

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2019 thru Mar 31, 2019

Menu Name: HS 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)	Cholst (mg)	Carb (g)	Protn (g)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	45	281	2.67	387	15	12.02	0.00	140	34.73	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	45	100	3.00	170	0	7.00	0.00	25	0.00	7.00
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	40	398	3.27	708	8	14.04	0.00	53	41.31	28.83
990367 HOT HAM N CHEESE SUB	SANDWICH	15	255	2.25	695	2	7.50	0.00	38	29.00	19.50
990155 POTATO, TATER TOTS	1/2 CUP	60	130	1.00	190	0	7.00	0.00	0	15.00	1.00
990225 RICE CRISPY TREAT WG	PACKAGE	65	99	0.99	49	7	2.47	0.00	0	15.78	0.99
990276 VEGETABLE/ SALAD BAR	SERVINGS	60	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	24	110	1.50	125	12	2.50	0.00	10	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990217 SRYUP CUP, LITE	CARTON	60	50	0.00	70	4	0.00	0.00	0	14.00	0.00
Weighted Daily Average			845	6.25	1198	*58	25.47	0.00	111	119.64	35.25
% of Calories				6.66%		*27.5%	27.1%	0.0%		56.6%	16.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 03/04/2019

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)	Cholst (mg)	Carb (g)	Protn (g)
990139 MACARONI & CHEESE RF	CUP	25	420	7.50	1005	9	16.50	0.00	38	43.50	25.50
990045 BREAD STICK WG	1 OZ	25	90	0.00	120	2	2.50	0.00	0	14.00	3.00
990120 CHICKEN, CORN PUPS	6 EACH	50	270	3.50	410	5	12.00	0.00	40	30.00	10.00
990278 WRAP, GREEK TURKEY	WRAP	25	350	1.54	1068	8	5.31	0.00	31	46.14	28.98
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	80	173	1.33	400	0	6.00	0.00	0	28.02	2.67
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			768	5.99	1451	*43	21.58	0.00	48	111.45	33.10
% of Calories				7.02%		*22.4%	25.3%	0.0%		58.0%	17.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Cholst (mg)	Carb (g)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	35	146	1.00	414	14	2.50	0.00	53	14.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0.00	0	13.00	2.00
990283 MEATBALL MARINARA SUB	EACH	30	473	10.84	801	5	27.27	0.00	50	34.94	24.24
990251 CHICKEN, SWEET N SOUR	SERVING	25	150	1.50	160	7	6.00	0.00	9	9.00	13.00
990257 WRAP, VEGGIE	WRAP	10	606	8.59	1109	8	31.99	0.00	25	62.76	20.86
990229 RICE, BROWN,	1 Cup, Prepar	60	174	0.00	7	0	1.53	0.00	0	36.75	4.08
990277 FRUIT BAR	EACH	100	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			764	5.93	1024	*53	20.96	0.00	49	111.85	33.63
% of Calories				6.99%		*27.7%	24.7%	0.0%		58.6%	17.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Cholst (mg)	Carb (g)	Protn (g)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	35	340	1.50	540	5	11.00	0.00	45	38.00	25.00
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	40	300	6.00	640	4	12.00	0.00	30	34.01	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	40	50	0.01	309	9	0.02	0.00	0	11.23	1.15
990230 CHALUPA, BEEF N CHEESE	EACH	25	244	5.92	404	1	13.94	0.00	44	11.18	16.28
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	60	320	2.00	200	24	10.00	0.00	20	52.00	4.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	65	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			846	7.35	1228	*64	24.22	0.00	68	120.12	38.08
% of Calories				7.82%		*30.3%	25.8%	0.0%		56.8%	18.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Cholst (mg)	Carb (g)	Protn (g)
990246 COTTAGE PIE	SERVINGS	50	362	3.76	1439	2	38.32	0.00	41	48.69	14.39
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	25	377	6.84	1070	5	17.37	0.00	43	32.00	23.28
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	25	322	6.10	994	7	16.25	0.00	72	22.22	23.57
990045 BREAD STICK WG	1 OZ	75	90	0.00	120	2	2.50	0.00	0	14.00	3.00
990045 BREAD STICK WG	1 OZ	50	90	0.00	120	2	2.50	0.00	0	14.00	3.00
990277 FRUIT BAR	EACH	100	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			831	6.28	1860	*51	37.52	0.00	62	118.73	36.19
% of Calories				6.80%		*24.5%	40.6%	0.0%		57.2%	17.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Cholst (mg)	Carb (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	20	370	7.00	490	9	16.00	0.00	35	35.00	21.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	45	35.00	20.00
990363 SANDWICH, BBQ PULLED PORK	SANDWICH	40	325	1.09	1384	13	7.45	0.00	55	46.01	22.36
990359 BEEF HOT DOG SANDWICH	SANDWICH	15	300	0.00	790	5	18.50	0.00	35	22.00	11.00
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	65	130	1.00	300	0	4.50	0.00	0	21.01	2.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	80	160	1.00	100	12	5.00	0.00	10	26.00	2.00
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			838	5.95	1611	*55	25.33	0.00	64	120.09	34.29
% of Calories				6.39%		*26.3%	27.2%	0.0%		57.3%	16.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 03/19/2019

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)	Cholst (mg)	Carb (g)	Protn (g)
990253 CHEESEBURGER	SANDWICH	25	325	5.75	615	5	15.00	0.50	52	30.00	21.50
990298 FRENCH DIP	SANDWICH	25	305	4.75	1145	3	13.25	0.00	35	28.75	18.75
990266 NACHO'S SEC	SERVING	40	441	8.29	574	0	22.07	0.00	46	44.39	16.39
990288 PITA, VEGGIE W/CUCUMBER SAUCE	PITA POCKET	10	539	7.09	890	8	28.53	0.00	25	55.28	21.07
990156 POTATO, TATER TOTS	3/4 CUP	70	193	1.49	283	0	10.42	0.00	0	22.32	1.49
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			802	8.61	1334	*39	30.74	0.12	53	101.73	31.37
% of Calories				9.66%		*19.5%	34.5%	0.1%		50.7%	15.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Cholst (mg)	Carb (g)	Protn (g)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	60	350	7.00	320	1	24.00	0.00	40	19.00	14.00
990049 ROLL, DINNER WG	ROLL	80	100	0.50	70	2	2.00	0.00	0	17.00	3.00
990130 CHICKEN, POPCORN WG	3.3 OZ	20	250	2.50	380	1	14.00	0.00	25	15.00	15.00
990368 WRAP, GYRO	WRAP	20	391	5.01	1358	8	12.67	0.00	34	44.28	23.10
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	80	135	0.00	555	0	2.25	0.00	0	24.00	3.00
990198 GRAVY, CHICKEN	SERVING	80	23	0.00	132	1	0.47	0.00	0	3.76	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990277 FRUIT BAR	EACH	75	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			848	7.09	1550	*43	28.82	0.00	47	111.54	32.97
% of Calories				7.52%		*20.3%	30.6%	0.0%		52.6%	15.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Cholst (mg)	Carb (g)	Protn (g)
990317 PIZZA BURGER ON BUN SEC	SERVINGS	50	416	7.65	857	9	16.84	0.00	73	42.71	28.31
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	35	401	3.40	719	6	14.41	0.00	60	38.76	31.04
990306 SALAD, CHEF	SALAD	15	290	5.23	1029	8	17.40	0.00	56	13.86	20.13
990045 BREAD STICK WG	1 OZ	15	90	0.00	120	2	2.50	0.00	0	14.00	3.00
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			764	6.96	1327	*52	23.27	0.00	78	101.20	41.99
% of Calories				8.20%		*27.2%	27.4%	0.0%		53.0%	22.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Cholst (mg)	Carb (g)	Protn (g)
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	0.00	60	16.50	24.00
990072 GARLIC TOAST	SLICE	45	70	0.50	95	0	2.50	0.00	0	12.00	2.00
990373 SANTA FE CHICKEN	3 OZ	35	186	2.49	546	4	5.12	0.00	46	19.38	16.77
990229 RICE, BROWN,	1 Cup, Prepar	35	174	0.00	7	0	1.53	0.00	0	36.75	4.08
990278 WRAP, GREEK TURKEY	WRAP	20	350	1.54	1068	8	5.31	0.00	31	46.14	28.98
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990200 JUICE, APPLE	4 oz	95	60	0.00	10	13	0.00	0.00	0	14.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			764	3.54	1130	*59	17.12	0.00	61	116.21	38.05
% of Calories				4.17%		*30.9%	20.2%	0.0%		60.8%	19.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Cholst (mg)	Carb (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	45	270	3.50	410	5	12.00	0.00	40	30.00	10.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	45	410	3.75	708	6	16.00	0.00	60	38.50	31.00
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	10	376	6.95	1477	5	12.89	0.00	61	39.84	22.63
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0.00	0	22.32	1.49
990277 FRUIT BAR	EACH	85	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			835	6.28	1324	*46	28.66	0.00	63	110.60	34.68
% of Calories				6.77%		*22.0%	30.9%	0.0%		53.0%	16.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

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)	Cholst (mg)	Carb (g)	Protn (g)
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	50	398	3.27	708	8	14.04	0.00	53	41.31	28.83
990139 MACARONI & CHEESE RF	CUP	25	420	7.50	1005	9	16.50	0.00	38	43.50	25.50
990073 GARLIC TOAST -2	2 OZ	35	140	1.00	190	0	5.00	0.00	0	24.00	4.00
990386 SIDEWINDER, PHILLY CHEESE STEAK FRIES	SERVING	25	422	8.09	1657	4	22.03	0.00	51	38.69	18.48
990277 FRUIT BAR	EACH	100	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			821	7.05	1561	*52	25.23	0.00	61	112.94	40.35
% of Calories				7.73%		*25.3%	27.7%	0.0%		55.0%	19.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Cholst (mg)	Carb (g)	Protn (g)
990251 CHICKEN, SWEET N SOUR	SERVING	25	150	1.50	160	7	6.00	0.00	9	9.00	13.00
990134 CHICKEN, TERIYAKI	2.85 OZ	25	146	1.00	414	14	2.50	0.00	53	14.00	15.00
990229 RICE, BROWN,	1 Cup, Prepar	65	174	0.00	7	0	1.53	0.00	0	36.75	4.08
990303 CLUB SUB	SANDWICH	30	263	2.16	815	3	7.19	0.00	36	31.50	20.11
990257 WRAP, VEGGIE	WRAP	30	606	8.59	1109	8	31.99	0.00	25	62.76	20.86
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			793	4.90	1180	*51	21.28	0.00	45	118.48	34.80
% of Calories				5.56%		*25.7%	24.2%	0.0%		59.8%	17.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Cholst (mg)	Carb (g)	Protn (g)
990292 CHICKEN PASTA BAKE	SERVINGS	45	253	4.28	747	3	8.03	0.00	54	23.57	22.11
990141 PIZZA STICK, PEPPERONI WG	2 STICK	35	480	9.00	1000	6	18.00	0.00	50	58.00	22.00
990293 SALAD, TACO	SALAD	20	505	8.32	906	9	21.98	0.00	51	55.96	20.81
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0.00	0	13.00	2.00
990277 FRUIT BAR	EACH	100	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			777	8.01	1398	*51	21.59	0.00	64	111.28	36.25
% of Calories				9.28%		*26.3%	25.0%	0.0%		57.3%	18.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Cholst (mg)	Carb (g)	Protn (g)
990230 CHALUPA, BEEF N CHEESE	EACH	50	244	5.92	404	1	13.94	0.00	44	11.18	16.28
990283 MEATBALL MARINARA SUB	EACH	30	473	10.84	801	5	27.27	0.00	50	34.94	24.24
990365 WRAP, CHICKEN SALAD	WRAPS	20	363	2.72	767	5	10.36	0.00	51	45.07	24.48
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	50	173	1.33	400	0	6.00	0.00	0	28.02	2.67
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	50	320	2.00	200	24	10.00	0.00	20	52.00	4.00
990277 FRUIT BAR	EACH	70	102	0.02	3	*19	0.28	0.00	0	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	6	17.92	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	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)	Cholst (mg)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	8.00
Weighted Daily Average			847	9.23	1233	*51	29.07	0.00	67	111.87	34.56
% of Calories				9.81%		*24.1%	30.9%	0.0%		52.8%	16.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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.