

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Aug 30, 2019

Menu Name: HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 08/20/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	45	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	22	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00
990304 SWISS BACON BURGER	SANDWICH	25	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00
990248 WRAP, CHICKEN BACON RANCH	WRAP	8	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			735	8.20	1140	52	24.84	0.12	59	94.75	10.46	35.35
% of Calories				10.04%		28.3%	30.4%	0.1%		51.6%		19.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 08/21/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	30	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	30	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990229 RICE, BROWN,	1 Cup, Prepar	30	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	40	405	3.63	738	8	14.57	0.00	53	41.31	6.54	29.54
990414 HAM N TURKEY HOAGIE	HOAGIE	30	257	1.64	981	4	4.23	0.00	49	30.25	2.66	22.99
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			713	3.42	1223	54	15.31	0.00	63	107.46	12.79	38.17
% of Calories				4.32%		30.3%	19.3%	0.0%		60.3%		21.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 08/22/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990352 CHEESEBURGER	SANDWICH	45	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50
990422 CHICKEN, CORN PUPS	8 EACH	45	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50

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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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990287 SALAD, SW CHICKEN PASTA	EACH	10	663	4.32	838	5	22.76	0.00	61	98.96	2.94	30.29
990335 ROLL, DINNER WHITE WG	ROLL	10	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990428 KK SEASONED FRIES 1/2	2.1 OZ	85	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			746	4.98	1158	45	20.44	0.00	65	108.28	12.61	31.50
% of Calories				6.01%		24.1%	24.7%	0.0%		58.1%		16.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 08/23/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990227 CHICKEN STRIPS, BREADED	3 EA	35	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	45	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990421 ROAST BEEF WITH GRAVY/ SANDWICH	SANDWICH	30	286	4.50	466	3	14.04	0.50	35	30.29	2.32	15.00
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	80	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00

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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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990049 ROLL, DINNER WG	ROLL	60	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990350 GRAVY, BEEF LS	OZ	80	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			821	6.58	1389	42	29.85	0.15	60	106.73	12.52	35.55
% of Calories				7.21%		20.5%	32.7%	0.2%		52.0%		17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 08/26/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990130 CHICKEN, POPCORN WG	3.3 OZ	45	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990388 CHICKEN, CHERRY BLOSSOM	SERVINGS	35	197	0.98	345	14	3.94	0.00	44	26.58	1.97	12.80
990141 PIZZA STICK, PEPPERONI WG	2 STICK	20	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	45	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00
990335 ROLL, DINNER WHITE WG	ROLL	50	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00

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Aug 20, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			708	4.49	1025	53	18.82	0.00	48	104.99	12.66	30.67
% of Calories				5.71%		29.9%	23.9%	0.0%		59.3%		17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 08/27/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	30	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99
990359 BEEF HOT DOG SANDWICH	SANDWICH	20	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00
990266 NACHO'S SEC	SERVING	50	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	85	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

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Aug 20, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			820	8.82	1197	51	29.26	0.00	61	108.45	11.99	30.59
% of Calories				9.68%		24.9%	32.1%	0.0%		52.9%		14.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 08/28/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	50	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	50	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	25	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00
990323 CLUB HOAGIE	HOAGIE	25	233	1.66	765	3	4.19	0.00	36	29.50	2.66	18.11
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	65	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03
990225 RICE CRISPY TREAT WG	PACKAGE	65	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	65	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			854	7.15	1219	64	26.17	0.00	123	116.01	10.17	37.83
% of Calories				7.54%		30.0%	27.6%	0.0%		54.3%		17.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 08/29/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990411 SLOPPY JOE SECONDARY	4 OZ	20	315	3.72	625	13	9.59	0.00	41	44.34	6.22	18.15
990112 PIZZA, CHEESE 16"	SLICE	25	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	30	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	25	325	6.16	969	7	16.86	0.00	72	21.82	6.18	23.63
990336 ROLL, DINNER WHITE WG @2	ROLLS	25	140	0.50	250	3	2.00	0.00	0	26.00	2.00	4.00
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			751	7.43	1252	56	23.16	0.00	61	103.41	13.41	35.32
% of Calories				8.90%		29.8%	27.8%	0.0%		55.1%		18.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 08/30/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990402 TACO SNACK	EACH	65	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00
990298 FRENCH DIP	SANDWICH	15	275	4.25	1095	3	10.25	0.00	35	26.75	2.00	16.75
990365 WRAP, CHICKEN SALAD	WRAPS	20	362	2.72	767	5	10.36	0.00	51	45.07	3.64	24.48
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			704	6.91	1157	49	20.19	0.00	44	101.11	12.74	31.34
% of Calories				8.83%		27.8%	25.8%	0.0%		57.4%		17.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Aug 20, 2019 thru Aug 30, 2019

**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.