

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

May 1, 2019 thru May 21, 2019

Menu Name: 6-8 of HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 05/01/2019

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) | Carb (g) | Protn (g) |
|------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990130 CHICKEN, POPCORN WG                     | 3.3 OZ       | 65        | 250                      | 2.50                   | 380                    | 1          | 14.00     | 0.00                    | 15.00    | 15.00     |
| 990298 FRENCH DIP                              | SANDWICH     | 25        | 305                      | 4.75                   | 1145                   | 3          | 13.25     | 0.00                    | 28.75    | 18.75     |
| 990288 PITA, VEGGIE W/CUCUMBER SAUCE           | PITA POCKET  | 10        | 539                      | 7.09                   | 890                    | 8          | 28.53     | 0.00                    | 55.28    | 21.07     |
| 990087 RICE, BROWN, 1/2 Cup, Prepar            |              | 65        | 85                       | 0.00                   | 4                      | 0          | 0.75      | 0.00                    | 18.00    | 2.00      |
| 990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea | COOKIE       | 45        | 160                      | 1.00                   | 100                    | 12         | 5.00      | 0.00                    | 26.00    | 2.00      |
| 990277 FRUIT BAR                               | EACH         | 65        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 990276 VEGETABLE/ SALAD BAR                    | SERVINGS     | 65        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 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       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF                      | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average                         |              |           | 700                      | 4.81                   | 1053                   | *44        | 22.58     | 0.00                    | 94.55    | 30.34     |
| % of Calories                                  |              |           |                          | 6.18%                  |                        | *25.1%     | 29.0%     | 0.0%                    | 54.0%    | 17.3%     |
| Weekly Nutrient Guideline                      |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Thursday - 05/02/2019

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

May 1, 2019 thru May 21, 2019

|                                  | 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) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990266 NACHO'S SEC               | SERVING      | 45        | 441                      | 8.29                   | 574                    | 0          | 22.07     | 0.00                    | 44.39    | 16.39     |
| 990154 SALSA, GREEN CHILI        | 1/4 Cup      | 45        | 20                       | 0.00                   | 360                    | 2          | 0.00      | 0.00                    | 4.00     | 0.00      |
| 990227 CHICKEN STRIPS, BREADED   | 3 EA         | 55        | 285                      | 2.25                   | 465                    | 0          | 13.50     | 0.00                    | 16.50    | 24.00     |
| 990045 BREAD STICK WG            | 1 OZ         | 55        | 90                       | 0.00                   | 120                    | 2          | 2.50      | 0.00                    | 14.00    | 3.00      |
| 990277 FRUIT BAR                 | EACH         | 65        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 990276 VEGETABLE/ SALAD BAR      | SERVINGS     | 70        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 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       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF        | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average           |              |           | 700                      | 5.92                   | 1134                   | *38        | 23.72     | 0.00                    | 87.63    | 34.06     |
| % of Calories                    |              |           |                          | 7.61%                  |                        | *21.7%     | 30.5%     | 0.0%                    | 50.1%    | 19.5%     |
| Weekly Nutrient Guideline        |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Friday - 05/03/2019

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) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990050 FRENCH TOAST STICKS            | 3 STICKS     | 48        | 211                      | 2.01                   | 291                    | 11         | 9.02      | 0.00                    | 26.07    | 8.02      |
| 990216 PORK, SAUSAGE LINKS, COOKED @2 | LINKS        | 48        | 100                      | 3.00                   | 170                    | 0          | 7.00      | 0.00                    | 0.00     | 7.00      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

May 1, 2019 thru May 21, 2019

|                                            | 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) | Carb (g) | Protn (g) |
|--------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990264 PARMESAN CHICKEN SANDWICH SECONDARY | SANDWICH     | 45        | 398                      | 3.27                   | 708                    | 8          | 14.04     | 0.00                    | 41.31    | 28.83     |
| 990155 POTATO, TATER TOTS                  | 1/2 CUP      | 54        | 130                      | 1.00                   | 190                    | 0          | 7.00      | 0.00                    | 15.00    | 1.00      |
| 990225 RICE CRISPY TREAT WG                | PACKAGE      | 45        | 99                       | 0.99                   | 49                     | 7          | 2.47      | 0.00                    | 15.78    | 0.99      |
| 990276 VEGETABLE/ SALAD BAR                | SERVINGS     | 50        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 990277 FRUIT BAR                           | EACH         | 40        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 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       | 24        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF                  | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| 990217 SRYUP CUP, LITE                     | CARTON       | 45        | 50                       | 0.00                   | 70                     | 4          | 0.00      | 0.00                    | 14.00    | 0.00      |
| Weighted Daily Average                     |              |           | 700                      | 5.59                   | 1038                   | *44        | 22.54     | 0.00                    | 92.26    | 31.86     |
| % of Calories                              |              |           |                          | 7.19%                  |                        | *25.1%     | 29.0%     | 0.0%                    | 52.7%    | 18.2%     |
| Weekly Nutrient Guideline                  |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Monday - 05/06/2019

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) | Carb (g) | Protn (g) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990138 MACARONI & CHEESE RF | 2/3 CUP      | 50        | 280                      | 5.00                   | 670                    | 6          | 11.00     | 0.00                    | 29.00    | 17.00     |
| 990045 BREAD STICK WG       | 1 OZ         | 65        | 90                       | 0.00                   | 120                    | 2          | 2.50      | 0.00                    | 14.00    | 3.00      |
| 990120 CHICKEN, CORN PUPS   | 6 EACH       | 50        | 270                      | 3.50                   | 410                    | 5          | 12.00     | 0.00                    | 30.00    | 10.00     |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

May 1, 2019 thru May 21, 2019

|                                                   | 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) | Carb (g) | Protn (g) |
|---------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 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      |
| 990277 FRUIT BAR                                  | EACH         | 65        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 990276 VEGETABLE/ SALAD BAR                       | SERVINGS     | 65        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 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                            |              |           | 697                      | 5.81                   | 1191                   | *43        | 20.75     | 0.00                    | 100.39   | 28.35     |
| % of Calories                                     |              |           |                          | 7.50%                  |                        | *24.7%     | 26.8%     | 0.0%                    | 57.6%    | 16.3%     |
| Weekly Nutrient Guideline                         |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Tuesday - 05/07/2019

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) | Carb (g) | Protn (g) |
|------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990141 PIZZA STICK, PEPPERONI WG               | 2 STICK      | 40        | 480                      | 9.00                   | 1000                   | 6          | 18.00     | 0.00                    | 58.00    | 22.00     |
| 990309 CHEESE STICK, MOZZARELLA CN 2 STICKS    | SERVING (2)  | 60        | 300                      | 6.00                   | 640                    | 4          | 12.00     | 0.00                    | 34.01    | 16.00     |
| 990210 DIPPING SAUCE - (4 OZ)                  | 4 OZ         | 60        | 50                       | 0.01                   | 309                    | 9          | 0.02      | 0.00                    | 11.23    | 1.15      |
| 990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea | COOKIE       | 60        | 160                      | 1.00                   | 100                    | 12         | 5.00      | 0.00                    | 26.00    | 2.00      |
| 990277 FRUIT BAR                               | EACH         | 45        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

May 1, 2019 thru May 21, 2019

|                                  | 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) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990276 VEGETABLE/ SALAD BAR      | SERVINGS     | 45        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 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       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF        | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average           |              |           | 730                      | 8.58                   | 1352                   | *48        | 20.90     | 0.00                    | 105.44   | 30.79     |
| % of Calories                    |              |           |                          | 10.58%                 |                        | *26.3%     | 25.8%     | 0.0%                    | 57.8%    | 16.9%     |
| Weekly Nutrient Guideline        |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Wednesday - 05/08/2019

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) | Carb (g) | Protn (g) |
|----------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990134 CHICKEN, TERIYAKI         | 2.85 OZ       | 40        | 146                      | 1.00                   | 414                    | 14         | 2.50      | 0.00                    | 14.00    | 15.00     |
| 990335 ROLL, DINNER WHITE WG     | ROLL          | 50        | 70                       | 0.25                   | 125                    | 2          | 1.00      | 0.00                    | 13.00    | 2.00      |
| 990229 RICE, BROWN,              | 1 Cup, Prepar | 40        | 174                      | 0.00                   | 7                      | 0          | 1.53      | 0.00                    | 36.75    | 4.08      |
| 990310 PHILLY STEAK CHEESE BREAD | SANDWICH      | 60        | 377                      | 6.84                   | 1070                   | 5          | 17.37     | 0.00                    | 32.00    | 23.28     |
| 990276 VEGETABLE/ SALAD BAR      | SERVINGS      | 65        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 990277 FRUIT BAR                 | EACH          | 65        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 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      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

May 1, 2019 thru May 21, 2019

|                           | 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) | Carb (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990207 UHT MILK CARTON LF | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average    |              |           | 663                      | 5.47                   | 1245                   | *44        | 17.11     | 0.00                    | 93.53    | 33.80     |
| % of Calories             |              |           |                          | 7.43%                  |                        | *26.5%     | 23.2%     | 0.0%                    | 56.4%    | 20.4%     |
| Weekly Nutrient Guideline |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Thursday - 05/09/2019

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) | Carb (g) | Protn (g) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990246 COTTAGE PIE                | SERVINGS     | 50        | 362                      | 3.76                   | 1439                   | 2          | 38.32     | 0.00                    | 48.69    | 14.39     |
| 990304 SWISS BACON BURGER         | SANDWICH     | 50        | 360                      | 6.75                   | 678                    | 6          | 18.00     | 0.50                    | 29.50    | 24.00     |
| 990335 ROLL, DINNER WHITE WG      | ROLL         | 50        | 70                       | 0.25                   | 125                    | 2          | 1.00      | 0.00                    | 13.00    | 2.00      |
| 990277 FRUIT BAR                  | EACH         | 65        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 990276 VEGETABLE/ SALAD BAR       | SERVINGS     | 65        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 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            |              |           | 675                      | 6.30                   | 1498                   | *40        | 33.36     | 0.25                    | 93.73    | 31.79     |
| % of Calories                     |              |           |                          | 8.40%                  |                        | *23.7%     | 44.5%     | 0.3%                    | 55.5%    | 18.8%     |
| Weekly Nutrient Guideline         |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

# Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

May 1, 2019 thru May 21, 2019

**Friday - 05/10/2019**

**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) | Carb (g) | Protn (g) |
|-------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990252 CHICKEN SANDWICH BREADED SECONDARY | SANDWICH     | 60        | 340                      | 1.50                   | 540                    | 5          | 11.00     | 0.00                    | 38.00    | 25.00     |
| 990050 FRENCH TOAST STICKS                | 3 STICKS     | 40        | 211                      | 2.01                   | 291                    | 11         | 9.02      | 0.00                    | 26.07    | 8.02      |
| 990216 PORK, SAUSAGE LINKS, COOKED @2     | LINKS        | 40        | 100                      | 3.00                   | 170                    | 0          | 7.00      | 0.00                    | 0.00     | 7.00      |
| 990155 POTATO, TATER TOTS                 | 1/2 CUP      | 45        | 130                      | 1.00                   | 190                    | 0          | 7.00      | 0.00                    | 15.00    | 1.00      |
| 990276 VEGETABLE/ SALAD BAR               | SERVINGS     | 35        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 990277 FRUIT BAR                          | EACH         | 60        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 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       | 65        | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| 990225 RICE CRISPY TREAT WG               | PACKAGE      | 40        | 99                       | 0.99                   | 49                     | 7          | 2.47      | 0.00                    | 15.78    | 0.99      |
| Weighted Daily Average                    |              |           | 714                      | 5.28                   | 969                    | *50        | 21.47     | 0.00                    | 94.37    | 36.38     |
| % of Calories                             |              |           |                          | 6.66%                  |                        | *28.0%     | 27.1%     | 0.0%                    | 52.9%    | 20.4%     |
| Weekly Nutrient Guideline                 |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

**Monday - 05/13/2019**

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

May 1, 2019 thru May 21, 2019

|                                                   | 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) | Carb (g) | Protn (g) |
|---------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990130 CHICKEN, POPCORN WG                        | 3.3 OZ       | 55        | 250                      | 2.50                   | 380                    | 1          | 14.00     | 0.00                    | 15.00    | 15.00     |
| 990335 ROLL, DINNER WHITE WG                      | ROLL         | 55        | 70                       | 0.25                   | 125                    | 2          | 1.00      | 0.00                    | 13.00    | 2.00      |
| 990363 SANDWICH, BBQ PULLED PORK                  | SANDWICH     | 45        | 325                      | 1.09                   | 1384                   | 13         | 7.45      | 0.00                    | 46.01    | 22.36     |
| 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      |
| 990277 FRUIT BAR                                  | EACH         | 65        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 990276 VEGETABLE/ SALAD BAR                       | SERVINGS     | 65        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 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       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF                         | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average                            |              |           | 686                      | 3.57                   | 1474                   | *43        | 19.23     | 0.00                    | 97.94    | 32.31     |
| % of Calories                                     |              |           |                          | 4.68%                  |                        | *25.1%     | 25.2%     | 0.0%                    | 57.1%    | 18.8%     |
| Weekly Nutrient Guideline                         |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

**Tuesday - 05/14/2019**

**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) | Carb (g) | Protn (g) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990253 CHEESEBURGER           | SANDWICH     | 60        | 325                      | 5.75                   | 615                    | 5          | 15.00     | 0.50                    | 30.00    | 21.50     |
| 990230 CHALUPA, BEEF N CHEESE | EACH         | 40        | 244                      | 5.92                   | 404                    | 1          | 13.94     | 0.00                    | 11.18    | 16.28     |
| 990155 POTATO, TATER TOTS     | 1/2 CUP      | 60        | 130                      | 1.00                   | 190                    | 0          | 7.00      | 0.00                    | 15.00    | 1.00      |



# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

May 1, 2019 thru May 21, 2019

|                                                | 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) | Carb (g) | Protn (g) |
|------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea | COOKIE       | 65        | 160                      | 1.00                   | 100                    | 12         | 5.00      | 0.00                    | 26.00    | 2.00      |
| 990277 FRUIT BAR                               | EACH         | 45        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 990276 VEGETABLE/ SALAD BAR                    | SERVINGS     | 45        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 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                         |              |           | 706                      | 7.84                   | 1032                   | *42        | 25.51     | 0.30                    | 87.82    | 31.80     |
| % of Calories                                  |              |           |                          | 9.99%                  |                        | *23.8%     | 32.5%     | 0.4%                    | 49.8%    | 18.0%     |
| Weekly Nutrient Guideline                      |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Wednesday - 05/15/2019

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) | Carb (g) | Protn (g) |
|-----------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990129 PIZZA, BUFFALO CHICKEN 16" | 5.21 OZ SLICE | 45        | 390                      | 7.00                   | 750                    | 8          | 19.00     | 0.00                    | 35.00    | 20.00     |
| 990112 PIZZA, CHEESE 16"          | SLICE         | 20        | 370                      | 7.00                   | 490                    | 9          | 16.00     | 0.00                    | 35.00    | 21.00     |
| 990227 CHICKEN STRIPS, BREADED    | 3 EA          | 35        | 285                      | 2.25                   | 465                    | 0          | 13.50     | 0.00                    | 16.50    | 24.00     |
| 990072 GARLIC TOAST               | SLICE         | 35        | 70                       | 0.50                   | 95                     | 0          | 2.50      | 0.00                    | 12.00    | 2.00      |
| 990277 FRUIT BAR                  | EACH          | 95        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 990276 VEGETABLE/ SALAD BAR       | SERVINGS      | 70        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

May 1, 2019 thru May 21, 2019

|                                  | 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) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 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       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF        | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average           |              |           | 691                      | 6.47                   | 1024                   | *47        | 22.43     | 0.00                    | 89.46    | 34.37     |
| % of Calories                    |              |           |                          | 8.43%                  |                        | *27.2%     | 29.2%     | 0.0%                    | 51.8%    | 19.9%     |
| Weekly Nutrient Guideline        |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Thursday - 05/16/2019

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) | Carb (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990120 CHICKEN, CORN PUPS           | 6 EACH       | 45        | 270                      | 3.50                   | 410                    | 5          | 12.00     | 0.00                    | 30.00    | 10.00     |
| 990301 CHICKEN BACON SWISS SANDWICH | SANDWICH     | 55        | 410                      | 3.75                   | 708                    | 6          | 16.00     | 0.00                    | 38.50    | 31.00     |
| 990155 POTATO, TATER TOTS           | 1/2 CUP      | 65        | 130                      | 1.00                   | 190                    | 0          | 7.00      | 0.00                    | 15.00    | 1.00      |
| 990277 FRUIT BAR                    | EACH         | 65        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 990276 VEGETABLE/ SALAD BAR         | SERVINGS     | 65        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 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      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

May 1, 2019 thru May 21, 2019

|                           | 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) | 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    |              |           | 710                      | 5.20                   | 1075                   | *41        | 23.45     | 0.00                    | 92.56    | 33.80     |
| % of Calories             |              |           |                          | 6.59%                  |                        | *23.1%     | 29.7%     | 0.0%                    | 52.1%    | 19.0%     |
| Weekly Nutrient Guideline |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Friday - 05/17/2019

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) | Carb (g) | Protn (g) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990141 PIZZA STICK, PEPPERONI WG  | 2 STICK      | 50        | 480                      | 9.00                   | 1000                   | 6          | 18.00     | 0.00                    | 58.00    | 22.00     |
| 990298 FRENCH DIP                 | SANDWICH     | 50        | 305                      | 4.75                   | 1145                   | 3          | 13.25     | 0.00                    | 28.75    | 18.75     |
| 990239 JUICE, ORANGE              | EACH         | 65        | 50                       | 0.00                   | 0                      | 12         | 0.00      | 0.00                    | 13.00    | 0.00      |
| 990277 FRUIT BAR                  | EACH         | 65        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 990276 VEGETABLE/ SALAD BAR       | SERVINGS     | 65        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 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       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF         | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average            |              |           | 704                      | 7.79                   | 1451                   | *48        | 20.33     | 0.00                    | 100.01   | 31.97     |
| % of Calories                     |              |           |                          | 9.96%                  |                        | *27.3%     | 26.0%     | 0.0%                    | 56.8%    | 18.2%     |
| Weekly Nutrient Guideline         |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

# Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

May 1, 2019 thru May 21, 2019

**Monday - 05/20/2019**

**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) | Carb (g) | Protn (g) |
|------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990359 BEEF HOT DOG SANDWICH                   | SANDWICH     | 65        | 300                      | 0.00                   | 790                    | 5          | 18.50     | 0.00                    | 22.00    | 11.00     |
| 990303 CLUB SUB                                | SANDWICH     | 35        | 263                      | 2.16                   | 815                    | 3          | 7.19      | 0.00                    | 31.50    | 20.11     |
| 990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea | COOKIE       | 85        | 160                      | 1.00                   | 100                    | 12         | 5.00      | 0.00                    | 26.00    | 2.00      |
| 990277 FRUIT BAR                               | EACH         | 65        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 990276 VEGETABLE/ SALAD BAR                    | SERVINGS     | 65        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 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       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF                      | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average                         |              |           | 702                      | 2.52                   | 1262                   | *50        | 23.49     | 0.00                    | 95.61    | 27.49     |
| % of Calories                                  |              |           |                          | 3.23%                  |                        | *28.5%     | 30.1%     | 0.0%                    | 54.5%    | 15.7%     |
| Weekly Nutrient Guideline                      |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

**Tuesday - 05/21/2019**

**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) | Carb (g) | Protn (g) |
|-----------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990112 PIZZA, CHEESE 16"          | SLICE         | 45        | 370                      | 7.00                   | 490                    | 9          | 16.00     | 0.00                    | 35.00    | 21.00     |
| 990129 PIZZA, BUFFALO CHICKEN 16" | 5.21 OZ SLICE | 25        | 390                      | 7.00                   | 750                    | 8          | 19.00     | 0.00                    | 35.00    | 20.00     |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

May 1, 2019 thru May 21, 2019

|                                     | 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) | Carb (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990107 SANDWICH, PB&J STRAWBERRY WG | 2.8 OZ       | 30        | 300                      | 2.00                   | 310                    | 13         | 16.00     | 0.00                    | 34.00    | 10.00     |
| 990361 CHEESE, STRING STICK         | EACH         | 30        | 80                       | 3.00                   | 190                    | 1          | 5.00      | 0.00                    | 0.00     | 7.00      |
| 990277 FRUIT BAR                    | EACH         | 60        | 102                      | 0.02                   | 3                      | *19        | 0.28      | 0.00                    | 25.52    | 0.76      |
| 990276 VEGETABLE/ SALAD BAR         | SERVINGS     | 65        | 138                      | 0.69                   | 274                    | 7          | 5.80      | 0.00                    | 17.92    | 4.78      |
| 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      |
| 990376 CRACKER, CHEDDAR GOLDFISH    | EACH         | 45        | 100                      | 0.50                   | 170                    | 0          | 4.00      | 0.00                    | 14.00    | 2.00      |
| Weighted Daily Average              |              |           | 697                      | 7.54                   | 1012                   | *45        | 24.74     | 0.00                    | 87.86    | 32.01     |
| % of Calories                       |              |           |                          | 9.74%                  |                        | *25.8%     | 31.9%     | 0.0%                    | 50.4%    | 18.4%     |
| 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.