

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Menu Name: HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 04/01/2019

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)
990359 BEEF HOT DOG SANDWICH	SANDWICH	20	300	0.00	790	5	18.50	0.00	22.00	11.00
990112 PIZZA, CHEESE 16"	SLICE	35	370	7.00	490	9	16.00	0.00	35.00	21.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	35.00	20.00
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	20	376	6.95	1477	5	12.89	0.00	39.84	22.63
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	65	173	1.33	400	0	6.00	0.00	28.02	2.67
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	55	160	1.00	100	12	5.00	0.00	26.00	2.00
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	17.92	4.78
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	25	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			842	7.92	1506	*49	27.98	0.00	114.06	33.51
% of Calories				8.47%		*23.3%	29.9%	0.0%	54.2%	15.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Tuesday - 04/02/2019

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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	65	340	8.00	550	3	16.00	0.00	29.00	19.00
990300 BEEF, BBQ SUB	SUB	25	278	2.50	1095	6	9.00	0.00	36.50	13.00
990248 WRAP, CHICKEN BACON RANCH	WRAP	20	686	10.32	1828	4	39.30	0.00	50.07	33.93
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	138	0.69	274	7	5.80	0.00	17.92	4.78
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	25.52	0.76
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			778	9.09	1453	*47	27.16	0.00	98.70	35.65
% of Calories				10.52%		*24.2%	31.4%	0.0%	50.7%	18.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 04/03/2019

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)
990130 CHICKEN, POPCORN WG	3.3 OZ	55	250	2.50	380	1	14.00	0.00	15.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	55	70	0.25	125	2	1.00	0.00	13.00	2.00

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Portion Values

Apr 1, 2019 thru Apr 30, 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)
990255 TERIYAKI MEATBALLS	SERVINGS	15	254	7.50	479	6	18.33	0.00	9.22	11.67
990228 RICE, BROWN,	3/4 Cup, Prepar	65	128	0.00	11	0	1.12	0.00	27.00	3.00
990298 FRENCH DIP	SANDWICH	20	305	4.75	1145	3	13.25	0.00	28.75	18.75
990288 PITA, VEGGIE W/CUCUMBER SAUCE	PITA POCKET	10	539	7.09	890	8	28.53	0.00	55.28	21.07
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	45	160	1.00	100	12	5.00	0.00	26.00	2.00
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	17.92	4.78
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	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			764	5.59	1103	*45	24.06	0.00	105.99	31.41
% of Calories				6.59%		*23.6%	28.3%	0.0%	55.5%	16.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 04/04/2019

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)	Carb (g)	Protn (g)
990266 NACHO'S SEC	SERVING	45	441	8.29	574	0	22.07	0.00	44.39	16.39
990154 SALSA, GREEN CHILI	1/4 Cup	45	20	0.00	360	2	0.00	0.00	4.00	0.00

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Portion Values

Apr 1, 2019 thru Apr 30, 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)
990227 CHICKEN STRIPS, BREADED	3 EA	30	285	2.25	465	0	13.50	0.00	16.50	24.00
990287 SALAD, SW CHICKEN PASTA	EACH	25	663	4.31	838	5	22.76	0.00	98.96	30.29
990072 GARLIC TOAST	SLICE	30	70	0.50	95	0	2.50	0.00	12.00	2.00
990277 FRUIT BAR	EACH	85	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	17.92	4.78
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	25	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			780	6.55	1177	*42	25.18	0.00	108.35	34.50
% of Calories				7.56%		*21.5%	29.1%	0.0%	55.6%	17.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 04/05/2019

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)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	45	281	2.67	387	15	12.02	0.00	34.73	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	45	100	3.00	170	0	7.00	0.00	0.00	7.00
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	40	398	3.27	708	8	14.04	0.00	41.31	28.83
990367 HOT HAM N CHEESE SUB	SANDWICH	15	255	2.25	695	2	7.50	0.00	29.00	19.50

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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)
990155 POTATO, TATER TOTS	1/2 CUP	60	130	1.00	190	0	7.00	0.00	15.00	1.00
990225 RICE CRISPY TREAT WG	PACKAGE	65	99	0.99	49	7	2.47	0.00	15.78	0.99
990276 VEGETABLE/ SALAD BAR	SERVINGS	60	138	0.69	274	7	5.80	0.00	17.92	4.78
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	25.52	0.76
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	24	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12.00	8.00
990217 SRYUP CUP, LITE	CARTON	60	50	0.00	70	4	0.00	0.00	14.00	0.00
Weighted Daily Average			845	6.25	1198	*58	25.47	0.00	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 - 04/08/2019

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)
990139 MACARONI & CHEESE RF	CUP	25	420	7.50	1005	9	16.50	0.00	43.50	25.50
990335 ROLL, DINNER WHITE WG	ROLL	25	70	0.25	125	2	1.00	0.00	13.00	2.00
990120 CHICKEN, CORN PUPS	6 EACH	50	270	3.50	410	5	12.00	0.00	30.00	10.00
990278 WRAP, GREEK TURKEY	WRAP	25	350	1.54	1068	8	5.31	0.00	46.14	28.98

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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)
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	80	173	1.33	400	0	6.00	0.00	28.02	2.67
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	17.92	4.78
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			763	6.05	1452	*43	21.21	0.00	111.20	32.85
% of Calories				7.14%		*22.5%	25.0%	0.0%	58.3%	17.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 04/09/2019

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)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	40	480	9.00	1000	6	18.00	0.00	58.00	22.00
990304 SWISS BACON BURGER	SANDWICH	40	360	6.75	678	6	18.00	0.50	29.50	24.00
990230 CHALUPA, BEEF N CHEESE	EACH	20	244	5.92	404	1	13.94	0.00	11.18	16.28
990366 COOKIE, (OTIS SPUNKMEYER) 2 EA CHOC CHIP	2 cookie	20	320	2.00	200	24	10.00	0.00	52.00	4.00
990277 FRUIT BAR	EACH	90	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	17.92	4.78

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Apr 1, 2019 thru Apr 30, 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)
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	25	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			781	8.94	1226	*51	25.12	0.20	105.78	35.20
% of Calories				10.30%		*26.1%	28.9%	0.2%	54.2%	18.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 04/10/2019

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)
990388 CHICKEN, CHERRY BLOSSOM	SERVINGS	25	197	0.98	345	14	3.94	0.00	26.58	12.80
990303 CLUB SUB	SANDWICH	40	263	2.16	815	3	7.19	0.00	31.50	20.11
990374 BURRITO, SANTA FE CHICKEN W/ RICE	EACH	20	429	4.49	1153	5	10.00	0.00	62.50	22.78
990257 WRAP, VEGGIE	WRAP	15	606	8.59	1109	8	31.99	0.00	62.76	20.86
990229 RICE, BROWN,	1 Cup, Prepar	40	174	0.00	7	0	1.53	0.00	36.75	4.08
990199 JELLO, CHERRY	1/2 CUP	90	70	0.00	90	16	0.00	0.00	17.00	1.00
990277 FRUIT BAR	EACH	90	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	17.92	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00

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Apr 1, 2019 thru Apr 30, 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	25	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			796	4.35	1327	*63	17.20	0.00	129.30	34.21
% of Calories				4.92%		*31.7%	19.4%	0.0%	65.0%	17.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 04/11/2019

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	50	362	3.76	1439	2	38.32	0.00	48.69	14.39
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	25	377	6.84	1070	5	17.37	0.00	32.00	23.28
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	25	322	6.10	994	7	16.25	0.00	22.22	23.57
990335 ROLL, DINNER WHITE WG	ROLL	50	70	0.25	125	2	1.00	0.00	13.00	2.00
990277 FRUIT BAR	EACH	100	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	138	0.69	274	7	5.80	0.00	17.92	4.78
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

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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)
990335 ROLL, DINNER WHITE WG	ROLL	25	70	0.25	125	2	1.00	0.00	13.00	2.00
Weighted Daily Average			771	6.47	1804	*50	35.15	0.00	110.98	33.94
% of Calories				7.55%		*25.9%	41.0%	0.0%	57.6%	17.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 04/12/2019

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)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	35	340	1.50	540	5	11.00	0.00	38.00	25.00
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	40	300	6.00	640	4	12.00	0.00	34.01	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	40	50	0.01	309	9	0.02	0.00	11.23	1.15
990365 WRAP, CHICKEN SALAD	WRAPS	25	363	2.72	767	5	10.36	0.00	45.07	24.48
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	138	0.69	274	7	5.80	0.00	17.92	4.78
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	25.52	0.76
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 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	65	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			756	5.56	1282	*58	19.15	0.00	110.43	39.39
% of Calories				6.62%		*30.7%	22.8%	0.0%	58.4%	20.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 04/15/2019

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	45	285	2.25	465	0	13.50	0.00	16.50	24.00
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0.00	13.00	2.00
990363 SANDWICH, BBQ PULLED PORK	SANDWICH	40	325	1.09	1384	13	7.45	0.00	46.01	22.36
990359 BEEF HOT DOG SANDWICH	SANDWICH	15	300	0.00	790	5	18.50	0.00	22.00	11.00
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	55	173	1.33	400	0	6.00	0.00	28.02	2.67
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	80	160	1.00	100	12	5.00	0.00	26.00	2.00
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	17.92	4.78
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	25	110	1.50	125	12	2.50	0.00	13.00	8.00

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Apr 1, 2019 thru Apr 30, 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	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			837	4.01	1616	*52	24.28	0.00	119.37	36.96
% of Calories				4.31%		*24.9%	26.1%	0.0%	57.0%	17.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 04/16/2019

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)
990253 CHEESEBURGER	SANDWICH	35	325	5.75	615	5	15.00	0.50	30.00	21.50
990298 FRENCH DIP	SANDWICH	15	305	4.75	1145	3	13.25	0.00	28.75	18.75
990266 NACHO'S SEC	SERVING	40	441	8.29	574	0	22.07	0.00	44.39	16.39
990288 PITA, VEGGIE W/CUCUMBER SAUCE	PITA POCKET	10	539	7.09	890	8	28.53	0.00	55.28	21.07
990156 POTATO, TATER TOTS	3/4 CUP	70	193	1.49	283	0	10.42	0.00	22.32	1.49
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	17.92	4.78
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

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 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			804	8.71	1281	*39	30.91	0.18	101.85	31.64
% of Calories				9.75%		*19.4%	34.6%	0.2%	50.7%	15.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 04/17/2019

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)	60	350	7.00	320	1	24.00	0.00	19.00	14.00
990049 ROLL, DINNER WG	ROLL	60	100	0.50	70	2	2.00	0.00	17.00	3.00
990130 CHICKEN, POPCORN WG	3.3 OZ	20	250	2.50	380	1	14.00	0.00	15.00	15.00
990368 WRAP, GYRO	WRAP	20	391	5.01	1358	8	12.67	0.00	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	24.00	3.00
990198 GRAVY, CHICKEN	SERVING	80	23	0.00	132	1	0.47	0.00	3.76	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	138	0.69	274	7	5.80	0.00	17.92	4.78
990277 FRUIT BAR	EACH	75	102	0.02	3	*19	0.28	0.00	25.52	0.76
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

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 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			828	6.99	1536	*43	28.42	0.00	108.14	32.37
% of Calories				7.60%		*20.8%	30.9%	0.0%	52.2%	15.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 04/18/2019

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)
990351 LASAGNA W/GROUND BEEF	2" x 3 3/4"	50	287	8.05	545	6	13.34	0.00	22.69	19.62
990072 GARLIC TOAST	SLICE	50	70	0.50	95	0	2.50	0.00	12.00	2.00
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	35	401	3.40	719	6	14.41	0.00	38.76	31.04
990306 SALAD, CHEF	SALAD	15	290	5.23	1029	8	17.40	0.00	13.86	20.13
990073 GARLIC TOAST -2	2 OZ	15	140	1.00	190	0	5.00	0.00	24.00	4.00
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	138	0.69	274	7	5.80	0.00	17.92	4.78
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	25	110	1.50	125	12	2.50	0.00	13.00	8.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 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	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			741	7.56	1230	*50	23.14	0.00	98.69	38.79
% of Calories				9.18%		*27.0%	28.1%	0.0%	53.3%	20.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 04/22/2019

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)
990120 CHICKEN, CORN PUPS	6 EACH	45	270	3.50	410	5	12.00	0.00	30.00	10.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	45	410	3.75	708	6	16.00	0.00	38.50	31.00
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	10	376	6.95	1477	5	12.89	0.00	39.84	22.63
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0.00	22.32	1.49
990277 FRUIT BAR	EACH	85	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	17.92	4.78
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

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 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			835	6.28	1324	*46	28.66	0.00	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 - 04/23/2019

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	50	416	7.65	857	9	16.84	0.00	42.71	28.31
990139 MACARONI & CHEESE RF	CUP	25	420	7.50	1005	9	16.50	0.00	43.50	25.50
990072 GARLIC TOAST	SLICE	25	70	0.50	95	0	2.50	0.00	12.00	2.00
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	25	377	6.84	1070	5	17.37	0.00	32.00	23.28
990277 FRUIT BAR	EACH	100	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	138	0.69	274	7	5.80	0.00	17.92	4.78
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

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 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			788	8.70	1446	*53	24.34	0.00	106.56	40.39
% of Calories				9.94%		*26.9%	27.8%	0.0%	54.1%	20.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 04/24/2019

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)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	25	151	0.00	442	11	3.01	0.00	15.05	15.05
990229 RICE, BROWN,	1 Cup, Prepar	25	174	0.00	7	0	1.53	0.00	36.75	4.08
990385 SIDEWINDER, BBQ PORK FRIES	SERVING	35	362	2.08	1618	8	12.40	0.00	44.59	18.44
990257 WRAP, VEGGIE	WRAP	25	606	8.59	1109	8	31.99	0.00	62.76	20.86
990303 CLUB SUB	SANDWICH	15	263	2.16	815	3	7.19	0.00	31.50	20.11
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	138	0.69	274	7	5.80	0.00	17.92	4.78
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	25.52	0.76
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

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 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	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			745	4.25	1533	*51	20.95	0.00	109.53	32.33
% of Calories				5.13%		*27.4%	25.3%	0.0%	58.8%	17.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 04/25/2019

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)
990249 CHICKEN POT PIE	SERVING 1 CUP	35	188	0.84	517	4	3.88	0.08	22.15	15.25
990141 PIZZA STICK, PEPPERONI WG	2 STICK	45	480	9.00	1000	6	18.00	0.00	58.00	22.00
990293 SALAD, TACO	SALAD	20	505	8.32	906	9	21.98	0.00	55.96	20.81
990336 ROLL, DINNER WHITE WG @2	ROLLS	35	140	0.50	250	3	2.00	0.00	26.00	4.00
990277 FRUIT BAR	EACH	100	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	138	0.69	274	7	5.80	0.00	17.92	4.78
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

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 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			795	7.35	1374	*52	21.38	0.03	117.48	34.34
% of Calories				8.32%		*26.2%	24.2%	0.0%	59.1%	17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 04/26/2019

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)
990230 CHALUPA, BEEF N CHEESE	EACH	35	244	5.92	404	1	13.94	0.00	11.18	16.28
990352 CHEESEBURGER	SANDWICH	45	305	4.25	615	5	12.00	0.00	30.00	21.50
990381 PITA, CHICKEN SALAD	PITA	20	293	1.22	547	5	6.86	0.00	37.07	24.48
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	50	173	1.33	400	0	6.00	0.00	28.02	2.67
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	50	320	2.00	200	24	10.00	0.00	52.00	4.00
990277 FRUIT BAR	EACH	70	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	17.92	4.78
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	25	110	1.50	125	12	2.50	0.00	13.00	8.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 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	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			792	6.71	1165	*51	23.50	0.00	111.61	34.52
% of Calories				7.62%		*25.8%	26.7%	0.0%	56.4%	17.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 04/29/2019

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)
990359 BEEF HOT DOG SANDWICH	SANDWICH	35	300	0.00	790	5	18.50	0.00	22.00	11.00
990112 PIZZA, CHEESE 16"	SLICE	20	370	7.00	490	9	16.00	0.00	35.00	21.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	35.00	20.00
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	20	376	6.95	1477	5	12.89	0.00	39.84	22.63
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	65	130	1.00	300	0	4.50	0.00	21.01	2.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	80	160	1.00	100	12	5.00	0.00	26.00	2.00
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	25.52	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	17.92	4.78
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	25	110	1.50	125	12	2.50	0.00	13.00	8.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 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	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			844	6.90	1511	*52	28.63	0.00	114.06	32.08
% of Calories				7.36%		*24.6%	30.5%	0.0%	54.1%	15.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 04/30/2019

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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	30	340	8.00	550	3	16.00	0.00	29.00	19.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	30	50	0.01	309	9	0.02	0.00	11.23	1.15
990300 BEEF, BBQ SUB	SUB	25	278	2.50	1095	6	9.00	0.00	36.50	13.00
990248 WRAP, CHICKEN BACON RANCH	WRAP	45	686	10.32	1828	4	39.30	0.00	50.07	33.93
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	138	0.69	274	7	5.80	0.00	17.92	4.78
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	25.52	0.76
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	13.00	8.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 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	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			845	8.87	1810	*50	31.39	0.00	104.44	37.83
% of Calories				9.45%		*23.7%	33.4%	0.0%	49.4%	17.9%
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.