

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

# HIGH SCHOOLS/SO. PREP BREAKFAST

BREAKFAST

Base Menu Spreadsheet

Portion Values - Detailed

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Monday	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
BREAKFAST 9-12	Total	100			
BAR BENEFIT COCOA CHIP	BAR	40	270	5.0	48.0
PANCAKE MINI CINNAMON ROLL IW	PACKAGE	15	240	5.0	41.0
CEREAL,1 BOWL VARIETY	SERVING	30	107	2.0	23.0
BREAKFAST BAR CINN TOAST CRUNC	BAR	20	150	2.0	30.0
BREAKFAST BAR COCOA PUFFS	BAR	20	150	2.0	30.0
CRACKER BUNNY GRAHAMS	PACKAGE	10	162	3.04	25.31
CHEWY OATMEAL BITES	PACKAGE	10	130	2.0	24.0
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0.38	15.12
JUICE APPLE JUICE CUP	1 EACH	100	60	0.0	14.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	9.0	13.0
Weighted Daily Average			511	13.23	99.24
% of Calories				10.4%	77.7%
Nutrient Guideline			450-600		

Tuesday	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
BREAKFAST 9-12	Total	100			
BOSCO CHEESE STICK WG ELM	Bread Stick	20	150	10.0	17.0
DIPPING SAUCE K-5 2 oz	2 OZ	20	22	0.72	5.88
BANANA BREAD ULTR SLICE	SLICE	55	280	5.0	44.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	100	53	0.5	13.39
AMAZIN' RAISIN STRAWBERRY	PACKAGE	100	110	1.0	25.0
CRACKER BUNNY GRAHAMS	PACKAGE	10	162	3.04	25.31
CEREAL,1 BOWL VARIETY	SERVING	10	107	2.0	23.0
BREAKFAST BAR CINN TOAST CRUNC	BAR	10	150	2.0	30.0
BREAKFAST BAR COCOA PUFFS	BAR	10	150	2.0	30.0
YOGURT VARIETY UPSTATE	4 OZ	20	90	3.01	19.05
MILK 1% SMITH BROTHERS	HALF PINT	20	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	8.0	23.0
Weighted Daily Average			552	15.90	102.81
% of Calories				11.5%	74.5%
Nutrient Guideline			450-600		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

# HIGH SCHOOLS/SO. PREP BREAKFAST

## BREAKFAST

Base Menu Spreadsheet

Portion Values - Detailed

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Wednesday	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
BREAKFAST 9-12	Total	100			
BREAKFAST PIZZA BACON N EGG	1 EACH	25	211	10.04	23.1
BAR FRENCH TOAST BENEFIT	BAR	35	290	5.0	47.0
CEREAL, 1 BOWL VARIETY	SERVING	20	107	2.0	23.0
CRACKER BUNNY GRAHAMS	PACKAGE	15	162	3.04	25.31
CHEWY OATMEAL BITES	PACKAGE	10	130	2.0	24.0
BREAKFAST BAR CINN TOAST CRUNC	BAR	25	150	2.0	30.0
BREAKFAST BAR COCOA PUFFS	BAR	20	150	2.0	30.0
APPLESAUCE, UNSWEETENED	.5 CUP	100	52	0.2	13.79
JUICE ORANGE JUICE CUP J	4 OZ	100	50	0.0	13.0
MILK 1% SMITH BROTHERS	HALF PINT	25	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	9.0	13.0
Weighted Daily Average			510	14.60	94.25
% of Calories				11.4%	73.9%
Nutrient Guideline			450-600		

Thursday	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
BREAKFAST 9-12	Total	100			
BANANA BREAD ULTR SLICE	SLICE	50	280	5.0	44.0
OMELET W/ COLBY CHEESE	1 EACH	30	110	8.0	1.0
CEREAL, 1 BOWL VARIETY	SERVING	10	107	2.0	23.0
CRACKER BUNNY GRAHAMS	PACKAGE	15	162	3.04	25.31
BREAKFAST BAR CINN TOAST CRUNC	BAR	15	150	2.0	30.0
BREAKFAST BAR COCOA PUFFS	BAR	15	150	2.0	30.0
YOGURT VARIETY UPSTATE	4 OZ	15	90	3.01	19.05
STRAWBERRY CUP	1 EACH	100	90	1.0	21.93
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0.38	15.12
MILK 1% SMITH BROTHERS	HALF PINT	25	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	9.0	13.0
Weighted Daily Average			542	16.18	98.24
% of Calories				11.9%	72.5%
Nutrient Guideline			450-600		

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**KENAI PENINSULA BOROUGH  
SCHOOL DISTRICT**

Base Menu Spreadsheet

Portion Values - Detailed

Friday	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
BREAKFAST 9-12	Total	100			
BREAKFAST PIZZA BACON N EGG	1 EACH	30	211	10.04	23.1
FRENCH TOAST STICKS, WG :3 EA	3 EA	50	208	7.65	25.64
CEREAL,1 BOWL VARIETY	SERVING	25	107	2.0	23.0
CHEWY OATMEAL BITES	PACKAGE	10	130	2.0	24.0
YOGURT VARIETY UPSTATE	4 OZ	10	90	3.01	19.05
BREAKFAST BAR COCOA PUFFS	BAR	10	150	2.0	30.0
BREAKFAST BAR CINN TOAST CRUNC	BAR	15	150	2.0	30.0
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	100	68	0.52	17.88
FRUIT BAR FRESH HS	1 EACH	100	67	0.79	17.3
MILK 1% SMITH BROTHERS	HALF PINT	25	110	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	8.0	23.0
MILK CHOCOLATE 1/2 GALLON DARI	1 CUP	1	190	10.0	31.0
MILK DARIGOLD 1/2 GALLON	1 CUP	1	110	9.0	13.0
SYRUP CUP, REDUCED CALORIE	1 EACH	50	50	0.0	13.0
Weighted Daily Average			542	17.84	99.92
% of Calories				13.2%	73.8%
Nutrient Guideline			450-600		

Weighted Average			532	15.55	98.89
				11.7%	74.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	532		450 - 600	100%				
Protein (g)	15.55	11.70%						
Carbohydrate (g)	98.89	74.41%						

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