKAGE	60	130	8	2.0	24.0
CRACKER BUNNY GRAHAMS	PACKAGE	25	162	9	3.04	25.31
APPLESAUCE, UNSWEETENED	.5 CUP	100	52	0	0.2	13.79
JUICE ORANGE JUICE CUP J	4 OZ	100	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
Weighted Daily Average			459	*29	14.69	83.60
% of Calories				*25.1%	12.8%	72.9%
Nutrient Guideline			450-500			

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.

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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Thursday	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
k-12 Breakfast	Total	100				
OMELET W/ COLBY CHEESE	1 EACH	35	110	0	8.0	1.0
CEREAL,1 BOWL VARIETY	SERVING	30	107	*5	2.0	23.0
BREAKFAST BAR COCOA PUFFS	BAR	80	150	9	2.0	30.0
CHEWY OATMEAL BITES	PACKAGE	25	130	8	2.0	24.0
STRAWBERRY CUP	1 EACH	100	90	18	1.0	21.93
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	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			499	*46	15.07	95.23
% of Calories				*36.5%	12.1%	76.4%
Nutrient Guideline			450-500			

Friday	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
k-12 Breakfast	Total	100				
BANANA BREAD ULTR SLICE	SLICE	60	280	25	5.0	44.0
CEREAL,1 BOWL VARIETY	SERVING	30	107	*5	2.0	23.0
BREAKFAST BAR CINN TOAST CRUNC	BAR	40	150	9	2.0	30.0
YOGURT VARIETY UPSTATE	4 OZ	30	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	65	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			504	*49	14.34	95.32
% of Calories				*38.7%	11.4%	75.6%
Nutrient Guideline			450-500			

Weighted Average			485	*42	14.32	92.21
				*77.8%	11.8%	76.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	485		450 - 500	100%				
Sugars (g)	42	34.57%			Missing			
Protein (g)	14.32	11.81%						
Carbohydrate (g)	92.21	76.02%						

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