KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 3, 2014 thru Mar 31, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 03/03/2014																
LUNCH K-5	Total	100														
PIZZA 4X6 TONY'S	SLICE	100	300	25	580	4.00	1.80	250.0	300	6	*N/A*	16.0	35.0	11.0	5.00	0.00
POTATO, CRINKLE CUT: 3 OZ	3 OZ	80	40	0	10	0.67	0.24	0.0	0	0	2.0	0.67	6.33	1.5	0.50	0.00
MANDARIN ORANGE SEGMENT S LIGHT	1 CUP	80	180	0	0	2.00	0.00	40.0	429	86	12.0	1.0	42.0	0.0	0.00	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	60	144	0	15	2.80	0.80	15.2	264	53	4.8	1.2	37.6	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			695	33	772	7.81	2.74	591.1	1301	206	*15.28	26.30	120.48	12.83	5.77	0.00
% of Calories												15.1%	69.3%	16.6%	7.5%	0.0%
Tue - 03/04/2014																
LUNCH K-5	Total	100														
SALMON WRAP: 3 OZ	3 OZ	100	180	15	450	2.00	1.80	80.0	100	20	*N/A*	13.0	23.0	4.0	1.00	*N/A*
ROLLS, ROUND WHEAT DINNER	1 EACH	80	110	0	200	1.00	1.08	60.0	0	0	0.0	3.0	20.0	2.0	0.00	0.00
CARROTS, BABY RAW	4 OZ	80	10	0	22	0.82	0.25	9.1	3909	426	0.74	0.18	2.34	0.04	0.01	0.00
POTATO, WEDGE FRIES THIN; 4	4 OZ	80	112	0	0	2.23	0.40	0.0	0	0	2.68	2.23	16.73	2.23	0.00	0.00
APPLESAUCE, CINNAMON CUP	1 EA	80	120	0	15	2.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	80	67	11	113	0.00	0.00	18.7	31	0	0.07	0.56	1.81	6.16	0.59	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			647	31	905	6.84	3.46	450.3	3753	461	*3.99	26.03	103.95	12.96	1.86	*0.00
% of Calories												16.1%	64.3%	18.0%	2.6%	*0.0%

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

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

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 3, 2014 thru Mar 31, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 03/05/2014																
LUNCH K-5	Total	100														
MAXSTIX WHOLE GRAIN:2EA	2 EACH	100	300	10	780	4.00	1.44	300.0	200	40	0.0	14.0	32.0	14.0	5.00	0.00
BANANAS,RAW FRESH	1 EACH	80	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
BROCCOLI, FLORETS, FROZEN	1 CUP	50	53	0	40	42.60	0.00	40.0	130	26	63.6	2.6	8.0	0.0	0.00	0.00
STRAWBERRY CUP	1 EACH	75	122	0	4	2.40	0.75	14.0	31	1	52.8	0.68	33.05	0.17	0.01	0.00
DIPPING SAUCE	1 OZ	100	11	0	139	0.36	0.27	5.5	127	20	1.81	0.36	2.94	0.04	0.01	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			634	18	1118	29.56	2.75	640.0	967	181	81.44	25.30	106.43	15.06	5.48	0.00
% of Calories												16.0%	67.2%	21.4%	7.8%	0.0%
Thu - 03/06/2014																
LUNCH K-5	Total	100														
PULLED CHICKEN SAND:K-6	2.852 OZ	100	308	*53	698	*3.00	*2.88	*40.0	*0	*0	30.1	20.0	42.48	*5.5	*1.00	*0.00
BAKED SWEET POTATOES & APPLES	1/4 CUP	50	84	0	26	2.04	0.47	11.9	3757	301	4.42	0.62	18.03	1.38	0.30	0.35
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	75	144	0	15	2.80	0.80	15.2	264	53	4.8	1.2	37.6	0.0	0.00	0.00
JUICE CUP, VARIETY	1 EACH	75	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			628	*61	898	*6.12	*3.99	*361.1	*2576	*290	82.10	29.51	114.06	*6.81	*1.53	*0.18
% of Calories												18.8%	72.7%	*9.8%	*2.2%	*0.3%
Mon - 03/17/2014																
LUNCH K-5	Total	100														
CHICKEN TERIYAKI STRIPS	2.85 OZ	100	146	53	414	0.00	1.08	20.0	100	20	0.0	15.0	14.0	2.5	1.00	0.00
NOODLES, CHOW MEIN VEG: 4	4 OZ	75	42	0	72	0.50	0.36	5.0	750	150	0.9	1.0	8.75	0.38	0.00	0.00
GREEN BEANS, CUT:3/4C	3/4 CUP	75	50	0	540	2.00	0.72	0.0	400	80	0.0	0.0	10.0	0.0	0.00	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	60	144	0	15	2.80	0.80	15.2	264	53	4.8	1.2	37.6	0.0	0.00	0.00
JUICE WH FRUIT CUP FZ MIX BE	1 EACH	40	70	0	5	3.00	0.36	80.0	300	60	60.0	0.0	18.0	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00

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

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

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 3, 2014 thru Mar 31, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Weighted Daily Average			462	61	1059	4.76	2.78	364.9	1741	348	28.75	24.72	82.07	3.41	1.38	0.00
% of Calories												21.4%	71.0%	6.6%	2.7%	0.0%
Tue - 03/18/2014																
LUNCH K-5	Total	100														
MANWICH SLOPPY JOE'S K-8 GRADE	3 OZ	100	297	22	800	4.51	3.47	55.7	280	56	32.0	13.31	34.67	11.87	3.62	0.00
BROCCOLI, FLORETS, FROZEN	1 CUP	50	53	0	40	42.60	0.00	40.0	130	26	63.6	2.6	8.0	0.0	0.00	0.00
BEANS, BAKED ORIGINAL:1/2c	1/2 C	50	280	0	1100	10.00	3.60	80.0	0	0	0.0	12.0	58.0	2.0	0.00	0.00
APPLESAUCE, UNSWEETENED	1 CUP	80	120	0	20	4.00	2.88	0.0	0	0	4.8	0.0	30.0	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			692	30	1561	34.01	7.84	415.7	845	169	68.84	28.86	115.92	13.50	4.00	0.00
% of Calories												16.7%	67.0%	17.6%	5.2%	0.0%
Wed - 03/19/2014																
LUNCH K-5	Total	100														
SOCKEYE SALMON FILLET	6 OZ	100	180	43	100	0.50	0.72	10.0	625	125	4.5	15.01	1.0	13.01	1.75	*N/A*
ROLLS, ROUND WHEAT DINNER	1 EACH	80	110	0	200	1.00	1.08	60.0	0	0	0.0	3.0	20.0	2.0	0.00	0.00
SALAD, ROMAINE: 1.5C NO DRESSI	1.5 CUP	50	55	0	26	2.82	1.06	43.5	12183	941	56.65	1.52	12.52	0.35	0.05	0.00
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	50	66	0	175	1.60	0.71	4.0	66	13	7.0	2.15	15.24	0.82	0.13	0.00
RICE, BROWN LONG, QUICK COOKED	1/2 cup	50	108	0	5	1.80	0.41	10.0	0	0	0.0	2.52	22.39	0.88	0.18	0.00
JUICE CUP, VARIETY	1 EACH	80	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	50	67	11	113	0.00	0.00	18.7	31	0	0.07	0.56	1.81	6.16	0.59	0.00
Weighted Daily Average			589	55	595	4.41	2.95	400.1	7265	702	85.57	29.09	78.04	19.33	2.60	*0.00
% of Calories												19.8%	53.0%	29.6%	4.0%	*0.0%

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

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

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 3, 2014 thru Mar 31, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Thu - 03/20/2014																
LUNCH K-5	Total	100														
VEGETARIAN CHILI :1/2	1/2 c	100	90	0	442	3.42	1.70	50.2	306	81	23.54	3.28	13.47	3.53	0.31	0.01
GRILLED CHEESE WHOLE	1 EACH	100	280	5	610	3.00	1.44	350.0	100	20	*N/A*	14.0	31.0	13.0	3.50	*N/A*
CARROTS, BABY RAW	4 OZ	80	10	0	22	0.82	0.25	9.1	3909	426	0.74	0.18	2.34	0.04	0.01	0.00
PEARS, SLICED :1/2 C	1/2 C	70	160	0	10	4.00	0.72	0.0	0	0	2.4	0.0	40.0	0.0	0.00	0.00
COOKIE, SUGAR REDUCED FAT WHOL	1 EACH	90	111	7	114	0.87	0.54	0.0	16	3	0.0	1.42	18.19	3.64	1.20	1.08
SALAD DRESSING, RANCH	1 OZ	80	67	11	113	0.00	0.00	18.7	31	0	0.07	0.56	1.81	6.16	0.59	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	100	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			811	29	1492	10.66	4.69	797.5	4198	569	*27.37	29.40	123.41	25.38	5.74	*0.98
% of Calories												14.5%	60.9%	28.2%	6.4%	*1.1%
Fri - 03/21/2014																
LUNCH K-5	Total	100														
EGG ROLL SFS MINH TURKEY & VEG	1 EACH	100	250	110	680	3.00	3.60	60.0	500	144	4.8	15.0	27.0	9.0	2.50	0.00
NOODLES, CHOW MEIN VEG: 4	4 OZ	70	42	0	72	0.50	0.36	5.0	750	150	0.9	1.0	8.75	0.38	0.00	0.00
PEACHES, LIGHT SYRUP: 1/2 C	1/2 C	70	140	0	20	0.00	0.00	0.0	600	120	2.4	0.0	34.0	0.0	0.00	0.00
JUICE CUP, VARIETY	1 EACH	50	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			535	118	920	3.35	4.12	366.0	1945	433	38.31	23.98	87.92	9.89	2.87	0.00
% of Calories												17.9%	65.7%	16.6%	4.8%	0.0%

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

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

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 3, 2014 thru Mar 31, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 03/24/2014																
LUNCH K-5	Total	100														
CHICKEN BREAST FILLET, BBQ	1 EACH	100	190	40	600	0.00	1.08	20.0	0	0	2.4	15.0	15.0	7.0	2.00	0.00
BEANS, BAKED ORIGINAL:1/2c	1/2 C	75	280	0	1100	10.00	3.60	80.0	0	0	0.0	12.0	58.0	2.0	0.00	0.00
CARROTS, BABY RAW	4 OZ	75	10	0	22	0.82	0.25	9.1	3909	426	0.74	0.18	2.34	0.04	0.01	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	50	144	0	15	2.80	0.80	15.2	264	53	4.8	1.2	37.6	0.0	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	75	67	11	113	0.00	0.00	18.7	31	0	0.07	0.56	1.81	6.16	0.59	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			662	56	1709	9.52	4.64	408.5	3587	446	6.61	33.41	104.66	13.77	2.83	0.00
% of Calories												20.2%	63.2%	18.7%	3.8%	0.0%
Tue - 03/25/2014																
LUNCH K-5	Total	100														
CHICKEN NUGGETS, WG 5	5 each	100	180	46	585	1.00	2.00	38.1	142	3	1.0	14.03	13.03	9.02	2.00	0.00
NOODLES, CHOW MEIN VEG: 4	4 OZ	75	42	0	72	0.50	0.36	5.0	750	150	0.9	1.0	8.75	0.38	0.00	0.00
PEARS, SLICED :1/2 C	1/2 C	80	160	0	10	4.00	0.72	0.0	0	0	2.4	0.0	40.0	0.0	0.00	0.00
BREAD STICK WG BROWN SER	STICK	100	90	0	170	1.00	0.72	20.0	0	0	0.0	2.0	14.0	2.5	0.00	0.00
BAKED SWEET POTATOES & A PPLES	1/4 CUP	60	84	0	26	2.04	0.47	11.9	3757	301	4.42	0.62	18.03	1.38	0.30	0.35
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			613	54	1008	6.80	4.12	368.9	3459	396	7.45	25.40	100.66	13.25	2.56	0.21
% of Calories												16.6%	65.7%	19.5%	3.8%	0.3%

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

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

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 3, 2014 thru Mar 31, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 03/26/2014																
LUNCH K-5	Total	100														
COD ROASTED 2013: K-8	3 OZ	100	125	32	255	*N/A*	0.36	10.0	200	20	0.6	10.5	1.5	8.5	1.25	*N/A*
SPINACH & FRUIT SALAD	1.5 cup	50	202	0	60	2.24	2.49	84.9	7398	622	53.71	2.81	23.26	11.56	0.88	0.04
RICE, BROWN LONG, QUICK COOKED	1/2 cup	60	108	0	5	1.80	0.41	10.0	0	0	0.0	2.52	22.39	0.88	0.18	0.00
PEACHES, LIGHT SYRUP: 1/2 C	1/2 C	70	140	0	20	0.00	0.00	0.0	600	120	2.4	0.0	34.0	0.0	0.00	0.00
JUICE CUP, VARIETY	1 EACH	70	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
COOKIE, SUGAR REDUCED FAT WHOL	1 EACH	100	111	7	114	0.87	0.54	0.0	16	3	0.0	1.42	18.19	3.64	1.20	1.08
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
TARTAR SAUCE: scratch	1 OZ	100	77	6	148	0.29	0.05	8.0	1	0	2.34	0.29	6.52	6.22	0.62	0.00
Weighted Daily Average			744	54	739	*3.36	2.71	370.0	4836	518	74.68	23.43	108.77	25.29	3.99	*1.10
% of Calories												12.6%	58.5%	30.6%	4.8%	*1.3%
Thu - 03/27/2014																
LUNCH K-5	Total	100														
CHILI SPUDS	1/2 CUP	100	252	15	424	7.11	3.69	89.5	519	88	20.81	12.76	38.99	6.56	2.51	0.00
VEGETABLES, SANTA FE 3/4 c	3/4 C	80	187	0	120	8.00	0.96	53.4	0	0	40.02	8.0	34.69	0.0	0.00	0.00
APPLES,FRESH,W/SKIN	1 EACH	70	77	0	1	3.58	0.18	8.9	80	7	6.85	0.39	20.58	0.25	0.04	0.00
JUICE CUP, VARIETY	1 EACH	70	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			623	22	696	16.01	4.85	441.9	1076	193	100.83	27.73	114.85	7.37	2.91	0.00
% of Calories												17.8%	73.7%	10.6%	4.2%	0.0%

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

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

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 3, 2014 thru Mar 31, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Fri - 03/28/2014																
LUNCH K-5	Total	100														
BEEF TERIYAKI WONDERBITES	1 EACH	100	269	0	755	0.00	3.26	0.0	76	15	0.05	24.52	10.2	14.25	5.70	0.00
NOODLES, CHOW MEIN VEG: 4	4 OZ	70	42	0	72	0.50	0.36	5.0	750	150	0.9	1.0	8.75	0.38	0.00	0.00
WINTER MIX CAULIFLOWER & B ROCC	1 CUP	60	67	0	67	5.34	0.96	53.4	534	160	96.05	5.34	10.67	0.0	0.00	0.00
APPLESAUCE, UNSWEETENED	1 CUP	50	120	0	20	4.00	2.88	0.0	0	0	4.8	0.0	30.0	0.0	0.00	0.00
PINEAPPLE CHUNKS	1/2 CUP	50	146	0	2	1.95	0.68	34.2	93	19	23.18	1.02	38.31	0.2	0.02	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			604	8	1032	6.53	6.14	352.6	1467	325	73.50	37.19	81.13	15.24	6.09	0.00
% of Calories												24.6%	53.7%	22.7%	9.1%	0.0%
Mon - 03/31/2014																
LUNCH K-5	Total	100														
BEEF, CHICKEN FRIED FING:4e	4 EACH	100	80	12	201	0.45	0.70	9.4	31	6	0.16	4.07	4.65	5.02	1.80	0.00
RICE, BROWN LONG, QUICK CO OKED	3/4 cup	80	162	0	7	2.70	0.61	15.0	0	0	0.0	3.78	33.59	1.32	0.27	0.00
CARROTS, BABY RAW	4 OZ	80	10	0	22	0.82	0.25	9.1	3909	426	0.74	0.18	2.34	0.04	0.01	0.00
SALAD DRESSING, RANCH	1 OZ	80	67	11	113	0.00	0.00	18.7	31	0	0.07	0.56	1.81	6.16	0.59	0.00
PEARS, SLICED :1/2 C	1/2 C	60	160	0	10	4.00	0.72	0.0	0	0	2.4	0.0	40.0	0.0	0.00	0.00
APPLESAUCE, UNSWEETENED	1 CUP	50	120	0	20	4.00	2.88	0.0	0	0	4.8	0.0	30.0	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			560	28	506	7.67	3.54	343.7	3684	447	5.85	15.94	98.08	11.66	2.87	0.00
% of Calories												11.4%	70.1%	18.7%	4.6%	0.0%
Weighted Average			633	*44	1001	*10.49	*4.09	*444.8	*2847	*379	*46.70	27.09	102.70	*13.72	*3.50	*0.17
												17.1%	64.9%	*19.5%	*5.0%	*0.2%

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

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

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 3, 2014 thru Mar 31, 2014 Spreadsheet - Portion Values

LUNCH K-5

Nutrient	Menu AVG	Portion Size % of Cals	Plan Qty Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg)	Fiber (g) Shortfall	Iron (mg)	Calcm (mg) Overage	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)	Error Messages (if any)
Calories	633		664	95%			31											Correction Required - Calories are Low
Cholesterol (mg)	44		75	58%	Missing													
Sodium (mg)	1001		1328															*Target effective with 2014-2015 School Year!
Fiber (g)	10.49		6.00	175%	Missing													
Iron (mg)	4.09		3.50	117%	Missing													
Calcium (mg)	444.8		286.00	156%	Missing													
Vitamin A (IU)	2847		1120	254%	Missing													
Vitamin A (RE)	379		224	169%	Missing													
Vitamin C (mg)	46.70		15.00	311%	Missing													
Protein (g)	27.09	17.11%	10.00	271%														
Carbohydrate (g)	102.70	64.87%																
Total Fat (g)	13.72	19.49%	<=30.00%		Missing													
Saturated Fat (g)	3.50	4.97%	<10.00%		Missing													
Trans Fat[1] (g)	0.17	0.23%			Missing													

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

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