

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 3, 2014 thru Mar 7, 2014 Spreadsheet - Portion Values
BREAKFAST 6-8

Feb 19, 2014

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	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																
BREAKFAST 6-8	Total	100														
CEREAL, 1 BOWL VARIETY	SERVING	70	93	0	138	1.50	4.18	88.3	233	34	5.6	1.5	20.83	0.83	0.00	0.00
NUTRI-GRAIN BAR, STRAWBER	BAR	30	160	0	150	3.00	2.70	250.0	1000	150	0.0	2.0	29.0	4.0	0.50	0.00
CEREAL, 2 BOWL VARIETY	SERVING	30	210	0	395	1.50	9.45	8.1	1125	125	19.5	2.5	47.5	1.0	0.00	0.00
BAR, CHERRY APPLE CRUNCH	1 EACH	70	240	0	180	2.00	1.80	20.0	100	20	1.2	3.0	37.0	8.0	2.50	0.00
APPLESAUCE, UNSWEETENED	1/2 CUP	100	60	0	10	2.00	1.44	0.0	0	0	2.4	0.0	15.0	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	HALF PIN	20	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
LF P																
MILK, DARIGOLD CHOC FF HAL	HALF PIN	80	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
F PI																
Weighted Daily Average			576	7	574	5.80	9.56	457.0	1371	220	59.21	12.75	113.56	8.18	2.20	0.00
% of Calories												8.9%	78.9%	12.8%	3.4%	0.0%

Tue - 03/04/2014																
BREAKFAST 6-8	Total	100														
BURRITO, BREAKFAST EGG/CH	1 EACH	75	190	95	300	1.00	1.80	80.0	200	40	0.0	8.0	25.0	6.0	2.50	0.00
ESEE																
MAXSTIX WHOLE GRAIN	1 EACH	60	150	5	390	2.00	0.72	150.0	100	20	0.0	7.0	16.0	7.0	2.50	0.00
YOGURT, LI'L YAMI VARIETY	4 OZ	60	130	15	46	0.00	0.00	100.0	500	100	1.3	4.17	18.17	5.0	3.50	0.00
CEREAL, 2 BOWL VARIETY	SERVING	10	210	0	395	1.50	9.45	8.1	1125	125	19.5	2.5	47.5	1.0	0.00	0.00
FRUIT, FROZEN WAWONA SPE	6 OZ	75	74	0	4	2.71	0.49	11.0	284	57	92.97	1.12	17.3	0.0	0.00	0.00
CTRUM																
JUICE CUP, VARIETY	1 EACH	100	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	HALF PIN	20	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
LF P																
MILK, DARIGOLD CHOC FF HAL	HALF PIN	80	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
F PI																
Weighted Daily Average			571	90	707	4.14	3.39	524.1	1336	257	133.66	22.06	95.47	12.30	5.77	0.00
% of Calories												15.4%	66.8%	19.4%	9.1%	0.0%

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Wed - 03/05/2014																
BREAKFAST 6-8	Total	100														
CEREAL, 1 BOWL VARIETY	SERVING	50	93	0	138	1.50	4.18	88.3	233	34	5.6	1.5	20.83	0.83	0.00	0.00
POP TART, WHOLE GRAIN STRAWBER	PASTRY	50	190	0	160	3.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
CEREAL, 2 BOWL VARIETY	SERVING	10	210	0	395	1.50	9.45	8.1	1125	125	19.5	2.5	47.5	1.0	0.00	0.00
BREAKFAST BAR, SOFT-VARIETY PA	BAR	50	289	20	250	2.99	1.80	20.0	0	0	0.0	4.99	47.91	8.98	2.50	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
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
MILK, DARIGOLD WHITE 1% HALF P	HALF PIN	20	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 HALF P	HALF PIN	80	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 % of Calories			587	17	503	6.00	5.72	370.1	1177	219	54.55	13.65 9.3%	119.95 81.7%	8.01 12.3%	2.30 3.5%	0.00 0.0%

Thu - 03/06/2014																
BREAKFAST 6-8	Total	100														
QUESADILLA, BREAKFAST	1 EACH	90	212	78	553	0.92	1.66	184.3	184	37	0.0	11.06	29.48	5.53	2.30	0.00
CEREAL, 1 BOWL VARIETY	SERVING	10	93	0	138	1.50	4.18	88.3	233	34	5.6	1.5	20.83	0.83	0.00	0.00
NUTRI-GRAIN BAR, STRAWBER	BAR	10	160	0	150	3.00	2.70	250.0	1000	150	0.0	2.0	29.0	4.0	0.50	0.00
CEREAL, 2 BOWL VARIETY	SERVING	30	210	0	395	1.50	9.45	8.1	1125	125	19.5	2.5	47.5	1.0	0.00	0.00
PEARS, SLICED IN LIGHT SYRUP	1/2 CUP	100	80	0	5	2.00	0.36	0.0	0	0	1.2	0.0	20.0	0.0	0.00	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% HALF P	HALF PIN	20	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 HALF P	HALF PIN	80	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 % of Calories			533	77	828	3.73	5.66	506.1	1127	189	56.81	19.31 14.5%	101.57 76.2%	6.26 10.6%	2.42 4.1%	0.00 0.0%

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	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 - 03/07/2014																
BREAKFAST 6-8	Total	100														
PIZZA, BREAKFAST PIZZA SAU SAGE	SLICE	70	220	10	570	1.00	1.80	150.0	300	56	0.0	9.0	24.0	10.0	4.00	0.00
CEREAL, 1 BOWL VARIETY	SERVING	20	93	0	138	1.50	4.18	88.3	233	34	5.6	1.5	20.83	0.83	0.00	0.00
COOKIE, VANILLA BITES	1 OZ	70	110	*N/A*	91	1.00	0.36	120.0	13750	2750	1.8	2.0	19.0	3.0	1.00	*N/A*
CEREAL, 2 BOWL VARIETY	SERVING	30	210	0	395	1.50	9.45	8.1	1125	125	19.5	2.5	47.5	1.0	0.00	0.00
BERRY, PACIFIC BLEND	5 OZ	75	80	0	5	6.00	1.08	20.0	0	0	9.0	2.0	18.0	0.0	0.00	0.00
JUICE CUP, VARIETY	1 EACH	100	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	20	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	80	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			557	*14	791	6.65	6.28	529.1	10719	2109	76.18	18.52	100.52	10.07	3.80	*0.00
% of Calories											13.3%	13.3%	72.2%	16.3%	6.1%	*0.0%
Weighted Average			565	*41	681	5.26	6.12	477.3	3146	599	76.08	17.26	106.21	8.96	3.30	*0.00
											12.2%	12.2%	75.2%	14.3%	5.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	565		588	96%	Missing	23		Correction Required - Calories are Low
Cholesterol (mg)	41							
Sodium (mg)	681							
Fiber (g)	5.26							
Iron (mg)	6.12		3.40	180%				
Calcium (mg)	477.3		300.00	159%				
Vitamin A (IU)	3146		1125	280%				
Vitamin A (RE)	599		225	266%				
Vitamin C (mg)	76.08		12.50	609%				
Protein (g)	17.26	12.22%	11.25	153%				
Carbohydrate (g)	106.21	75.23%			Missing			
Total Fat (g)	8.96	14.28%	<=30.00%					
Saturated Fat (g)	3.30	5.26%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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