

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Mon - 01/08/2018						
LUNCH K-5	Total	100				
CHICKEN NUGGETS,(5 EACH)	SERVING	100	202	0	16.16	12.12
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	100	99	0	3.22	22.87
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	100	90	*N/A*	0.5	21.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	2.52	22.39
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
Weighted Daily Average			624	*16	30.40	98.88
% of Calories				*10.6%	19.5%	63.4%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Tue - 01/09/2018						
LUNCH K-5	Total	100				
HAMBURGER ON BUN	1 EACH	100	290	*0	18.0	29.0
BEANS BAKED 1/2	1/2 CUP	50	140	*N/A*	7.0	25.0
POTATO JO-JO 1/2 (1-2 EA)	1/2 C	60	100	0	2.0	15.0
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	80	6	*N/A*	0.31	1.32
CHEESE, AMERICAN RF 1 slice	SLICE	100	35	*N/A*	3.5	1.0
GRAPES,FRESH	1/2 C SERVING	85	76	*N/A*	0.71	19.45
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
Weighted Daily Average			649	*16	35.05	89.59
% of Calories				*10.2%	21.6%	55.2%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Wed - 01/10/2018						
LUNCH K-5	Total	100				
BEEF FINGERS CNTRY FRD (4)	3.88	95	302	*N/A*	17.24	18.32
POTATOES, MASHED INSTANT:1/2C	1/2 cup	70	90	0	2.0	17.0
GRAVY BROWN	2 OZ	70	25	*N/A*	0.0	0.0
CARROTS, RAW BABY EL 4 oz	4 OZ	50	40	*N/A*	0.73	9.34
SALAD DRESSING, RANCH	1.5 OZ	50	101	*N/A*	0.85	2.73
APPLESAUCE, UNSWEETENED	.5 CUP	70	52	0	0.2	13.79
ROLL DINNER WG BAKER BOY	ROLL	50	100	0	3.0	17.0
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
Weighted Daily Average			649	*16	28.20	73.99
% of Calories				*10.2%	17.4%	45.6%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Thu - 01/11/2018						
LUNCH K-5	Total	100				
SPAGHETTI AND MEAT SAUCE	1 CUP	100	266	*1	14.61	40.98
BREAD, TOAST GARLIC MINI	1 oz SLICE	100	70	*N/A*	2.0	12.0
SALAD, ROMAINE: 50	srv	50	56	*1	1.53	12.65
SALAD DRESSING, RANCH	1.5 OZ	50	101	*N/A*	0.85	2.73
BANANAS,RAW FRESH	1 EACH	75	90	12	1.1	23.07
ORANGE JUICE CUP	1 EACH	80	50	12	0.0	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	70	130	22	8.0	23.0
Weighted Daily Average			640	*36	26.22	107.72
% of Calories				*22.4%	16.4%	67.3%
Nutrient Guideline			550-650			

Fri - 01/12/2018						
LUNCH K-5	Total	100				
PIZZA 4X6 TONY'S	SLICE	100	300	10	16.0	33.0
GREEN BEANS, CUT;K-51/2 C	.50 CUP	100	14	0	0.78	3.04
PEACHES, DICED LIGHT S: 1/2 C	4 oz	100	53	0	0.5	13.39
GOLD RUSH FRUITABLE	BOX	100	40	8	0.0	10.0
MILK 1% SMITH BROTHERS	HALF PINT	5	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	95	130	22	8.0	23.0
Weighted Daily Average			536	*39	25.29	81.93
% of Calories				*29.0%	18.9%	61.1%
Nutrient Guideline			550-650			

Tue - 01/16/2018						
LUNCH K-5	Total	100				
SALISBURY STEAK	PATTY	100	158	1	14.0	5.0
POTATOES, MASHED INSTANT:1/2C	1/2 cup	100	90	0	2.0	17.0
GREEN BEANS, CUT;K-51/2 C	.50 CUP	100	14	0	0.78	3.04
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	100	90	*N/A*	0.5	21.0
ROLL DINNER WG BAKER BOY	ROLL	100	100	0	3.0	17.0
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
Weighted Daily Average			577	*17	28.28	83.54
% of Calories				*12.1%	19.6%	57.9%
Nutrient Guideline			550-650			

Wed - 01/17/2018						
LUNCH K-5	Total	100				
FRENCH TOAST STICKS, WG :3 EA	3 EA	100	208	*N/A*	7.65	25.64
SAUSAGE LINKS lower sod (2)	ser -2	85	200	0	14.0	2.0
POTATO, TATER TOTS: 6-12 (12)	12 EACH	50	179	0	2.98	20.84
PEACHES, DICED LIGHT S: 1/2 C	4 oz	50	53	0	0.5	13.39
ORANGE JUICE CUP	1 EACH	50	50	12	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

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			644	*22	29.29	71.46
% of Calories				*14.0%	18.2%	44.4%
Nutrient Guideline			550-650			

Thu - 01/18/2018						
LUNCH K-5	Total	100				
HOT DOT W/ BUN	1 EACH	90	290	4	10.0	21.0
CHILI CON CARNE W/ BEANS 1/4 C	1/4 cup	75	67	*0	4.5	8.32
CHEESE, CHEDDAR REDUCED FAT M	.5 OZ	75	40	0	3.86	0.28
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	75	99	0	3.22	22.87
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	75	68	0	0.52	17.88
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
COOKIE, CHOC CHIP WG	COOKIE	50	110	10	2.0	18.0
Weighted Daily Average			646	*25	27.07	85.41
% of Calories				*15.5%	16.8%	52.8%
Nutrient Guideline			550-650			

Fri - 01/19/2018						
LUNCH K-5	Total	100				
CHICKEN SAND BREAD K-6	SANDWICH	90	383	*1	20.19	44.21
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	100	39	0	4.28	7.4
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	90	6	*N/A*	0.31	1.32
APPLES, FRESH, W/SKIN	1 EACH	80	77	15	0.39	20.58
JELLO / CHERRY	1/2 CUP	100	70	16	1.0	17.0
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
Weighted Daily Average			646	*46	32.04	102.34
% of Calories				*28.3%	19.8%	63.3%
Nutrient Guideline			550-650			

Mon - 01/22/2018						
LUNCH K-5	Total	100				
CHICKEN TERIYAKI STRIPS GLUT/F	2.85 OZ	100	150	14	14.0	14.0
RICE FRIED VEG. 1/2 CUP	1/2 CUP	95	135	2	3.0	27.0
CARROTS, RAW BABY EL 4 oz	4 OZ	95	40	*N/A*	0.73	9.34
HUMMAS DIP TRADITIONAL .25 V	1 EACH	25	110	1	4.0	12.0
APPLESAUCE, UNSWEETENED	.5 CUP	90	52	0	0.2	13.79
SPINACH & FRUIT SALAD 1 1/2	1.5 cup	45	202	*0	2.81	23.26
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
Weighted Daily Average			606	*32	27.98	94.90
% of Calories				*21.2%	18.5%	62.6%
Nutrient Guideline			550-650			

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LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Tue - 01/23/2018						
LUNCH K-5	Total	100				
MACARONI N CHEESE	2/3 CUP	100	280	6	17.01	29.02
WINTER MIX 3/4 C K-5	3/4 C	100	20	2	1.0	4.0
JUICE APPLE JUICE CUP	1 EACH	100	60	13	0.0	14.0
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	0.38	15.12
BREAD STICK WG BROWN SERVE	STICK	100	90	*N/A*	2.0	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
Weighted Daily Average			633	*38	28.39	96.63
% of Calories				*23.7%	17.9%	61.0%
Nutrient Guideline			550-650			

Wed - 01/24/2018						
LUNCH K-5	Total	100				
MANWICH SLOPPY JOE'S K-8 GRADE	3 OZ	100	247	*0	13.88	34.76
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	1.17	4.56
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	100	90	*N/A*	0.5	21.0
STRAWBERRY CUP	1 EACH	100	90	18	1.0	21.93
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
Weighted Daily Average			573	*34	24.55	102.75
% of Calories				*24.0%	17.1%	71.7%
Nutrient Guideline			550-650			

Thu - 01/25/2018						
LUNCH K-5	Total	100				
CHICKEN BREAD K-6 san new BUN	SANDWICH	80	393	4	20.19	42.21
CHEESE,MOZZARELLA, SHRED	.5 OZ	80	43	0	3.44	0.38
SALAD DRESSING, RANCH 2 OZ	2.0 OZ	45	136	*N/A*	1.14	3.68
SALAD, ROMAINE 2016	SRV	45	56	*1	1.54	12.68
DIPPING SAUCE K-5 1oz = 2 T	1 OZ	80	11	*N/A*	0.36	2.94
BANANAS,RAW FRESH	1 EACH	45	90	12	1.1	23.07
FROZEN JUICE BAR GRAPE	1 EACH	95	39	*N/A*	0.0	9.78
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
Weighted Daily Average			647	*25	28.90	83.95
% of Calories				*15.8%	17.9%	51.9%
Nutrient Guideline			550-650			

Fri - 01/26/2018						
LUNCH K-5	Total	100				
HOT DOT W/ BUN	1 EACH	100	290	4	10.0	21.0
BEANS BAKED 1/2	1/2 CUP	75	140	*N/A*	7.0	25.0
POTATO JO-JO 1/2 (1-2 EA)	1/2 C	80	100	0	2.0	15.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	90	53	0	0.5	13.39
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

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			648	*20	25.30	84.30
% of Calories				*12.7%	15.6%	52.1%
Nutrient Guideline			550-650			

Mon - 01/29/2018						
LUNCH K-5	Total	1				
CORN PUPS, WHOLE GRAIN CHICKEN	6 EA	1	271	5	10.05	30.15
WINTER MIX 3/4 C K-5	3/4 C	1	20	2	1.0	4.0
GREEN BEANS, CUT;K-5/1/2 C	.50 CUP	1	14	0	0.78	3.04
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	1	73	*N/A*	0.51	19.15
MILK 1% SMITH BROTHERS	HALF PINT	1	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	1	130	22	8.0	23.0
Weighted Daily Average			619	*29	28.34	92.34
% of Calories				*18.8%	18.3%	59.7%
Nutrient Guideline			550-650			

Tue - 01/30/2018						
LUNCH K-5	Total	100				
BOSCO CHEESE STICK WG ELM	Bread Stick	100	150	1	10.0	17.0
DIPPING SAUCE K-5 2 oz	2 OZ	100	22	*N/A*	0.72	5.88
CARROTS, RAW BABY EL 4 oz	4 OZ	100	40	*N/A*	0.73	9.34
SALAD DRESSING, RANCH 2 OZ	2.0 OZ	95	136	*N/A*	1.14	3.68
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	0.38	15.12
JUICE APPLE JUICE CUP	1 EACH	100	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
Weighted Daily Average			584	*30	20.92	85.34
% of Calories				*20.9%	14.3%	58.4%
Nutrient Guideline			550-650			

Wed - 01/31/2018						
LUNCH K-5	Total	100				
CHICKEN, POPCORN	12 PIECES	100	254	1	15.25	15.25
POTATOES, MASHED INSTANT:1/2C	1/2 cup	85	90	0	2.0	17.0
BROCCOLI, FLOR, FROZ 1/2 COM	1/2 C	100	26	0	2.85	4.93
ROLL DINNER WG BAKER BOY	ROLL	100	100	0	3.0	17.0
GRAVY MIX, CHICKEN INSTANT	2 OZ	85	25	1	1.0	4.0
ORANGES,FRESH	1 EACH	85	45	9	0.9	11.28
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
Weighted Daily Average			641	*26	32.42	85.12
% of Calories				*16.2%	20.2%	53.1%
Nutrient Guideline			550-650			

Weighted Average			621	*28	28.16	89.42
				*40.1%	18.1%	57.6%

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SCHOOL DISTRICT**

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)		
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	621		550 - 650	100%				
Sugars (g)	28	17.83%			Missing			
Protein (g)	28.16	18.13%						
Carbohydrate (g)	89.42	57.57%						

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