

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

**Menu Name:** (6-8) of K-12 LUNCH

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 08/20/2018

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990213 CHICKEN TAQUITOS	3 EA	100	330	3.00	405	0	15.00	0.00	0	39.00	3.00	12.00	300	60.0	0.00	2.16
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	65	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00	0	20.0	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
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			659	4.02	1199	44	17.25	0.00	6	101.79	9.59	24.75	6000	373.0	96.21	2.67
% of Calories				5.49%		26.7%	23.6%	0.0%		61.8%		15.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990128 PIZZA STICK, PEPPERONI WG	STICK	100	240	4.50	500	3	9.00	0.00	25	29.00	3.00	11.00	400	150.0	3.60	1.80
990068 CORN KERNEL 3/4 C	3/4 CUP	85	98	0.00	22	4	1.50	0.00	0	22.50	3.00	3.00	0	0.0	0.00	1.08
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
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			537	4.88	722	46	10.90	0.00	31	89.82	6.40	21.15	1130	435.0	51.54	2.97
% of Calories				8.18%		34.3%	18.3%	0.0%		66.9%		15.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 08/22/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990114 CHICKEN, BREADED PATTY ELEM	PATTY	95	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	95	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	45	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	45	148	1.35	850	0	6.75	0.00	0	21.60	1.35	1.35	0	0.0	0.00	1.46
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	75	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			652	3.37	1488	38	18.43	0.00	30	95.87	10.49	29.82	716	387.4	6.36	5.50
% of Calories				4.65%		23.3%	25.4%	0.0%		58.8%		18.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 08/23/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	95	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	80	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990156 POTATO, TATER TOTS	3/4 CUP	50	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49	0	0.0	2.98	0.00
990187 BANANAS,RAW	EACH	35	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48	87	6.8	11.83	0.35
990225 RICE CRISPY TREAT WG	PACKAGE	55	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	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

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			715	6.65	947	47	24.37	0.00	160	98.21	4.52	25.56	532	377.3	8.49	3.26
% of Calories				8.37%		26.3%	30.7%	0.0%		54.9%		14.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 08/24/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990230 CHALUPA, BEEF N CHEESE	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
990220 SALAD, ROMAINE TOSSED	SERVINGS	65	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	65	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50	31	18.8	0.08	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	65	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28	50	10.0	0.60	0.18
990238 COOKIE, CHOC CHIP 2 EA	COOKIE	60	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	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

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			619	7.38	969	48	21.33	0.00	60	76.66	6.64	27.00	9034	687.2	30.83	10.78
% of Calories				10.73%		31.0%	31.0%	0.0%		49.5%		17.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Monday - 08/27/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990138 MACARONI & CHEESE RF	2/3 CUP	100	290	6.00	980	6	11.00	0.00	30	32.00	1.00	16.00	750	400.0	0.00	1.08
990049 ROLL, DINNER WG	ROLL	85	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	85	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27
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
990163 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	50	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			650	6.80	1253	55	13.32	0.00	36	102.78	7.17	28.67	1505	742.5	64.47	2.73
% of Calories				9.42%		33.8%	18.4%	0.0%		63.2%		17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990069 CORN KERNEL 1/2 C	1/2 CUP	100	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.72
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
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	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
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			613	4.79	1177	50	14.57	0.00	54	100.03	11.84	31.33	1258	377.5	9.27	5.38
% of Calories				7.03%		32.6%	21.4%	0.0%		65.3%		20.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Wednesday - 08/29/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	95	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0	20.0	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990074 GOLDFISH WG CRACKER	PACKAGE	80	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	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
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	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			671	4.84	1391	37	18.59	0.60	54	91.88	8.07	29.29	7968	408.9	7.82	4.74
% of Calories				6.49%		22.1%	24.9%	0.8%		54.8%		17.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 08/30/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990211 TACO MEAT	2 oz	100	126	3.49	264	1	7.16	0.00	38	5.23	2.52	10.68	316	7.6	1.50	2.23
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	100	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408	6.7	5.90	0.17
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

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
990146 TORTILLA BOWL	BOWL	100	80	0.00	115	1	2.50	0.00	0	15.00	1.00	2.00	0	40.0	0.00	0.72
Weighted Daily Average			588	4.87	1491	47	13.15	0.00	45	92.26	15.75	27.69	2279	405.7	37.50	3.94
% of Calories				7.45%		32.0%	20.1%	0.0%		62.8%		18.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 08/31/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990087 RICE, BROWN, 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
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
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	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	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

Kenai Peninsula School District

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			661	2.64	857	34	15.65	0.00	66	90.86	6.99	37.32	930	335.1	6.30	10.07
% of Calories				3.59%		20.6%	21.3%	0.0%		55.0%		22.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 09/04/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
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
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
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	100	70	0.00	0	13	0.00	0.00	0	13.94	0.87	0.87	0	17.4	6.80	0.31
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			619	1.90	819	55	9.92	0.00	65	98.19	5.71	29.93	12707	396.2	47.38	2.92
% of Calories				2.76%		35.5%	14.4%	0.0%		63.5%		19.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

### Wednesday - 09/05/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990128 PIZZA STICK, PEPPERONI WG	STICK	100	240	4.50	500	3	9.00	0.00	25	29.00	3.00	11.00	400	150.0	3.60	1.80
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
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	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	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	85	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			672	4.65	854	74	10.75	0.00	30	123.20	7.00	23.00	1625	450.0	92.08	3.20
% of Calories				6.23%		44.0%	14.4%	0.0%		73.3%		13.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Thursday - 09/06/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990149 WINTER MIX , VEG. .75	3/4 CUP	100	38	0.00	30	2	0.00	0.00	0	6.02	3.01	3.01	341	30.1	54.20	0.59

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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	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
Weighted Daily Average			609	1.93	858	56	8.55	0.00	49	101.94	13.19	30.02	6272	401.7	68.65	7.42
% of Calories				2.85%		36.8%	12.6%	0.0%		67.0%		19.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 09/07/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990263 PARMESAN CHICKEN SANDWICH ELEMENTARY	SANDWICH	95	438	4.27	878	9	18.04	0.00	33	47.31	6.54	23.83	125	205.7	0.90	3.83
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	45	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	45	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990032 FRUITABLE , GOLD RUSH	BOX	50	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

Kenai Peninsula School District

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			644	4.44	1306	41	18.22	0.00	37	89.50	9.36	32.94	3094	498.4	33.32	4.86
% of Calories				6.20%		25.5%	25.5%	0.0%		55.6%		20.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 09/10/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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
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	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
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
Weighted Daily Average			624	4.45	1160	61	11.25	0.00	37	107.69	12.49	27.24	825	345.0	1.98	4.12
% of Calories				6.42%		39.1%	16.2%	0.0%		69.0%		17.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 09/11/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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	95	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	65	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	40	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
Weighted Daily Average			665	6.03	1168	38	23.19	0.00	58	83.54	7.90	31.40	8292	541.7	47.79	4.39
% of Calories				8.16%		22.9%	31.4%	0.0%		50.2%		18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Wednesday - 09/12/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (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
990068 CORN KERNEL 3/4 C	3/4 CUP	85	98	0.00	22	4	1.50	0.00	0	22.50	3.00	3.00	0	0.0	0.00	1.08
990165 MANDARIN ORANGE, CANNED	1/2 CUP	100	80	0.00	10	18	0.00	0.00	0	19.00	0.00	0.00	0	0.0	35.00	2.00
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			700	2.95	602	41	17.52	0.00	31	107.92	7.55	29.15	575	292.1	36.86	5.31
% of Calories				3.79%		23.4%	22.5%	0.0%		61.7%		16.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990267 NACHO'S ELEM	SERVING	100	382	6.65	454	0	18.70	0.00	28	42.03	5.14	11.36	129	112.9	0.62	1.74
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	65	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00	0	20.0	0.00	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
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			695	7.77	1154	38	21.24	0.00	34	102.27	12.24	23.43	816	400.3	48.27	2.21
% of Calories				10.06%		21.9%	27.5%	0.0%		58.9%		13.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 09/14/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990269 SALAD, SPINACH, CRANBERRY, MANDARIN	2 CUP	25	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	65	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990047 COOKIE, CHOC CHIP (BAKER BOY)	COOKIE	80	110	1.00	70	10	4.00	0.00	15	18.00	1.00	2.00	0	20.0	0.00	0.72
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
Weighted Daily Average			681	2.17	1593	45	28.22	0.00	53	86.08	5.28	21.08	3260	338.7	14.09	4.45
% of Calories				2.87%		26.4%	37.3%	0.0%		50.6%		12.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 09/17/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00



# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			591	5.16	1052	51	13.80	0.60	57	87.83	9.99	33.02	1005	529.5	4.84	4.69
% of Calories				7.86%		34.5%	21.0%	0.9%		59.4%		22.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 09/18/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990087 RICE, BROWN, 1/2 Cup, Prepar	1/2 Cup, Prepar	85	170	0.00	7	0	1.50	0.00	0	36.00	2.00	4.00	0	7.1	0.00	0.36
990271 BROCCOLI, RAW FRESH	3/4 CUP	85	22	0.03	22	1	0.24	0.00	0	4.38	1.72	1.86	411	31.0	58.87	0.48
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
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	75	70	0.00	0	13	0.00	0.00	0	13.94	0.87	0.87	0	17.4	6.80	0.31
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

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			677	6.73	885	43	20.19	0.00	56	89.76	3.81	27.90	873	379.5	58.44	2.30
% of Calories				8.95%		25.4%	26.8%	0.0%		53.0%		16.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 09/19/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	25	33.00	4.00	16.00	0	0.0	0.00	0.00
990069 CORN KERNEL 1/2 C	1/2 CUP	100	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.72
990032 FRUITABLE , GOLD RUSH	BOX	80	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	80	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	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			640	5.38	800	64	12.62	0.00	31	105.45	6.80	27.00	4660	300.0	51.00	0.99
% of Calories				7.57%		40.0%	17.7%	0.0%		65.9%		16.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (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
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	50	55	0.00	0	14	0.50	0.00	0	14.00	1.00	0.50	50	0.0	9.00	0.18
990239 JUICE, ORANGE	EACH	100	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	100	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	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990195 CARROTS, BABY FRESH	SERVING	30	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	30	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			661	2.75	884	58	12.69	0.00	58	106.35	8.06	28.44	4218	355.1	71.05	21.67
% of Calories				3.74%		35.1%	17.3%	0.0%		64.4%		17.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

**Friday - 09/21/2018**

**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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	50	210	0.00	825	18	1.50	0.00	0	43.50	7.50	9.00	0	60.0	0.00	2.70
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	65	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	95	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			697	6.38	1557	58	20.62	0.00	56	101.25	9.89	32.00	1422	459.9	24.14	4.68
% of Calories				8.24%		33.3%	26.6%	0.0%		58.1%		18.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 09/24/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	85	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	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	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			653	5.60	1831	37	21.23	0.00	46	93.83	9.72	20.31	875	455.0	3.12	4.26
% of Calories				7.72%		22.7%	29.3%	0.0%		57.5%		12.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 09/25/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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	75	48	0.24	50	3	3.27	0.00	0	7.04	1.28	1.05	468	18.4	9.53	0.36
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
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	75	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	20	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			684	8.23	1114	52	20.05	0.00	79	96.56	12.81	37.71	1263	523.4	15.78	7.12
% of Calories				10.83%		30.4%	26.4%	0.0%		56.5%		22.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 09/26/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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	60	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	65	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	65	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990163 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	25	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
990195 CARROTS, BABY FRESH	SERVING	20	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	20	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50	31	18.8	0.08	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	10	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			697	7.87	1037	34	28.75	0.00	48	80.81	7.31	25.54	2412	369.7	34.52	3.16
% of Calories				10.16%		19.5%	37.1%	0.0%		46.4%		14.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Thursday - 09/27/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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			600 - 700	<10	1360		<=0									

### Friday - 09/28/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990230 CHALUPA, BEEF N CHEESE	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
990058 BEANS, REFRIED 3/4 CUP	3/4 CUP	90	180	1.50	810	2	3.75	0.00	0	27.00	9.00	9.00	0	30.0	0.00	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	50	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	50	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
990047 COOKIE, CHOC CHIP (BAKER BOY)	COOKIE	90	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			700	9.60	1320	37	23.39	0.00	67	87.36	11.59	34.52	915	680.5	7.72	1.68
% of Calories				12.34%		21.1%	30.1%	0.0%		49.9%		19.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.