

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

Menu Name: (9-12) of K-12 LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/20/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990214 CHICKEN TAQUITOS 4 EA	4 EA	100	440	4.00	540	0	20.00	0.00	0	52.00	4.00	16.00	400	80.0	0.00	2.88
990058 BEANS, REFRIED 3/4 CUP	3/4 CUP	45	180	1.50	810	2	3.75	0.00	0	27.00	9.00	9.00	0	30.0	0.00	0.00
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990239 JUICE, ORANGE	EACH	50	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990154 SALSA, GREEN CHILI	1/4 Cup	50	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			797	5.05	1348	50	22.31	0.00	6	121.74	10.74	28.90	6100	398.5	126.21	3.39
% of Calories				5.70%		25.1%	25.2%	0.0%		61.1%		14.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 08/21/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	100	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990067 CORN KERNEL 1 C	1 CUP	45	130	0.00	30	6	2.00	0.00	0	30.00	4.00	4.00	0	0.0	0.00	1.44
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990200 JUICE, APPLE	4 oz	75	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
Weighted Daily Average			740	9.38	1216	45	19.52	0.00	56	110.40	8.45	31.40	1470	585.0	54.90	4.50
% of Calories				11.41%		24.3%	23.7%	0.0%		59.7%		17.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 08/22/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990114 CHICKEN, BREADED PATTY ELEM	PATTY	100	240	2.50	460	1	13.00	0.00	25	15.00	3.00	14.00	0	40.0	0.00	1.80
990075 BUN, HAMBURGER	BUN	100	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00	0	60.0	0.00	1.80
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	65	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	65	148	1.35	850	0	6.75	0.00	0	21.60	1.35	1.35	0	0.0	0.00	1.46
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	65	120	0.00	10	24	0.00	0.00	0	32.00	4.00	0.00	0	0.0	2.40	0.72

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	65	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
Weighted Daily Average			762	3.76	1807	48	20.73	0.00	31	116.99	13.16	32.29	716	400.4	7.02	6.53
% of Calories				4.44%		25.2%	24.5%	0.0%		61.4%		17.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 08/23/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34
990216 PORK, SAUSAGE LINKS, COOKED	LINKS	100	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990157 POTATO, TATER TOTS	1 CUP	95	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98	0	0.0	3.97	0.00
990187 BANANAS,RAW	EACH	65	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48	87	6.8	11.83	0.35
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	15	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990217 SRYUP CUP, LITE	CARTON	100	50	0.00	70	4	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990225 RICE CRISPY TREAT WG	PACKAGE	85	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00
Weighted Daily Average			965	8.72	1243	56	34.98	0.00	171	132.11	6.86	29.37	559	383.2	14.48	3.87
% of Calories				8.13%		23.2%	32.6%	0.0%		54.8%		12.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 08/24/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990219 CHALUPA	EACH	100	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28	296	347.1	0.24	0.84
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00	241	0.0	1.45	0.00
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	100	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28	50	10.0	0.60	0.18
990334 COOKIE, CHOC CHIP 2 EA	COOKIE	100	55	0.50	35	5	2.00	0.00	8	9.00	0.50	1.00	0	10.0	0.00	0.36
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990154 SALSA, GREEN CHILI	1/4 Cup	100	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	100	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56	12075	32.9	38.35	0.87

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Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990221 RANCH SALAD DRESSING	OZ	100	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50	31	18.8	0.08	0.00
Weighted Daily Average			678	7.50	1194	60	22.29	0.00	64	90.16	9.37	27.62	13594	718.8	47.56	2.50
% of Calories				9.96%		35.4%	29.6%	0.0%		53.2%		16.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 08/27/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990139 MACARONI & CHEESE RF	CUP	100	435	9.00	1470	9	16.50	0.00	45	48.00	1.50	24.00	1125	600.0	0.00	1.62
990049 ROLL, DINNER WG	ROLL	55	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	65	30	0.00	15	1	0.00	0.00	0	5.00	2.00	2.00	400	40.0	48.00	0.36
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990163 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	20	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
Weighted Daily Average			697	9.65	1722	43	18.22	0.00	51	96.57	5.40	35.40	1885	937.0	50.12	2.84
% of Calories				12.46%		24.7%	23.5%	0.0%		55.4%		20.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

Tuesday - 08/28/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990332 SLOPPY JOE SECONDARY	4 OZ SERVINGS	100	334	4.37	908	13	10.75	0.00	48	44.21	7.90	20.47	406	60.9	0.00	4.08
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	2.00	0.00	0	30.00	4.00	4.00	0	0.0	0.00	1.44
990161 APPLESAUCE, UNSWEETENED CANNED	1 Cup	100	102	0.00	4	22	0.00	0.00	0	28.00	2.00	0.00	0	0.0	0.00	0.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	14	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	100	35	0.18	37	2	2.42	0.00	0	5.21	0.94	0.78	347	13.6	7.05	0.27
Weighted Daily Average			728	4.78	1193	64	15.54	0.00	54	128.90	14.84	33.25	1253	374.5	9.26	6.10
% of Calories				5.91%		35.2%	19.2%	0.0%		70.8%		18.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 08/29/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990132 BEEF, SALISBURY STEAK LS	PATTY	100	157	3.50	313	1	9.00	0.60	43	5.00	1.00	14.00	30	36.0	1.00	2.00
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	95	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0	30.0	3.60	0.54

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Kenai Peninsula School District

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Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990198 GRAVY, CHICKEN	SERVING	95	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990195 CARROTS, BABY FRESH	SERVING	75	24	0.00	55	3	0.00	0.00	0	5.77	2.03	0.45	9653	22.4	1.82	0.62
990221 RANCH SALAD DRESSING	OZ	75	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50	31	18.8	0.08	0.00
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00	241	0.0	1.45	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990074 GOLDFISH WG CRACKER	PACKAGE	65	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
Weighted Daily Average			721	4.82	1538	41	19.05	0.60	53	102.30	9.23	29.86	8034	415.4	9.39	4.80
% of Calories				6.02%		22.7%	23.8%	0.7%		56.8%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 08/30/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990326 TACO BOAT SECONDARY	EACH	100	374	7.49	697	4	18.26	0.00	58	37.86	5.29	22.18	2533	354.8	5.49	3.91
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	100	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00	0	20.0	0.00	0.00
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	100	47	0.00	0	9	0.26	0.00	0	11.52	1.57	0.52	655	31.4	22.00	0.19
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

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Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990154 SALSA, GREEN CHILI	1/4 Cup	100	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			746	8.87	1806	48	21.64	0.00	65	107.88	16.86	36.70	4087	706.3	35.59	4.73
% of Calories				10.70%		25.7%	26.1%	0.0%		57.8%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 08/31/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990227 CHICKEN STRIPS, BREADED	3 EA	100	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990229 RICE, BROWN,	1 CUP	100	340	0.00	14	0	3.00	0.00	0	72.00	4.00	8.00	0	14.2	0.00	0.72
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	100	32	0.00	280	2	0.00	0.00	0	5.99	3.99	1.99	200	40.0	0.00	0.71
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00	600	0.0	2.40	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			903	2.64	974	48	17.15	0.00	66	143.11	11.49	42.07	1305	357.2	7.50	10.70
% of Calories				2.63%		21.3%	17.1%	0.0%		63.4%		18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 09/04/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990229 RICE, BROWN,	1 CUP	100	340	0.00	14	0	3.00	0.00	0	72.00	4.00	8.00	0	14.2	0.00	0.72
990220 SALAD, ROMAINE TOSSED	SERVINGS	100	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56	12075	32.9	38.35	0.87
990221 RANCH SALAD DRESSING	OZ	100	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50	31	18.8	0.08	0.00
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	100	139	0.00	0	26	0.00	0.00	0	27.89	1.74	1.74	0	34.9	13.59	0.63
990204 MILK, CHOC FF CARTON	CARTON	80	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			859	1.90	826	68	11.42	0.00	65	148.13	8.58	34.81	12707	420.7	54.18	3.59
% of Calories				1.99%		31.7%	12.0%	0.0%		69.0%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Aug 20, 2018 thru Sep 28, 2018

Wednesday - 09/05/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	100	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990067 CORN KERNEL 1 C	1 CUP	75	130	0.00	30	6	2.00	0.00	0	30.00	4.00	4.00	0	0.0	0.00	1.44
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	75	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00	600	0.0	2.40	0.00
990199 JELLO, CHERRY	1/2 CUP	75	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00	0	0.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	90	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	75	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00	500	0.0	100.00	0.00
Weighted Daily Average			916	9.15	1332	77	19.75	0.00	56	152.75	10.50	33.75	2125	600.0	86.28	5.00
% of Calories				8.99%		33.6%	19.4%	0.0%		66.7%		14.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 09/06/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990249 CHICKEN POT PIE	SERVING 1 CUP	100	180	0.75	450	4	3.37	0.00	40	21.40	2.95	15.23	798	24.7	3.94	5.04
990150 WINTER MIX , VEG. 1 Cup	1 Cup	100	50	0.00	40	2	0.00	0.00	0	8.00	4.00	4.00	453	40.0	72.00	0.78

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00	241	0.0	1.45	0.00
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990195 CARROTS, BABY FRESH	SERVING	85	24	0.00	55	3	0.00	0.00	0	5.77	2.03	0.45	9653	22.4	1.82	0.62
990221 RANCH SALAD DRESSING	OZ	85	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50	31	18.8	0.08	0.00
Weighted Daily Average			664	2.17	956	60	10.61	0.00	51	109.65	15.20	31.39	10299	428.0	87.45	7.86
% of Calories				2.94%		36.1%	14.4%	0.0%		66.1%		18.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 09/07/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	100	398	3.27	708	8	14.04	0.00	53	41.31	6.54	28.83	125	165.7	0.90	3.11
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	65	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	0	32.00	4.00	0.00	0	0.0	2.40	0.72
990032 FRUITABLE , GOLD RUSH	BOX	75	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			757	3.65	1312	64	15.32	0.00	59	118.96	13.79	40.33	4350	476.7	50.22	5.25
% of Calories				4.34%		33.8%	18.2%	0.0%		62.9%		21.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 09/10/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990131 BEEF, RAVIOLI	CUP	100	250	3.50	690	6	8.00	0.00	30	30.00	5.00	16.00	200	20.0	0.00	2.70
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	100	20	0.00	175	1	0.00	0.00	0	3.74	2.49	1.24	125	25.0	0.00	0.44
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	100	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00	0	0.0	0.00	1.44
990204 MILK, CHOC FF CARTON	CARTON	90	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990161 APPLESAUCE, UNSWEETENED CANNED	1 Cup	100	102	0.00	4	22	0.00	0.00	0	28.00	2.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			749	4.65	1278	74	13.25	0.00	36	135.69	14.49	29.24	825	345.0	2.22	4.91
% of Calories				5.59%		39.5%	15.9%	0.0%		72.5%		15.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 09/11/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990110 BEEF PATTY, COOKED USDA	PATTY	100	130	3.00	260	0	8.00	0.00	40	0.00	0.00	12.00	0	10.0	0.00	1.62
990075 BUN, HAMBURGER	BUN	100	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00	0	60.0	0.00	1.80
990085 CHEESE, SLICED CHEDDAR RS/RF	SLICE	100	35	1.25	105	0	2.00	0.00	8	1.00	0.00	3.50	0	98.5	0.00	0.00
990155 POTATO, TATER TOTS	1/2 CUP	85	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990195 CARROTS, BABY FRESH	SERVING	75	24	0.00	55	3	0.00	0.00	0	5.77	2.03	0.45	9653	22.4	1.82	0.62
990221 RANCH SALAD DRESSING	OZ	75	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50	31	18.8	0.08	0.00
990044 JUICE BAR FROZEN, VERY BERRY	BAR	100	40	0.00	5	7	0.00	0.00	0	10.00	2.00	0.00	500	60.0	60.00	0.00
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	50	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990175 PEARS, DICED EXTRA LIGHT SYRUP	3/4 CUP	100	90	0.00	8	18	0.00	0.00	0	24.00	3.00	0.00	0	0.0	1.80	0.54
Weighted Daily Average			732	5.93	1157	53	22.49	0.00	58	103.14	10.70	31.30	8467	562.7	69.91	4.78
% of Calories				7.29%		29.0%	27.7%	0.0%		56.4%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 09/12/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990087 RICE, BROWN, 1/2 Cup, Prepar	1/2 Cup, Prepar	100	170	0.00	7	0	1.50	0.00	0	36.00	2.00	4.00	0	7.1	0.00	0.36
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	2.00	0.00	0	30.00	4.00	4.00	0	0.0	0.00	1.44
990167 MANDARIN ORANGE, CANNED	1 CUP	100	160	0.00	20	36	0.00	0.00	0	38.00	0.00	0.00	0	0.0	70.00	4.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			827	2.95	623	61	18.25	0.00	31	137.80	9.00	30.60	575	292.1	71.86	7.83
% of Calories				3.21%		29.5%	19.9%	0.0%		66.7%		14.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 09/13/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990266 NACHO'S SEC	SERVING	100	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990059 BEANS, REFRIED 1 CUP	1 CUP	55	240	2.00	1080	2	5.00	0.00	0	36.00	12.00	12.00	0	40.0	0.00	0.00
990187 BANANAS,RAW	EACH	45	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48	87	6.8	11.83	0.35
990200 JUICE, APPLE	4 oz	60	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990154 SALSA, GREEN CHILI	1/4 Cup	45	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			784	9.84	1517	35	25.65	0.00	52	106.52	15.38	30.86	927	411.1	46.52	3.16
% of Calories				11.30%		17.9%	29.4%	0.0%		54.3%		15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 09/14/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990076 BUN, HOT DOG	BUN	100	110	0.00	190	4	1.50	0.00	0	21.00	2.00	4.00	0	40.0	0.00	1.44
990123 BEEF, HOT DOG 6"	EACH	100	190	0.00	600	1	17.00	0.00	35	1.00	0.00	7.00	0	0.0	1.20	0.36
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	65	148	1.35	850	0	6.75	0.00	0	21.60	1.35	1.35	0	0.0	0.00	1.46

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990269 SALAD, SPINACH, CRANBERRY, MANDARIN	2 CUP	65	209	0.47	91	30	6.04	0.00	0	38.18	3.83	3.20	10559	110.9	41.72	3.63
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	60	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990047 COOKIE, CHOC CHIP (BAKER BOY)	COOKIE	100	110	1.00	70	10	4.00	0.00	15	18.00	1.00	2.00	0	20.0	0.00	0.72
Weighted Daily Average			798	2.56	1645	61	31.44	0.00	56	107.75	7.22	22.76	7543	387.1	31.02	6.04
% of Calories				2.89%		30.6%	35.5%	0.0%		54.0%		11.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 09/17/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990132 BEEF, SALISBURY STEAK LS	PATTY	100	157	3.50	313	1	9.00	0.60	43	5.00	1.00	14.00	30	36.0	1.00	2.00
990075 BUN, HAMBURGER	BUN	100	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00	0	60.0	0.00	1.80
990085 CHEESE, SLICED CHEDDAR RS/RF	SLICE	100	35	1.25	105	0	2.00	0.00	8	1.00	0.00	3.50	0	98.5	0.00	0.00
990065 BEANS GREEN, LOW SODIUM, CANNED 1 CUP	1 Cup	100	32	0.00	280	2	0.00	0.00	0	5.99	3.99	1.99	200	40.0	0.00	0.71
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00	600	0.0	2.40	0.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	100	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28	50	10.0	0.60	0.18
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			663	5.16	1162	64	13.80	0.60	57	104.08	12.49	33.77	1380	544.5	6.04	4.96
% of Calories				7.00%		38.6%	18.7%	0.8%		62.8%		20.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 09/18/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990255 TERIYAKI MEATBALLS	SERVINGS	100	209	5.00	491	6	12.00	0.00	45	9.72	0.00	13.00	0	20.0	1.20	1.08
990228 RICE, BROWN, 3/4 Cup, Prepar	3/4 Cup, Prepar	80	255	0.00	11	0	2.25	0.00	0	54.00	3.00	6.00	0	10.7	0.00	0.54
990221 RANCH SALAD DRESSING	OZ	100	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50	31	18.8	0.08	0.00
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	100	139	0.00	0	26	0.00	0.00	0	27.89	1.74	1.74	0	34.9	13.59	0.63
990225 RICE CRISPY TREAT WG	PACKAGE	90	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990327 BROCCOLI, RAW FRESH	1 CUP	85	30	0.03	29	1	0.33	0.00	0	5.84	2.29	2.48	548	41.4	78.50	0.64
Weighted Daily Average			843	6.89	934	60	22.08	0.00	57	121.23	6.09	31.04	997	417.3	83.63	2.95
% of Calories				7.36%		28.5%	23.6%	0.0%		57.5%		14.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 09/19/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990068 CORN KERNEL 3/4 C	3/4 CUP	100	98	0.00	22	4	1.50	0.00	0	22.50	3.00	3.00	0	0.0	0.00	1.08
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00	241	0.0	1.45	0.00
990199 JELLO, CHERRY	1/2 CUP	100	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00	0	0.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			774	7.38	872	71	18.12	0.00	41	123.05	7.21	33.00	5741	300.0	63.49	1.35
% of Calories				8.58%		36.7%	21.1%	0.0%		63.6%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

Thursday - 09/20/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990246 COTTAGE PIE	SERVINGS	100	362	3.76	1439	2	38.32	0.00	41	48.69	5.54	14.39	1108	34.2	5.63	2.92
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990186 GRAPES FRESH	1/2 CUP	85	55	0.00	0	14	0.50	0.00	0	14.00	1.00	0.50	50	0.0	9.00	0.18
990195 CARROTS, BABY FRESH	SERVING	45	24	0.00	55	3	0.00	0.00	0	5.77	2.03	0.45	9653	22.4	1.82	0.62
990221 RANCH SALAD DRESSING	OZ	45	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50	31	18.8	0.08	0.00
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
990238 COOKIE, CHOC CHIP 2 EA	COOKIE	50	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			795	5.41	1860	55	46.19	0.00	55	126.35	10.31	27.24	6013	382.2	73.18	12.21
% of Calories				6.12%		27.7%	52.3%	0.0%		63.6%		13.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 09/21/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990111 PORK, BBQ RIB PATTY	PATTY	100	250	6.00	690	8	17.00	0.00	50	10.00	1.00	13.00	300	40.0	1.20	1.08
990075 BUN, HAMBURGER	BUN	100	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00	0	60.0	0.00	1.80
990054 BEANS, BAKED 1 CUP	CUP	85	280	0.00	1100	24	2.00	0.00	0	58.00	10.00	12.00	0	80.0	0.00	3.60
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	85	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	100	47	0.00	0	9	0.26	0.00	0	11.52	1.57	0.52	655	31.4	22.00	0.19
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			843	6.38	2080	72	21.59	0.00	56	132.17	14.92	37.72	1455	499.4	25.24	6.40
% of Calories				6.81%		34.2%	23.0%	0.0%		62.7%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 09/24/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00	0	150.0	0.00	1.80
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	90	223	2.02	1276	0	10.12	0.00	0	32.40	2.02	2.02	0	0.0	0.00	2.19
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	100	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00	600	0.0	2.40	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			724	5.70	1900	50	21.74	0.00	46	109.45	10.82	20.42	1175	455.0	4.32	4.37
% of Calories				7.09%		27.6%	27.0%	0.0%		60.5%		11.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 09/25/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990317 PIZZA BURGER ON BUN SEC	SERVINGS	100	416	7.65	857	9	16.84	0.00	73	42.71	7.98	28.31	349	187.2	4.82	6.06
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	100	48	0.24	50	3	3.27	0.00	0	7.04	1.28	1.05	468	18.4	9.53	0.36
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	0	32.00	4.00	0.00	0	0.0	2.40	0.72
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	100	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28	50	10.0	0.60	0.18
990204 MILK, CHOC FF CARTON	CARTON	80	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	15	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			764	8.22	1126	67	20.79	0.00	79	117.33	15.75	37.64	1367	515.5	19.45	7.62
% of Calories				9.68%		35.1%	24.5%	0.0%		61.4%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 09/26/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	75	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0	30.0	3.60	0.54
990198 GRAVY, CHICKEN	SERVING	75	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990195 CARROTS, BABY FRESH	SERVING	60	24	0.00	55	3	0.00	0.00	0	5.77	2.03	0.45	9653	22.4	1.82	0.62
990221 RANCH SALAD DRESSING	OZ	60	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50	31	18.8	0.08	0.00
990163 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	35	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990239 JUICE, ORANGE	EACH	55	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
Weighted Daily Average			799	8.23	1227	40	31.76	0.00	49	97.02	9.52	27.42	6286	397.7	38.76	3.91
% of Calories				9.27%		20.0%	35.8%	0.0%		48.6%		13.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 09/27/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	100	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	100	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990292 CHICKEN PASTA BAKE	SERVINGS	100	267	4.99	751	3	9.10	0.00	62	23.98	1.72	23.13	536	309.8	3.05	1.98
Weighted Daily Average			548	5.36	956	51	9.73	0.00	68	82.95	6.21	33.23	1311	624.8	78.34	2.78
% of Calories				8.80%		37.2%	16.0%	0.0%		60.5%		24.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 09/28/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990219 CHALUPA	EACH	100	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28	296	347.1	0.24	0.84
990059 BEANS, REFRIED 1 CUP	1 CUP	85	240	2.00	1080	2	5.00	0.00	0	36.00	12.00	12.00	0	40.0	0.00	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990187 BANANAS,RAW	EACH	60	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48	87	6.8	11.83	0.35
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	5	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990238 COOKIE, CHOC CHIP 2 EA	COOKIE	100	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
Weighted Daily Average			845	10.06	1549	48	25.71	0.00	64	114.07	15.64	36.97	1033	670.2	9.50	16.07
% of Calories				10.71%		22.7%	27.4%	0.0%		54.0%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

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 - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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.