

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

Page 1

Generated on: 2/5/2018 12:01:55 PM

	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 <sup>1</sup> (g)
Thu - 03/01/2018																
LUNCH K-5	Total	100														
TACO BOAT	SERVG	100	174	14	380	3.15	2.12	61.7	1497	10.02	*1	8.94	23.61	6.54	1.65	0.00
REFRIED BEANS, ELEM 1/2	1/2 CUP	100	120	0	540	6.00	2.70	40.0	5	1.2	1	6.0	18.0	2.5	0.00	0.00
CORN, CANNED, WHOLE-KER	1/2 cup	100	66	0	140	1.60	0.71	4.0	66	7.0	0	2.15	15.24	0.82	0.13	0.00
N: 1/2c																
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	100	8	0	3	0.54	0.14	5.7	325	4.23	0	0.4	1.62	0.08	0.01	0.00
SALSA , GREEN CHILI TOMAT	2 oz	100	13	0	306	0.55	0.00	0.0	367	4.4	2	0.48	2.77	0.24	0.00	0.00
O, CH																
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
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																
Weighted Daily Average			595	20	1572	13.83	6.31	431.4	2760	76.80	*41	26.96	103.67	10.80	2.16	0.62
% of Calories											*27.9%	18.1%	69.7%	16.3%	3.3%	0.9%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/02/2018																
LUNCH K-5	Total	100														
CHICKEN BREAD K-6 san new	SANDWIC	95	393	25	746	7.04	3.27	80.6	5	0.0	4	20.19	42.21	15.68	3.03	0.00
BUN																
POTATO, TATER TOTS: 6-12 (12)	12 EACH	30	179	0	268	2.98	0.00	0.0	0	3.57	0	2.98	20.84	10.42	1.49	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	60	68	0	8	1.60	0.37	6.0	12	3.81	0	0.52	17.88	0.1	0.03	0.00
GRAPES,FRESH	1/2 C SE	80	78	0	0	1.42	0.26	0.0	71	12.76	21	0.71	19.84	0.71	0.00	0.00
RVING																
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	70	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
OTHERS																
Weighted Daily Average			649	30	986	9.68	3.78	365.1	544	15.54	39	28.55	92.30	19.27	3.72	0.62
% of Calories											23.8%	17.6%	56.9%	26.7%	5.2%	0.9%
Nutrient Guideline			550-650		1230										<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

Page 2

Generated on: 2/5/2018 12:01:55 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/05/2018																
LUNCH K-5	Total	100														
CHICKEN NUGGETS,(5 EACH)	SERVING	100	202	25	313	0.00	1.45	20.2	101	15.15	0	16.16	12.12	11.11	2.02	0.00
CORN, CANNED, WHOLE-KER N: 3/4c	3/4 C	100	99	0	210	2.40	1.07	6.0	99	10.5	0	3.22	22.87	1.23	0.20	0.00
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	100	90	0	0	1.00	0.36	0.0	0	21.0	18	0.5	21.0	0.0	0.00	0.00
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	5	1.80	0.41	10.0	0	0.0	0	2.52	22.39	0.88	0.18	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 BROTHERS	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																
Weighted Daily Average % of Calories			624	32	732	5.20	3.57	336.2	700	48.76	37 24.0%	30.40 19.5%	98.88 63.4%	13.85 20.0%	2.77 4.0%	0.62 0.9%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/06/2018																
LUNCH K-5	Total	100														
HAMBURGER ON BUN	1 EACH	100	290	45	510	3.00	2.88	60.0	0	0.0	*0	18.0	29.0	13.0	4.50	0.50
BEANS BAKED 1/2	1/2 CUP	50	140	0	550	5.00	1.80	40.0	0	0.0	12	6.0	29.0	1.0	0.00	0.00
POTATO JO-JO 1/2 (1-2 EA)	1/2 C	60	100	0	230	2.00	0.72	0.0	0	4.8	0	2.0	15.0	4.0	1.00	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	80	8	0	3	0.54	0.14	5.7	325	4.23	0	0.4	1.62	0.08	0.01	0.00
CHEESE, AMERICAN RF 1 slice	SLICE	100	35	7	105	0.00	0.00	985.0	150	0.0	1	3.5	1.0	2.5	1.25	0.00
GRAPES,FRESH	1/2 C SE RIVING	85	78	0	0	1.42	0.26	0.0	71	12.76	21	0.71	19.84	0.71	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 BROTHERS	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																
Weighted Daily Average % of Calories			652	59	1234	8.34	4.81	1369.6	970	19.21	*44 *27.0%	34.62 21.2%	92.16 56.5%	19.69 27.2%	6.73 9.3%	1.12 1.6%
Nutrient Guideline			550-650		1230											<10.00

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Base Menu Spreadsheet

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Portion Values - Detailed

Page 3

Generated on: 2/5/2018 12:01:55 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/07/2018																
LUNCH K-5	Total	100														
BEEF FINGERS CNTRY FRD (4)	3.88	95	350	40	320	3.00	1.80	40.0	0	0.0	1	14.0	19.0	24.0	7.00	0.00
POTATOES, MASHED INSTANT: 1/2C	1/2 cup	70	90	0	330	1.00	0.72	20.0	0	2.4	0	2.0	17.0	1.0	0.00	0.00
GRAVY BROWN	2 OZ	70	20	0	140	0.00	0.00	0.0	0	0.0	0	0.0	4.0	5.0	0.00	0.00
CARROTS, RAW BABY EL 4 oz	4 OZ	50	40	0	89	3.24	1.17	32.4	15390	3.89	5	0.0	9.72	0.0	0.00	0.00
SALAD DRESSING, RANCH	1.5 OZ	50	101	16	170	0.00	0.00	28.2	47	0.11	*0	0.85	2.73	9.27	0.89	0.00
APPLESAUCE, UNSWEETENED	.5 CUP	70	52	0	2	1.40	0.13	4.0	36	1.4	0	0.2	13.79	0.06	0.02	0.00
ROLL DINNER WG BAKER BOY	ROLL	50	100	0	95	2.00	1.08	20.0	0	0.0	0	3.0	17.0	2.0	0.50	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 BROTHERS	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																
Weighted Daily Average			691	52	1015	7.15	3.70	395.1	8244	6.76	*23	24.76	77.62	33.30	7.74	0.62
% of Calories											*13.2%	14.3%	44.9%	43.3%	10.1%	0.8%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/08/2018																
LUNCH K-5	Total	100														
SPAGHETTI AND MEAT SAUCE	1 CUP	100	266	22	301	6.44	3.49	67.4	337	9.74	*1	14.61	40.98	7.54	2.67	0.00
BREAD, TOAST GARLIC MINI	1 oz SLICE	100	70	0	95	1.00	0.72	0.0	0	0.0	0	2.0	12.0	2.5	0.00	0.00
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	100	21	0	210	1.95	0.92	27.0	441	4.8	0	1.17	4.56	0.1	0.03	0.00
BROCCOLI, FLOR, FROZ 1/2 COM	1/2 C	100	26	0	22	2.80	0.56	47.0	930	36.9	0	2.85	4.93	0.1	0.02	0.00
ORANGE JUICE CUP	1 EACH	100	50	0	0	0.00	0.00	0.0	0	60.0	12	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 BROTHERS	HALF PIN	70	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
OTHERS																
Weighted Daily Average			552	28	820	12.19	5.94	426.4	2183	113.43	*32	28.23	94.82	10.87	3.09	0.62
% of Calories											*23.1%	20.5%	68.8%	17.7%	5.0%	1.0%
Nutrient Guideline			550-650		1230											<10.00

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Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

Page 4

Generated on: 2/5/2018 12:01:55 PM

	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 <sup>1</sup> (g)
Mon - 03/19/2018																
LUNCH K-5	Total	100														
FRENCH TOAST STICKS, WG : 3 EA	3 EA	100	208	105	268	2.39	24.66	7050.2	2	0.6	11	7.65	25.64	8.78	2.10	0.10
SAUSAGE LINKS lower sod (2)	ser -2	85	200	50	340	0.00	0.72	0.0	0	0.0	0	14.0	2.0	14.0	6.00	0.00
POTATO, TATER TOTS: 6-12 (12)	12 EACH	45	179	0	268	2.98	0.00	0.0	0	3.57	0	2.98	20.84	10.42	1.49	0.00
PEACHES, DICED LIGHT S: 1/2 C	4 oz	50	53	0	6	1.30	0.38	6.0	340	3.81	0	0.5	13.39	0.13	0.00	0.00
AMAZIN' RAISIN STRAWBERRY	PACKAGE	35	110	0	10	2.00	0.72	20.0	0	0.0	22	1.0	25.0	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																
Weighted Daily Average			648	154	888	5.08	25.98	7360.2	672	6.21	38	29.49	72.66	26.06	8.24	0.73
% of Calories											23.7%	18.2%	44.8%	36.2%	11.4%	1.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/20/2018																
LUNCH K-5	Total	100														
BBQ PORK SAND	1 EA	92	390	50	940	4.00	2.88	100.0	300	1.2	*8	19.0	39.0	19.0	6.00	0.00
BEANS BAKED 3/4	.75 c	50	210	0	825	7.50	2.70	60.0	0	0.0	18	9.0	43.5	1.5	0.00	0.00
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	70	58	0	2	2.00	0.26	9.0	0	2.5	0	0.38	15.12	0.12	0.00	0.00
GOLD RUSH FRUITABLE	BOX	75	40	0	60	0.00	0.00	0.0	5000	60.0	8	0.0	10.0	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	65	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
OTHERS																
Weighted Daily Average			646	52	1504	8.83	4.42	398.3	4476	49.72	*40	29.45	93.91	18.94	5.89	0.62
% of Calories											*24.5%	18.2%	58.1%	26.4%	8.2%	0.9%
Nutrient Guideline			550-650		1230											<10.00

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Page 5

Generated on: 2/5/2018 12:01:55 PM

	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 <sup>1</sup> (g)
Wed - 03/21/2018																
LUNCH K-5	Total	100														
MACARONI N CHEESE	2/3 CUP	100	280	25	670	2.00	1.08	400.2	750	0.0	6	17.01	29.02	11.01	5.00	0.00
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	80	39	0	33	4.20	0.84	70.5	1395	55.35	0	4.28	7.4	0.15	0.03	0.00
APPLES,FRESH,W/SKIN	1 EACH	80	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
ROLL DINNER WG BAKER BOY	ROLL	80	100	0	95	2.00	1.08	20.0	0	0.0	0	3.0	17.0	2.0	0.50	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																
JELLO / CHERRY	1/2 CUP	90	70	0	90	0.00	0.00	0.0	0	15.0	16	1.0	17.0	0.0	0.00	0.00
Weighted Daily Average			641	31	1059	9.82	3.03	779.8	2431	65.36	52	32.04	100.80	13.56	5.84	0.62
% of Calories											32.6%	20.0%	62.9%	19.0%	8.2%	0.9%
Nutrient Guideline			550-650		1230											<10.00

	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 <sup>1</sup> (g)
Thu - 03/22/2018																
LUNCH K-5	Total	100														
HOT DOT W/ BUN	1 EACH	100	290	30	710	2.00	1.80	40.0	0	0.0	4	10.0	21.0	18.5	8.00	0.00
CHILI CON CARNE W/ BEANS	1/4 cup	80	67	6	153	2.26	1.21	25.2	173	3.68	*0	4.5	8.32	2.05	0.79	0.00
CHEESE, CHEDDAR REDUCE	.5 OZ	75	40	8	103	0.00	0.02	128.5	89	0.0	0	3.86	0.28	2.6	1.64	0.00
D FAT M																
CORN, CANNED, WHOLE-KER	3/4 C	70	99	0	210	2.40	1.07	6.0	99	10.5	0	3.22	22.87	1.23	0.20	0.00
N: 3/4c																
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	75	68	0	8	1.60	0.37	6.0	12	3.81	0	0.52	17.88	0.1	0.03	0.00
ORANGES,FRESH	1 EACH	75	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	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																
Weighted Daily Average			653	47	1266	8.42	4.15	494.0	946	53.55	*30	27.81	86.24	23.74	10.41	0.62
% of Calories											*18.5%	17.0%	52.9%	32.7%	14.4%	0.9%
Nutrient Guideline			550-650		1230											<10.00

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Page 6

Generated on: 2/5/2018 12:01:55 PM

	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 <sup>1</sup> (g)
Fri - 03/23/2018																
LUNCH K-5	Total	100														
PARMESAN CHICKEN SAND 7-12	1 EACH	85	397	53	763	6.46	3.17	65.5	215	1.81	*0	29.04	41.43	14.19	3.55	0.00
SALAD, ROMAINE 2016	SRV	80	56	0	26	2.85	1.07	44.0	12192	50.91	*1	1.54	12.68	0.35	0.05	0.00
GREEN BEANS, CUT;K-51/2 C	.50 CUP	80	14	0	140	1.30	0.61	18.0	294	3.2	0	0.78	3.04	0.07	0.02	0.00
STRAWBERRY CUP	1 EACH	75	90	0	0	1.99	0.36	19.9	0	47.84	18	1.0	21.93	0.0	0.00	0.00
SALAD DRESSING, RANCH	1.5 OZ	85	101	16	170	0.00	0.00	28.2	47	0.11	*0	0.85	2.73	9.27	0.89	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	HALF PIN	70	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
OTHERS																
Weighted Daily Average			659	65	1112	10.30	4.56	414.2	10661	82.73	*32	35.21	85.26	20.78	4.13	0.50
% of Calories											*19.5%	21.4%	51.7%	28.4%	5.6%	0.7%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/26/2018																
LUNCH K-5	Total	100														
CHICKEN TERIYAKI STRIPS G LUT/F	2.85 OZ	100	150	63	370	0.00	0.90	10.0	0	0.0	14	14.0	14.0	4.0	1.00	0.00
RICE FRIED VEG.1 CUP	1 CUP	55	270	0	440	4.00	0.00	0.0	0	0.0	3	6.0	54.0	2.5	0.00	0.00
APPLESAUCE, UNSWEETENED	.5 CUP	80	52	0	2	1.40	0.13	4.0	36	1.4	0	0.2	13.79	0.06	0.02	0.00
SPINACH & FRUIT SALAD 1 1/2	1.5 cup	80	202	0	60	2.24	2.49	84.9	7398	53.71	*0	2.81	23.26	11.56	0.88	0.04
GOLD RUSH FRUITABLE	BOX	60	40	0	60	0.00	0.00	0.0	5000	60.0	8	0.0	10.0	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																
Weighted Daily Average			650	69	901	5.11	3.27	381.1	9448	82.19	*40	27.71	99.84	15.30	2.10	0.66
% of Calories											*24.6%	17.0%	61.4%	21.2%	2.9%	0.9%
Nutrient Guideline			550-650		1230										<10.00	

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# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

Page 7

Generated on: 2/5/2018 12:01:55 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/27/2018																
LUNCH K-5	Total	100														
SALISBURY STEAK	PATTY	100	158	43	303	1.00	2.00	45.0	40	1.0	1	14.0	5.0	9.0	3.40	0.60
POTATOES, MASHED INSTANT: 1/2C	1/2 cup	100	90	0	330	1.00	0.72	20.0	0	2.4	0	2.0	17.0	1.0	0.00	0.00
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	100	21	0	210	1.95	0.92	27.0	441	4.8	0	1.17	4.56	0.1	0.03	0.00
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	100	90	0	0	1.00	0.36	0.0	0	21.0	18	0.5	21.0	0.0	0.00	0.00
ROLL DINNER W/ G BAKER BOY MILK 1% SMITH BROTHERS	ROLL	100	100	0	95	2.00	1.08	20.0	0	0.0	0	3.0	17.0	2.0	0.50	0.00
MILK CHOCOLATE: 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
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
GRAVY BROWN	2 OZ	100	20	0	140	0.00	0.00	0.0	0	0.0	0	0.0	4.0	5.0	0.00	0.00
Weighted Daily Average			604	49	1282	6.95	5.35	412.0	981	31.30	38	28.67	89.06	17.73	4.31	1.22
% of Calories											25.5%	19.0%	59.0%	26.4%	6.4%	1.8%
Nutrient Guideline			550-650		1230											<10.00

Wed - 03/28/2018																
LUNCH K-5	Total	100														
MANWICH SLOPPY JOE'S K-8 GRADE	3 OZ	100	247	20	694	4.65	2.94	60.0	247	0.0	*0	13.88	34.76	7.49	2.35	0.00
WINTER MIX 3/4 C K-5	3/4 C	100	20	0	20	1.00	0.00	20.0	0	24.0	2	1.0	4.0	0.0	0.00	0.00
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	100	68	0	8	1.60	0.37	6.0	12	3.81	0	0.52	17.88	0.1	0.03	0.00
CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	100	110	0	115	1.00	0.00	0.0	0	0.0	8	0.0	19.0	3.0	1.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	15	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 BROTHERS	HALF PIN	85	130	5	230	0.00	0.36	300.0	500	2.4	22	8.0	23.0	0.0	0.00	0.00
OTHERS																
Weighted Daily Average			572	25	1051	8.25	3.62	386.0	759	30.02	*30	23.40	97.14	10.97	3.60	0.37
% of Calories											*21.3%	16.4%	67.9%	17.2%	5.7%	0.6%
Nutrient Guideline			550-650		1230											<10.00

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# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

Page 8

Generated on: 2/5/2018 12:01:55 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/29/2018																
LUNCH K-5	Total	100														
LASAGNA WITH GROUND BEEF	100 SERVINGS	100	219	31	271	2.04	2.30	215.1	674	16.07	*2	15.33	24.37	6.93	3.44	*0.00
BREAD, TOAST GARLIC MINI	1 oz SLICE	100	70	0	95	1.00	0.72	0.0	0	0.0	0	2.0	12.0	2.5	0.00	0.00
CUCUMBER AND TOMATO SA LAD	1/2 CUP	100	35	0	84	0.90	0.24	13.0	346	6.69	*1	0.71	3.49	2.42	0.34	*0.00
BANANAS,RAW FRESH	1 EACH	100	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
FROZEN JUICE BAR	1 EACH	100	40	0	5	2.00	0.00	60.0	500	60.0	7	0.0	10.0	0.0	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	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
OTHERS																
Weighted Daily Average			580	37	665	8.56	3.82	593.2	2085	93.71	*42	27.14	93.93	12.68	4.19	*0.50
% of Calories											*28.8%	18.7%	64.8%	19.7%	6.5%	*0.8%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/30/2018																
LUNCH K-5	Total	100														
HOT DOT W/ BUN	1 EACH	100	290	30	710	2.00	1.80	40.0	0	0.0	4	10.0	21.0	18.5	8.00	0.00
BEANS BAKED 1/2	1/2 CUP	75	140	0	550	5.00	1.80	40.0	0	0.0	12	6.0	29.0	1.0	0.00	0.00
POTATO JO-JO 1/2 (1-2 EA)	1/2 C	80	100	0	230	2.00	0.72	0.0	0	4.8	0	2.0	15.0	4.0	1.00	0.00
PEACHES, DICED LIGHT S: 1/2 C	4 oz	90	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	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																
Weighted Daily Average			648	36	1516	8.52	4.34	375.4	806	9.36	32	24.55	87.30	23.19	9.17	0.62
% of Calories											20.1%	15.2%	53.9%	32.2%	12.7%	0.9%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			629	49	1100	8.51	5.66	932.4	3041	49.04	*37	28.69	91.60	18.17	5.26	*0.67
											*52.9%	18.2%	58.2%	26.0%	7.5%	*1.0%

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# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

Page 9

Generated on: 2/5/2018 12:01:55 PM

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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	629		550 - 650	100%													
Cholesterol (mg)	49																
Sodium (mg)	1100		1230														
Fiber (g)	8.51																
Iron (mg)	5.66																
Calcium (mg)	932.4																
Vitamin A (IU)	3041																
Sugars (g)	37	23.53%				Missing											
Vitamin C (mg)	49.04																
Protein (g)	28.69	18.24%															
Carbohydrate (g)	91.60	58.24%															
Total Fat (g)	18.17	25.99%															
Saturated Fat (g)	5.26	7.52%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.67	0.96%				Missing											

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