

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Menu Name: (9-12) of K-12 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	100	300	0.00	790	5	18.50	0.00	22.00	11.00
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
990167 MANDARIN ORANGE, CANNED	1 CUP	65	160	0.00	20	36	0.00	0.00	38.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	85	160	1.00	100	12	5.00	0.00	26.00	2.00
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	65	90	0.00	20	19	0.00	0.00	22.00	0.00
Weighted Daily Average			834	2.17	1358	70	27.40	0.00	121.21	22.43
% of Calories				2.34%		33.6%	29.6%	0.0%	58.1%	10.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 04/02/2019

Reimbursable Meal Total 100

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)
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	100	412	7.67	1125	11	16.13	0.00	44.84	23.48
990195 CARROTS, BABY FRESH	SERVING	60	24	0.00	55	3	0.00	0.00	5.77	0.45
990380 RANCH SALAD DRESSING @ 2 oz	OZ	60	104	1.19	325	2	10.31	0.00	1.62	1.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	80	16	0.00	140	1	0.00	0.00	3.00	0.99
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	32.00	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			744	8.84	1672	57	23.07	0.00	103.57	33.14
% of Calories				10.69%		30.6%	27.9%	0.0%	55.7%	17.8%
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	100	250	2.50	380	1	14.00	0.00	15.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	13.00	2.00
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	100	135	0.00	555	0	2.25	0.00	24.00	3.00

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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)
990198 GRAVY, CHICKEN	SERVING	100	23	0.00	132	1	0.47	0.00	3.76	0.00
990149 WINTER MIX , VEG. .75	3/4 CUP	100	38	0.00	30	2	0.00	0.00	6.02	3.01
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	100	90	0.00	0	18	0.00	0.00	21.93	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
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	14.00	0.00
Weighted Daily Average			789	3.20	1429	55	18.47	0.00	117.61	32.01
% of Calories				3.65%		27.9%	21.1%	0.0%	59.6%	16.2%
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	100	441	8.29	574	0	22.07	0.00	44.39	16.39
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	45	120	1.00	540	1	2.50	0.00	18.00	6.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	65	55	0.01	27	7	0.27	0.00	12.43	1.56
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	325	2	10.31	0.00	1.62	1.00
990187 BANANAS,RAW	EACH	100	121	0.15	1	17	0.45	0.00	31.06	1.48

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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	65	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
990154 SALSA, GREEN CHILI	1/4 Cup	85	20	0.00	360	2	0.00	0.00	4.00	0.00
Weighted Daily Average			848	10.05	1533	42	31.15	0.00	114.24	29.44
% of Calories				10.67%		19.8%	33.1%	0.0%	53.9%	13.9%
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	100	281	2.67	387	15	12.02	0.00	34.73	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	100	3.00	170	0	7.00	0.00	0.00	7.00
990157 POTATO, TATER TOTS	1 CUP	65	258	1.98	377	0	13.89	0.00	29.76	1.98
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	75	60	0.00	5	13	0.00	0.00	14.00	0.00
990239 JUICE, ORANGE	EACH	75	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

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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	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			848	7.86	1095	60	29.91	0.00	115.33	27.42
% of Calories				8.34%		28.3%	31.7%	0.0%	54.4%	12.9%
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	100	420	7.50	1005	9	16.50	0.00	43.50	25.50
990045 BREAD STICK WG	1 OZ	65	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	85	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
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	65	90	0.00	20	19	0.00	0.00	22.00	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

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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)
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			792	7.88	1448	67	18.75	0.00	118.83	37.15
% of Calories				8.95%		33.8%	21.3%	0.0%	60.0%	18.8%
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	100	480	9.00	1000	6	18.00	0.00	58.00	22.00
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	15.00	1.00
990069 CORN KERNEL 1/2 C	1/2 CUP	90	65	0.00	15	3	1.00	0.00	15.00	2.00
990180 ORANGE	EACH	85	60	0.00	0	12	0.00	0.00	15.00	1.00
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			848	10.15	1423	40	26.15	0.00	121.25	33.65
% of Calories				10.77%		18.9%	27.8%	0.0%	57.2%	15.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 04/10/2019

Reimbursable Meal Total 100

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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)
990388 CHICKEN, CHERRY BLOSSOM	SERVINGS	100	197	0.98	345	14	3.94	0.00	26.58	12.80
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	13.00	2.00
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	36.75	4.08
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	100	30	0.00	15	1	0.00	0.00	5.00	2.00
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	100	139	0.00	0	26	0.00	0.00	27.89	1.74
990199 JELLO, CHERRY	1/2 CUP	100	70	0.00	90	16	0.00	0.00	17.00	1.00
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			808	1.38	801	79	6.72	0.00	148.22	31.63
% of Calories				1.54%		39.1%	7.5%	0.0%	73.4%	15.7%
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	100	362	3.76	1439	2	38.32	0.00	48.69	14.39
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	24.00	4.00

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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)
990032 FRUITABLE , GOLD RUSH	BOX	95	40	0.00	60	8	0.00	0.00	10.00	0.00
990186 GRAPES FRESH	1/2 CUP	100	55	0.00	0	14	0.50	0.00	14.00	0.50
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	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
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			778	5.21	1888	57	44.57	0.00	130.09	26.89
% of Calories				6.03%		29.3%	51.6%	0.0%	66.9%	13.8%
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	100	340	1.50	540	5	11.00	0.00	38.00	25.00
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	65	140	0.00	550	12	1.00	0.00	29.00	6.00
990357 BABY CARROTS & PEA PODS 1 CUP	CUP	100	39	0.01	56	5	0.07	0.00	8.34	1.40
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	1.62	1.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	CUP	100	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 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	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	100	60	0.00	10	13	0.00	0.00	14.00	0.00
000034 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	40	9	0.01	4	1	0.10	0.00	2.00	0.49
Weighted Daily Average			785	4.07	1391	55	23.93	0.00	107.63	39.04
% of Calories				4.67%		28.0%	27.4%	0.0%	54.8%	19.9%
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	100	285	2.25	465	0	13.50	0.00	16.50	24.00
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	35	130	1.00	300	0	4.50	0.00	21.01	2.00
990148 WINTER MIX , VEG.	1/2 CUP	85	25	0.00	20	1	0.00	0.00	4.00	2.00
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	65	120	0.00	10	26	0.00	0.00	28.00	0.00
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	90	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
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	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			841	4.85	971	58	24.83	0.00	112.15	38.00
% of Calories				5.19%		27.6%	26.6%	0.0%	53.3%	18.1%
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)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	30.00	21.50
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	65	210	0.00	825	18	1.50	0.00	43.50	9.00
990195 CARROTS, BABY FRESH	SERVING	75	24	0.00	55	3	0.00	0.00	5.77	0.45
990380 RANCH SALAD DRESSING @ 2 oz	OZ	75	104	1.19	325	2	10.31	0.00	1.62	1.00
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	95	120	0.00	10	24	0.00	0.00	32.00	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

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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)
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			768	6.50	1580	57	23.03	0.00	109.32	36.75
% of Calories				7.62%		29.7%	27.0%	0.0%	56.9%	19.1%
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)	100	350	7.00	320	1	24.00	0.00	19.00	14.00
990335 ROLL, DINNER WHITE WG	ROLL	90	70	0.25	125	2	1.00	0.00	13.00	2.00
990070 POTATOES, DEHYDRATED MASHED 1 C	1 Cup, Prepar	95	180	0.00	741	0	3.00	0.00	32.00	4.00
990350 GRAVY, BEEF LS	2 oz servings	95	18	0.00	128	0	4.51	0.00	3.61	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	60	60	0.00	5	12	0.00	0.00	15.00	0.00
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	45	55	0.03	1	11	0.18	0.00	14.64	0.28
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

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)
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			772	8.59	1394	28	34.36	0.00	93.91	27.73
% of Calories				10.01%		14.5%	40.1%	0.0%	48.7%	14.4%
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"	100	287	8.05	545	6	13.34	0.00	22.69	19.62
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	24.00	4.00
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	100	48	0.24	50	3	3.27	0.00	7.04	1.05
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	100	32	0.00	280	2	0.00	0.00	5.99	1.99
990187 BANANAS,RAW	EACH	100	121	0.15	1	17	0.45	0.00	31.06	1.48
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			737	10.80	1199	41	24.32	0.00	104.58	36.14
% of Calories				13.19%		22.3%	29.7%	0.0%	56.8%	19.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Friday - 04/19/2019

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)	Carb (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35.00	21.00
990269 SALAD, SPINACH, CRANBERRY, MANDARIN	2 CUP	55	209	0.47	91	30	6.04	0.00	38.18	3.20
990067 CORN KERNEL 1 C	1 CUP	75	130	0.00	30	6	2.00	0.00	30.00	4.00
990170 PINEAPPLE TIDBITS, NAT JUICE	1 CUP	85	139	0.00	0	26	0.00	0.00	27.89	1.74
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			811	8.61	695	65	23.07	0.00	116.00	35.24
% of Calories				9.55%		32.1%	25.6%	0.0%	57.2%	17.4%
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	100	270	3.50	410	5	12.00	0.00	30.00	10.00
990157 POTATO, TATER TOTS	1 CUP	100	258	1.98	377	0	13.89	0.00	29.76	1.98
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

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)
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			778	5.93	1136	49	26.64	0.00	110.66	20.98
% of Calories				6.86%		25.2%	30.8%	0.0%	56.9%	10.8%
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	100	416	7.65	857	9	16.84	0.00	42.71	28.31
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	100	130	1.00	300	0	4.50	0.00	21.01	2.00
990357 BABY CARROTS & PEA PODS 1 CUP	CUP	100	39	0.01	56	5	0.07	0.00	8.34	1.40
990380 RANCH SALAD DRESSING @ 2 oz	OZ	100	104	1.19	325	2	10.31	0.00	1.62	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	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

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
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	14.00	0.00
Weighted Daily Average			929	10.30	1710	59	32.47	0.00	122.76	40.36
% of Calories				9.98%		25.4%	31.5%	0.0%	52.9%	17.4%
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	100	151	0.00	442	11	3.01	0.00	15.05	15.05
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

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)
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	100	90	0.00	20	19	0.00	0.00	22.00	0.00
Weighted Daily Average			635	0.45	696	63	5.29	0.00	114.73	31.15
% of Calories				0.64%		39.7%	7.5%	0.0%	72.3%	19.6%
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	100	188	0.84	517	4	3.88	0.08	22.15	15.25
990336 ROLL, DINNER WHITE WG @2	ROLLS	100	140	0.50	250	3	2.00	0.00	26.00	4.00
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
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	18.10	0.00
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

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	0	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			692	2.90	1373	52	16.81	0.08	102.12	29.75
% of Calories				3.77%		30.1%	21.9%	0.1%	59.0%	17.2%
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	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	75	65	0.00	15	3	1.00	0.00	15.00	2.00
000064 APPLES,Fresh	EACH	85	72	0.04	1	14	0.23	0.00	19.06	0.36
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	55	60	0.00	5	12	0.00	0.00	16.00	0.00
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	85	320	2.00	200	24	10.00	0.00	52.00	4.00
990154 SALSA, GREEN CHILI	1/4 Cup	95	20	0.00	360	2	0.00	0.00	4.00	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

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			843	8.45	1317	63	25.01	0.00	121.63	31.58
% of Calories				9.02%		29.9%	26.7%	0.0%	57.7%	15.0%
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	100	300	0.00	790	5	18.50	0.00	22.00	11.00
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
990167 MANDARIN ORANGE, CANNED	1 CUP	85	160	0.00	20	36	0.00	0.00	38.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	65	160	1.00	100	12	5.00	0.00	26.00	2.00
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			866	1.97	1349	81	26.40	0.00	131.31	22.03
% of Calories				2.05%		37.4%	27.4%	0.0%	60.7%	10.2%
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 - 04/30/2019

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)
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	100	412	7.67	1125	11	16.13	0.00	44.84	23.48
990195 CARROTS, BABY FRESH	SERVING	80	24	0.00	55	3	0.00	0.00	5.77	0.45
990380 RANCH SALAD DRESSING @ 2 oz	OZ	80	104	1.19	325	2	10.31	0.00	1.62	1.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	80	16	0.00	140	1	0.00	0.00	3.00	0.99
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	32.00	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			770	9.07	1748	58	25.13	0.00	105.05	33.43
% of Calories				10.60%		30.1%	29.4%	0.0%	54.6%	17.4%
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.