

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2019 thru Mar 31, 2019

Menu Name: (6-8) of K-12 LUNCH

Include Cost: No

Site:

Report Style: Detailed

Friday - 03/01/2019

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)	Carb (g)	Protn (g)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	26.07	8.02
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	100	3.00	170	0	7.00	0.00	0.00	7.00
990156 POTATO, TATER TOTS	3/4 CUP	55	193	1.49	283	0	10.42	0.00	22.32	1.49
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	0.00	0.00	14.00	0.00
990239 JUICE, ORANGE	EACH	80	50	0.00	0	12	0.00	0.00	13.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	45	99	0.99	49	7	2.47	0.00	15.78	0.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
990217 SRYUP CUP, LITE	CARTON	100	50	0.00	70	4	0.00	0.00	14.00	0.00
Weighted Daily Average			713	6.72	909	55	23.61	0.00	98.84	24.28
% of Calories				8.48%		30.9%	29.8%	0.0%	55.5%	13.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Monday - 03/04/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990138 MACARONI & CHEESE RF	2/3 CUP	100	280	5.00	670	6	11.00	0.00	29.00	17.00
990045 BREAD STICK WG	1 OZ	100	90	0.00	120	2	2.50	0.00	14.00	3.00
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	100	20	0.00	175	1	0.00	0.00	3.74	1.24
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0.00	21.93	1.00
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	50	110	0.00	0	24	0.00	0.00	28.00	0.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	8.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	65	90	0.00	20	19	0.00	0.00	22.00	0.00
Weighted Daily Average			687	5.38	1182	65	14.12	0.00	109.80	29.89
% of Calories				7.05%		37.8%	18.5%	0.0%	63.9%	17.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Tuesday - 03/05/2019

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)	Carb (g)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	14.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	13.00	2.00

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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)	Carb (g)	Protn (g)
990228 RICE, BROWN,	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	27.00	3.00
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	3.75	1.50
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	100	70	0.00	0	13	0.00	0.00	13.94	0.87
990204 MILK, CHOC FF CARTON	CARTON	90	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			564	1.40	780	50	4.88	0.00	93.69	30.37
% of Calories				2.23%		35.5%	7.8%	0.0%	66.4%	21.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Wednesday - 03/06/2019

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)	Carb (g)	Protn (g)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	44.00	20.00
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	50	140	0.00	550	12	1.00	0.00	29.00	6.00
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	65	35	0.02	38	4	0.09	0.00	7.27	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	325	2	10.31	0.00	1.62	1.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	CUP	35	51	0.00	2	11	0.00	0.00	14.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00

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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)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	23.00	8.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	14.00	0.00
000034 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	65	9	0.01	4	1	0.10	0.00	2.00	0.49
Weighted Daily Average			705	4.72	1346	40	24.70	0.00	91.68	32.59
% of Calories				6.03%		22.7%	31.5%	0.0%	52.0%	18.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Thursday - 03/07/2019

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)	Carb (g)	Protn (g)
990246 COTTAGE PIE	SERVINGS	100	362	3.76	1439	2	38.32	0.00	48.69	14.39
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	17.00	3.00
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	10.00	0.00
990186 GRAPES FRESH	1/2 CUP	65	55	0.00	0	14	0.50	0.00	14.00	0.50
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	0.00	0.00	14.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	8.00

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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)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			688	4.64	1755	47	41.27	0.00	110.89	25.71
% of Calories				6.07%		27.3%	54.0%	0.0%	64.5%	14.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Monday - 03/18/2019

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)	Carb (g)	Protn (g)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	33.00	16.00
990068 CORN KERNEL 3/4 C	3/4 CUP	100	98	0.00	22	4	1.50	0.00	22.50	3.00
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	10.00	0.00
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	100	70	0.00	0	13	0.00	0.00	13.94	0.87
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			617	6.35	655	49	14.75	0.00	93.24	27.87
% of Calories				9.26%		31.8%	21.5%	0.0%	60.4%	18.1%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Tuesday - 03/19/2019

Reimbursable Meal Total 100

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Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	30.00	21.50
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	65	9	0.01	4	1	0.10	0.00	2.00	0.49
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	50	140	0.00	550	12	1.00	0.00	29.00	6.00
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	15.00	1.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	15.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			615	6.26	1152	33	19.37	0.00	79.10	33.47
% of Calories				9.16%		21.5%	28.3%	0.0%	51.4%	21.8%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Wednesday - 03/20/2019

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)	Carb (g)	Protn (g)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	19.00	14.00
990335 ROLL, DINNER WHITE WG	ROLL	75	70	0.25	125	2	1.00	0.00	13.00	2.00
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	75	135	0.00	555	0	2.25	0.00	24.00	3.00

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Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990350 GRAVY, BEEF LS	2 oz servings	75	18	0.00	128	0	4.51	0.00	3.61	0.00
990148 WINTER MIX , VEG.	1/2 CUP	80	25	0.00	20	1	0.00	0.00	4.00	2.00
990165 MANDARIN ORANGE, CANNED	1/2 CUP	65	80	0.00	10	18	0.00	0.00	19.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			699	8.54	1081	28	32.07	0.00	78.80	27.35
% of Calories				11.00%		16.0%	41.3%	0.0%	45.1%	15.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Thursday - 03/21/2019

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)	Carb (g)	Protn (g)
990317 PIZZA BURGER ON BUN SEC	SERVINGS	100	416	7.65	857	9	16.84	0.00	42.71	28.31
990380 RANCH SALAD DRESSING @ 2 oz	OZ	45	104	1.19	325	2	10.31	0.00	1.62	1.00
990195 CARROTS, BABY FRESH	SERVING	45	24	0.00	55	3	0.00	0.00	5.77	0.45
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	45	16	0.00	140	1	0.00	0.00	3.00	0.99
990187 BANANAS,RAW	EACH	50	121	0.15	1	17	0.45	0.00	31.06	1.48
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00

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Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	13.00	0.00
Weighted Daily Average			697	8.71	1288	47	22.45	0.00	91.26	38.15
% of Calories				11.25%		27.0%	29.0%	0.0%	52.4%	21.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Friday - 03/22/2019

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)	Carb (g)	Protn (g)
990227 CHICKEN STRIPS, BREADED	3 EA	100	285	2.25	465	0	13.50	0.00	16.50	24.00
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	12.00	2.00
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	55	130	1.00	300	0	4.50	0.00	21.01	2.00
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	45	209	0.47	91	30	6.04	0.00	38.18	3.20
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	80	60	0.00	5	13	0.00	0.00	14.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00

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Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			691	3.96	967	43	21.94	0.00	88.34	36.54
% of Calories				5.16%		24.9%	28.6%	0.0%	51.1%	21.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Monday - 03/25/2019

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)	Carb (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	30.00	10.00
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	15.00	1.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	100	16	0.00	140	1	0.00	0.00	3.00	0.99
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	CUP	100	51	0.00	2	11	0.00	0.00	14.00	0.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	14.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			650	4.95	949	49	19.75	0.00	95.90	19.99
% of Calories				6.85%		30.2%	27.3%	0.0%	59.0%	12.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

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Tuesday - 03/26/2019

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)	Carb (g)	Protn (g)
990263 PARMESAN CHICKEN SANDWICH ELEMENTARY	SANDWICH	100	438	4.27	878	9	18.04	0.00	47.31	23.83
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	45	130	1.00	300	0	4.50	0.00	21.01	2.00
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	45	35	0.02	38	4	0.09	0.00	7.27	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	45	104	1.19	325	2	10.31	0.00	1.62	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	21.93	1.00
990204 MILK, CHOC FF CARTON	CARTON	55	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
990200 JUICE, APPLE	4 oz	25	60	0.00	10	13	0.00	0.00	14.00	0.00
Weighted Daily Average			718	5.72	1342	38	25.50	0.00	90.59	33.14
% of Calories				7.17%		21.2%	32.0%	0.0%	50.5%	18.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Wednesday - 03/27/2019

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)	Carb (g)	Protn (g)
990251 CHICKEN, SWEET N SOUR	SERVING	100	150	1.50	160	7	6.00	0.00	9.00	13.00

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Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	36.75	4.08
990149 WINTER MIX , VEG. .75	3/4 CUP	100	38	0.00	30	2	0.00	0.00	6.02	3.01
990180 ORANGE	EACH	100	60	0.00	0	12	0.00	0.00	15.00	1.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	100	90	0.00	20	19	0.00	0.00	22.00	0.00
Weighted Daily Average			634	1.95	414	59	8.28	0.00	108.67	29.09
% of Calories				2.77%		37.2%	11.8%	0.0%	68.6%	18.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Thursday - 03/28/2019

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)	Carb (g)	Protn (g)
990292 CHICKEN PASTA BAKE	SERVINGS	100	253	4.28	747	3	8.03	0.00	23.57	22.11
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	17.00	3.00
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	3.75	1.50
990380 RANCH SALAD DRESSING @ 2 oz	OZ	100	104	1.19	325	2	10.31	0.00	1.62	1.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	60	0.00	5	12	0.00	0.00	15.00	0.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	10.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	100	110	0.00	0	24	0.00	0.00	28.00	0.00
Weighted Daily Average			814	6.34	1422	71	20.97	0.00	119.45	35.61
% of Calories				7.01%		34.9%	23.2%	0.0%	58.7%	17.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0			

Friday - 03/29/2019

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)	Carb (g)	Protn (g)
990230 CHALUPA, BEEF N CHEESE	EACH	100	244	5.92	404	1	13.94	0.00	11.18	16.28
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	35	120	1.00	540	1	2.50	0.00	18.00	6.00
990069 CORN KERNEL 1/2 C	1/2 CUP	65	65	0.00	15	3	1.00	0.00	15.00	2.00
990154 SALSA, GREEN CHILI	1/4 Cup	65	20	0.00	360	2	0.00	0.00	4.00	0.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	12	0.00	0.00	16.00	0.00
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	60	320	2.00	200	24	10.00	0.00	52.00	4.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2019 thru Mar 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			696	7.92	1157	45	22.21	0.00	91.33	30.08
% of Calories				10.24%		25.9%	28.7%	0.0%	52.5%	17.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 - 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.