

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2019 thru Mar 31, 2019

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

Include Cost: No

Site:

Report Style: Detailed

Friday - 03/01/2019

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)	Carb (g)	Protn (g)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	34.73	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	100	3.00	170	0	7.00	0.00	0.00	7.00
990157 POTATO, TATER TOTS	1 CUP	65	258	1.98	377	0	13.89	0.00	29.76	1.98
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	75	60	0.00	5	13	0.00	0.00	14.00	0.00
990239 JUICE, ORANGE	EACH	75	50	0.00	0	12	0.00	0.00	13.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	45	99	0.99	49	7	2.47	0.00	15.78	0.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
990217 SRYUP CUP, LITE	CARTON	100	50	0.00	70	4	0.00	0.00	14.00	0.00
Weighted Daily Average			848	7.86	1095	60	29.91	0.00	115.33	27.42
% of Calories				8.34%		28.3%	31.7%	0.0%	54.4%	12.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 03/04/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990139 MACARONI & CHEESE RF	CUP	100	420	7.50	1005	9	16.50	0.00	43.50	25.50
990045 BREAD STICK WG	1 OZ	100	90	0.00	120	2	2.50	0.00	14.00	3.00
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	100	20	0.00	175	1	0.00	0.00	3.74	1.24
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0.00	21.93	1.00
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	50	110	0.00	0	24	0.00	0.00	28.00	0.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	65	90	0.00	20	19	0.00	0.00	22.00	0.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			827	7.88	1517	68	19.62	0.00	124.30	38.39
% of Calories				8.58%		32.9%	21.4%	0.0%	60.1%	18.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 03/05/2019

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)	Carb (g)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	14.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	13.00	2.00

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Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	36.75	4.08
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	100	30	0.00	15	1	0.00	0.00	5.00	2.00
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	100	139	0.00	0	26	0.00	0.00	27.89	1.74
990204 MILK, CHOC FF CARTON	CARTON	90	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			687	1.40	781	64	5.28	0.00	118.64	32.83
% of Calories				1.83%		37.3%	6.9%	0.0%	69.1%	19.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 03/06/2019

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)	Carb (g)	Protn (g)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	100	340	1.50	540	5	11.00	0.00	38.00	25.00
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	65	140	0.00	550	12	1.00	0.00	29.00	6.00
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	95	35	0.02	38	4	0.09	0.00	7.27	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	1.62	1.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	CUP	100	51	0.00	2	11	0.00	0.00	14.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00

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Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	23.00	8.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	14.00	0.00
000034 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	40	9	0.01	4	1	0.10	0.00	2.00	0.49
Weighted Daily Average			780	4.08	1371	54	23.95	0.00	106.20	39.13
% of Calories				4.71%		27.7%	27.6%	0.0%	54.5%	20.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 03/07/2019

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)	Carb (g)	Protn (g)
990246 COTTAGE PIE	SERVINGS	100	362	3.76	1439	2	38.32	0.00	48.69	14.39
990336 ROLL, DINNER WHITE WG @2	ROLLS	100	140	0.50	250	3	2.00	0.00	26.00	4.00
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	10.00	0.00
990186 GRAPES FRESH	1/2 CUP	100	55	0.00	0	14	0.50	0.00	14.00	0.50
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	13	0.00	0.00	14.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	8.00

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Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			782	4.64	1958	60	41.44	0.00	133.19	26.89
% of Calories				5.34%		30.7%	47.7%	0.0%	68.1%	13.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 03/18/2019

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)	Carb (g)	Protn (g)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	33.00	16.00
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	2.00	0.00	30.00	4.00
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	10.00	0.00
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	100	139	0.00	0	26	0.00	0.00	27.89	1.74
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			719	6.35	662	63	15.25	0.00	114.69	29.74
% of Calories				7.95%		35.0%	19.1%	0.0%	63.8%	16.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 03/19/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	30.00	21.50
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	100	9	0.01	4	1	0.10	0.00	2.00	0.49
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	95	210	0.00	825	18	1.50	0.00	43.50	9.00
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	15.00	1.00
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	18.10	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			826	6.61	1731	51	22.78	0.00	120.22	39.54
% of Calories				7.20%		24.7%	24.8%	0.0%	58.2%	19.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 03/20/2019

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)	Carb (g)	Protn (g)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	19.00	14.00
990335 ROLL, DINNER WHITE WG	ROLL	65	70	0.25	125	2	1.00	0.00	13.00	2.00
990070 POTATOES, DEHYDRATED MASHED 1 C	1 Cup, Prepar	85	180	0.00	741	0	3.00	0.00	32.00	4.00

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Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990350 GRAVY, BEEF LS	2 oz servings	85	18	0.00	128	0	4.51	0.00	3.61	0.00
990148 WINTER MIX , VEG.	1/2 CUP	100	25	0.00	20	1	0.00	0.00	4.00	2.00
990167 MANDARIN ORANGE, CANNED	1 CUP	95	160	0.00	20	36	0.00	0.00	38.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			851	8.51	1312	50	33.28	0.00	111.62	28.70
% of Calories				9.00%		23.5%	35.2%	0.0%	52.5%	13.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 03/21/2019

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)	Carb (g)	Protn (g)
990317 PIZZA BURGER ON BUN SEC	SERVINGS	100	416	7.65	857	9	16.84	0.00	42.71	28.31
990195 CARROTS, BABY FRESH	SERVING	100	24	0.00	55	3	0.00	0.00	5.77	0.45
990380 RANCH SALAD DRESSING @ 2 oz	OZ	100	104	1.19	325	2	10.31	0.00	1.62	1.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	85	16	0.00	140	1	0.00	0.00	3.00	0.99
990187 BANANAS,RAW	EACH	95	121	0.15	1	17	0.45	0.00	31.06	1.48
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00

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Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	13.00	0.00
Weighted Daily Average			844	9.43	1554	61	28.33	0.00	114.40	40.01
% of Calories				10.06%		28.9%	30.2%	0.0%	54.2%	19.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 03/22/2019

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)	Carb (g)	Protn (g)
990227 CHICKEN STRIPS, BREADED	3 EA	100	285	2.25	465	0	13.50	0.00	16.50	24.00
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	12.00	2.00
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	75	130	1.00	300	0	4.50	0.00	21.01	2.00
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	65	209	0.47	91	30	6.04	0.00	38.18	3.20
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	65	120	0.00	10	26	0.00	0.00	28.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00

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Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			789	4.26	1048	55	24.05	0.00	107.17	37.58
% of Calories				4.86%		27.9%	27.4%	0.0%	54.3%	19.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 03/25/2019

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)	Carb (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	30.00	10.00
990157 POTATO, TATER TOTS	1 CUP	100	258	1.98	377	0	13.89	0.00	29.76	1.98
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	100	16	0.00	140	1	0.00	0.00	3.00	0.99
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	CUP	100	51	0.00	2	11	0.00	0.00	14.00	0.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	14.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			778	5.93	1136	49	26.64	0.00	110.66	20.98
% of Calories				6.86%		25.2%	30.8%	0.0%	56.9%	10.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

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Portion Values

Mar 1, 2019 thru Mar 31, 2019

Tuesday - 03/26/2019

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)	Carb (g)	Protn (g)
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	100	398	3.27	708	8	14.04	0.00	41.31	28.83
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	65	130	1.00	300	0	4.50	0.00	21.01	2.00
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	65	35	0.02	38	4	0.09	0.00	7.27	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	325	2	10.31	0.00	1.62	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	21.93	1.00
990204 MILK, CHOC FF CARTON	CARTON	55	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	14.00	0.00
Weighted Daily Average			813	5.16	1312	55	24.48	0.00	109.84	39.45
% of Calories				5.71%		27.1%	27.1%	0.0%	54.0%	19.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 03/27/2019

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)	Carb (g)	Protn (g)
990251 CHICKEN, SWEET N SOUR	SERVING	100	150	1.50	160	7	6.00	0.00	9.00	13.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	36.75	4.08
990149 WINTER MIX , VEG. .75	3/4 CUP	100	38	0.00	30	2	0.00	0.00	6.02	3.01
990180 ORANGE	EACH	100	60	0.00	0	12	0.00	0.00	15.00	1.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	100	90	0.00	20	19	0.00	0.00	22.00	0.00
Weighted Daily Average			634	1.95	414	59	8.28	0.00	108.67	29.09
% of Calories				2.77%		37.2%	11.8%	0.0%	68.6%	18.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 03/28/2019

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)	Carb (g)	Protn (g)
990249 CHICKEN POT PIE	SERVING 1 CUP	100	188	0.84	517	4	3.88	0.08	22.15	15.25
990336 ROLL, DINNER WHITE WG @2	ROLLS	100	140	0.50	250	3	2.00	0.00	26.00	4.00
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	3.75	1.50
990380 RANCH SALAD DRESSING @ 2 oz	OZ	100	104	1.19	325	2	10.31	0.00	1.62	1.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	60	0.00	5	12	0.00	0.00	15.00	0.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	10.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	100	110	0.00	0	24	0.00	0.00	28.00	0.00
Weighted Daily Average			789	2.90	1372	73	16.81	0.08	127.03	29.75
% of Calories				3.31%		37.0%	19.2%	0.1%	64.4%	15.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 03/29/2019

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)	Carb (g)	Protn (g)
990230 CHALUPA, BEEF N CHEESE	EACH	100	244	5.92	404	1	13.94	0.00	11.18	16.28
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	60	120	1.00	540	1	2.50	0.00	18.00	6.00
990069 CORN KERNEL 1/2 C	1/2 CUP	70	65	0.00	15	3	1.00	0.00	15.00	2.00
990154 SALSA, GREEN CHILI	1/4 Cup	65	20	0.00	360	2	0.00	0.00	4.00	0.00
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	65	120	0.00	10	24	0.00	0.00	32.00	0.00
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	85	320	2.00	200	24	10.00	0.00	52.00	4.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			848	8.67	1346	60	25.39	0.00	119.98	32.68
% of Calories				9.20%		28.3%	26.9%	0.0%	56.6%	15.4%
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.