

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Nov 22, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/22/2017										
LUNCH K-5	Total	100								
MACARONI N CHEESE	2/3 CUP	100	280	25	6	17.01	29.02	11.01	5.00	0.00
ROLL DINNER WG BAKER BOY	ROLL	80	100	0	0	3.0	17.0	2.0	0.50	0.00
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	85	39	0	0	4.28	7.4	0.15	0.03	0.00
APPLES,FRESH,W/SKIN	1 EACH	85	77	0	15	0.39	20.58	0.25	0.04	0.00
JELLO / CHERRY	1/2 CUP	95	70	0	16	1.0	17.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	20	110	10	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			645	31	*51	31.92	102.39	13.45	5.76	0.50
% of Calories					*31.5%	19.8%	63.5%	18.8%	8.0%	0.7%
Nutrient Guideline			550-650						<10.00	

Mon - 11/27/2017										
LUNCH K-5	Total	100								
CHICKEN TERIYAKI STRIPS GLUT/F	2.85 OZ	100	150	63	14	14.0	14.0	4.0	1.00	0.00
RICE FRIED VEG.1/2 CUP	1/2 CUP	100	135	0	2	3.0	27.0	1.25	0.00	0.00
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	100	66	0	0	2.15	15.24	0.82	0.13	0.00
APPLESAUCE, UNSWEETENED	.5 CUP	90	52	0	0	0.2	13.79	0.06	0.02	0.00
GOLD RUSH FRUITABLE	BOX	90	40	0	8	0.0	10.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			559	69	*39	27.32	98.15	6.75	1.53	0.62
% of Calories					*28.1%	19.6%	70.3%	10.9%	2.5%	1.0%
Nutrient Guideline			550-650						<10.00	

Tue - 11/28/2017										
LUNCH K-5	Total	100								
SALISBURY STEAK	PATTY	100	158	43	1	14.0	5.0	9.0	3.40	0.60
POTATOES, MASHED INSTANT:1/2C	1/2 cup	100	90	0	0	2.0	17.0	1.0	0.00	0.00
GRAVY BROWN	2 OZ	100	25	0	*N/A*	0.0	0.0	0.0	0.00	0.00
GREEN BEANS, CUT;K-51/2 C	.50 CUP	100	14	0	0	0.78	3.04	0.07	0.02	0.00
ROLL DINNER WG BAKER BOY	ROLL	100	100	0	0	3.0	17.0	2.0	0.50	0.00
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	100	90	0	*N/A*	0.5	21.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	8.0	23.0	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.

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Weighted Daily Average			602	49	*17	28.28	83.54	12.69	4.30	1.22
% of Calories					*11.6%	18.8%	55.5%	19.0%	6.4%	1.8%
Nutrient Guideline			550-650						<10.00	

Wed - 11/29/2017										
LUNCH K-5	Total	100								
CHICKEN BREAD K-6 san new BUN	SANDWICH	75	393	25	4	20.19	42.21	15.68	3.03	0.00
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	0	*N/A*	0.73	9.34	0.15	0.03	0.00
SALAD DRESSING, RANCH	1.5 OZ	60	101	16	*N/A*	0.85	2.73	9.27	0.89	0.00
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	80	6	0	*N/A*	0.31	1.32	0.07	0.01	0.00
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	75	68	0	0	0.52	17.88	0.1	0.03	0.00
CRACKER BUNNY GRAHAMS	PACKAGE	50	162	0	9	3.04	25.31	6.07	0.51	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	5	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			641	35	*24	26.24	86.52	21.20	3.48	0.62
% of Calories					*15.0%	16.4%	54.0%	29.8%	4.9%	0.9%
Nutrient Guideline			550-650						<10.00	

Thu - 11/30/2017										
LUNCH K-5	Total	100								
SPAGHETTI AND MEAT SAUCE	1 CUP	95	266	22	*1	14.61	40.98	7.54	2.67	0.00
BREAD, TOAST GARLIC MINI	1 oz SLICE	95	70	0	*N/A*	2.0	12.0	2.5	0.00	0.00
SALAD, ROMAINE: 50	srv	50	56	0	*1	1.53	12.65	0.35	0.05	0.00
SALAD DRESSING, RANCH	1.5 OZ	50	101	16	*N/A*	0.85	2.73	9.27	0.89	0.00
BANANAS, RAW FRESH	1 EACH	75	90	0	12	1.1	23.07	0.33	0.11	0.00
ORANGE JUICE CUP	1 EACH	80	50	0	12	0.0	13.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	10	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	70	130	5	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			624	35	*36	25.39	105.07	15.22	3.47	0.62
% of Calories					*22.9%	16.3%	67.4%	22.0%	5.0%	0.9%
Nutrient Guideline			550-650						<10.00	

Weighted Average			614	44	*33	27.83	95.14	13.86	3.71	0.72
					*49.1%	18.1%	62.0%	20.3%	5.4%	1.1%

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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)			
Calories	614		550 - 650	100%	Missing						
Cholesterol (mg)	44										
Sugars (g)	33	21.81%									
Protein (g)	27.83	18.13%									
Carbohydrate (g)	95.14	61.97%									
Total Fat (g)	13.86	20.32%									
Saturated Fat (g)	3.71	5.43%	<10.00%								
Trans Fat ¹ (g)	0.72	1.05%									

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