

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Base Menu Spreadsheet

k-12 Breakfast

Portion Values - Detailed

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Mon	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
k-12 Breakfast	Total	100														
BAR BENEFIT COCOA CHIP	BAR	60	270	0	230	5.00	2.70	20.0	0	0.0	21	5.0	48.0	8.0	2.50	0.00
CEREAL,1 BOWL VARIETY	SERVING	15	107	0	158	2.67	4.80	88.3	322	9.1	*5	2.0	23.0	1.25	0.25	0.00
CEREAL BAR, CINN. TOAST C RUNCH	BAR	35	150	0	115	3.00	1.80	200.0	0	0.0	3	2.0	30.0	3.5	0.00	0.00
CHEWY OATMEAL BITES	PACKAGE	20	130	0	150	2.00	0.72	0.0	0	0.0	8	2.0	24.0	0.0	0.00	0.00
PEARS, DICED LIGHT SYRUP	.5 CUP	65	58	0	2	2.00	0.26	9.0	0	2.5	0	0.38	15.12	0.12	0.00	0.00
1/2 C																
JUICE APPLE JUICE CUP	1 EACH	75	60	0	10	0.00	0.00	0.0	0	60.0	13	0.0	14.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	125	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BR OTHERS	HALF PIN	75	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
MILK CHOCOLATE 1/2 GALLO N DARI	1 CUP	1	190	15	0	1.00	0.72	350.0	500	0.0	29	10.0	31.0	2.5	1.50	0.00
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	15	0	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			467	7	444	6.16	3.56	407.6	558	50.10	*46	12.84	88.81	6.97	1.94	0.62
% of Calories											*39.1%	11.0%	76.0%	13.4%	3.7%	1.2%
Nutrient Guideline			450-500		540									<=30.0	<10.00	

Tue -

k-12 Breakfast	Total	100														
OATMEAL WITH BROWN SUG AR (PRE	6 OZ	50	185	*N/A*	14	13.61	0.61	510.3	*N/A*	*N/A*	*N/A*	5.1	39.12	1.7	0.34	*N/A*
CEREAL,1 BOWL VARIETY	SERVING	30	107	0	158	2.67	4.80	88.3	322	9.1	*5	2.0	23.0	1.25	0.25	0.00
YOGURT VARIETY UPSTATE	4 OZ	10	90	0	51	0.00	0.00	300.8	0	*0.3	15	3.01	19.05	0.0	0.00	0.00
CRACKER BUNNY GRAHAMS	PACKAGE	90	162	0	111	3.04	1.09	253.1	0	0.0	9	3.04	25.31	6.07	0.51	0.00
AMAZIN' RAISIN STRAWBERRY	PACKAGE	60	110	0	10	2.00	0.72	20.0	0	0.0	22	1.0	25.0	0.0	0.00	0.00
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	0	6	1.30	0.38	6.0	340	3.81	0	0.5	13.39	0.13	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	20	110	10	125	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BR OTHERS	HALF PIN	80	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
MILK CHOCOLATE 1/2 GALLO N DARI	1 CUP	1	190	15	0	1.00	0.72	350.0	500	0.0	29	10.0	31.0	2.5	1.50	0.00
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	15	0	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			506	*6	378	12.33	3.68	861.6	*810	*7.21	*45	15.28	95.62	7.32	1.03	*0.50
% of Calories											*35.4%	12.1%	75.5%	13.0%	1.8%	*0.9%
Nutrient Guideline			450-500		540									<=30.0	<10.00	

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Base Menu Spreadsheet

k-12 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed -																
k-12 Breakfast	Total	100														
PIZZA, BREAKFAST PIZZA SAU SAGE	SLICE	45	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
CEREAL,1 BOWL VARIETY	SERVING	15	107	0	158	2.67	4.80	88.3	322	9.1	*5	2.0	23.0	1.25	0.25	0.00
CHEWY OATMEAL BITES	PACKAGE	60	130	0	150	2.00	0.72	0.0	0	0.0	8	2.0	24.0	0.0	0.00	0.00
CEREAL BAR, COCOA PUFF	BAR	25	150	0	100	3.00	1.80	200.0	100	1.2	9	3.0	30.0	3.0	0.00	0.00
APPLESAUCE, UNSWEETENED	.5 CUP	100	52	0	2	1.40	0.13	4.0	36	1.4	0	0.2	13.79	0.06	0.02	0.00
JUICE ORANGE JUICE CUP J	4 OZ	100	50	0	0	0.00	0.00	0.0	0	60.0	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	125	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BR	HALF PIN	75	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
OTHERS																
MILK CHOCOLATE 1/2 GALLO N DARI	1 CUP	1	190	15	0	1.00	0.72	350.0	500	0.0	29	10.0	31.0	2.5	1.50	0.00
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	15	0	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			456	13	560	4.66	2.82	418.8	709	65.18	*32	14.68	84.78	4.82	1.37	0.62
% of Calories											*27.9%	12.9%	74.4%	9.5%	2.7%	1.2%
Nutrient Guideline			450-500		540									<=30.0	<10.00	

Thu - 02/22/2018																
k-12 Breakfast	Total	100														
OMELET W/ COLBY CHEESE	1 EACH	30	110	195	210	0.00	0.72	80.0	400	0.0	0	8.0	1.0	8.0	3.00	0.00
BISCUIT WG	1 EACH	30	199	0	438	1.99	1.07	149.2	0	0.0	2	3.98	26.86	8.95	6.96	0.00
CEREAL,1 BOWL VARIETY	SERVING	25	107	0	158	2.67	4.80	88.3	322	9.1	*5	2.0	23.0	1.25	0.25	0.00
CRACKER BUNNY GRAHAMS	PACKAGE	40	162	0	111	3.04	1.09	253.1	0	0.0	9	3.04	25.31	6.07	0.51	0.00
CHEWY OATMEAL BITES	PACKAGE	35	130	0	150	2.00	0.72	0.0	0	0.0	8	2.0	24.0	0.0	0.00	0.00
STRAWBERRY CUP	1 EACH	100	90	0	0	1.99	0.36	19.9	0	47.84	18	1.0	21.93	0.0	0.00	0.00
PEARS, DICED LIGHT SYRUP	.5 CUP	100	58	0	2	2.00	0.26	9.0	0	2.5	0	0.38	15.12	0.12	0.00	0.00
1/2 C																
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	125	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BR	HALF PIN	75	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
OTHERS																
MILK CHOCOLATE 1/2 GALLO N DARI	1 CUP	1	190	15	0	1.00	0.72	350.0	500	0.0	29	10.0	31.0	2.5	1.50	0.00
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	15	0	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Base Menu Spreadsheet

k-12 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			505	65	536	7.18	3.32	527.5	710	54.73	*46 *36.5%	15.58 12.3%	90.61 71.7%	8.63 15.4%	3.66 6.5%	0.62 1.1%
Nutrient Guideline			450-500		540									<=30.0	<10.00	

Fri -

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
k-12 Breakfast	Total	100														
BANANA BREAD ULTR SLICE	SLICE	60	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00
CEREAL,1 BOWL VARIETY	SERVING	30	107	0	158	2.67	4.80	88.3	322	9.1	*5	2.0	23.0	1.25	0.25	0.00
BREAKFAST BAR CINN TOAST CRUNC	BAR	40	150	0	115	3.00	0.00	0.0	0	0.0	9	2.0	30.0	3.5	0.50	0.00
YOGURT VARIETY UPSTATE	4 OZ	30	90	0	51	0.00	0.00	300.8	0	*0.3	15	3.01	19.05	0.0	0.00	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	68	0	8	1.60	0.37	6.0	12	3.81	0	0.52	17.88	0.1	0.03	0.00
FRUIT BAR FRESH HS	1 EACH	65	67	0	1	2.80	0.27	19.7	95	32.45	*9	0.79	17.3	0.29	0.05	*0.00
MILK CHOCOLATE 1/2 GALLO N DARI	1 CUP	1	190	15	0	1.00	0.72	350.0	500	0.0	29	10.0	31.0	2.5	1.50	0.00
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	15	0	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
MILK 1% SMITH BROTHERS	HALF PINT	20	110	10	125	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BR OTHERS	HALF PIN	80	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			504	6	456	6.07	2.79	488.0	736	*28.56	*51 *40.6%	14.34 11.4%	95.32 75.6%	8.58 15.3%	1.86 3.3%	*0.50 *0.9%
Nutrient Guideline			450-500		540									<=30.0	<10.00	

Weighted Average			488	*20	475	7.28	3.24	540.7	*705	*41.16	*44 *81.0%	14.54 11.9%	91.03 74.6%	7.26 13.4%	1.97 3.6%	*0.57 *1.1%
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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 11, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

k-12 Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	488		450 - 500	100%													
Cholesterol (mg)	20				Missing												
Sodium (mg)	475		540														
Fiber (g)	7.28																
Iron (mg)	3.24																
Calcium (mg)	540.7																
Vitamin A (IU)	705				Missing												
Sugars (g)	44	36.01%			Missing												
Vitamin C (mg)	41.16				Missing												
Protein (g)	14.54	11.93%															
Carbohydrate (g)	91.03	74.65%															
Total Fat (g)	7.26	13.40%		<=30.00%													
Saturated Fat (g)	1.97	3.64%		<10.00%													
Trans Fat ¹ (g)	0.57	1.06%			Missing												

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