

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Menu Name: K-5 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
990165 MANDARIN ORANGE, CANNED	1/2 CUP	45	80	0.00	10	18	0.00	0.00	19.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	45	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
Weighted Daily Average			644	1.77	1297	38	25.40	0.00	80.36	21.63
% of Calories				2.47%		23.6%	35.5%	0.0%	49.9%	13.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	60	16	0.00	140	1	0.00	0.00	3.00	0.99
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	55	60	0.00	5	12	0.00	0.00	16.00	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			654	8.84	1637	40	23.07	0.00	79.77	32.95
% of Calories				12.17%		24.5%	31.7%	0.0%	48.8%	20.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	100	90	0.00	370	0	1.50	0.00	16.00	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)
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	75	38	0.00	30	2	0.00	0.00	6.02	3.01
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	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
Weighted Daily Average			643	3.20	1226	35	17.72	0.00	86.43	29.91
% of Calories				4.48%		21.8%	24.8%	0.0%	53.8%	18.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
990267 NACHO'S ELEM	SERVING	100	382	6.65	454	0	18.70	0.00	42.03	11.36
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	30	120	1.00	540	1	2.50	0.00	18.00	6.00
990187 BANANAS,RAW	EACH	40	121	0.15	1	17	0.45	0.00	31.06	1.48
990220 SALAD, ROMAINE TOSSED	SERVINGS	45	55	0.01	27	7	0.27	0.00	12.43	1.56
990380 RANCH SALAD DRESSING @ 2 oz	OZ	45	104	1.19	325	2	10.31	0.00	1.62	1.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	23.00	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)
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	45	20	0.00	360	2	0.00	0.00	4.00	0.00
Weighted Daily Average			659	7.92	1117	29	25.02	0.00	86.13	22.11
% of Calories				10.82%		17.6%	34.2%	0.0%	52.3%	13.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	26.07	8.02
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	3.50	0.00	0.00	3.50
990156 POTATO, TATER TOTS	3/4 CUP	65	193	1.49	283	0	10.42	0.00	22.32	1.49
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	40	60	0.00	5	13	0.00	0.00	14.00	0.00
990239 JUICE, ORANGE	EACH	40	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

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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)
990217 SRYUP CUP, LITE	CARTON	100	50	0.00	70	4	0.00	0.00	14.00	0.00
Weighted Daily Average			648	5.37	851	47	21.15	0.00	92.38	20.93
% of Calories				7.46%		29.0%	29.4%	0.0%	57.0%	12.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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	85	20	0.00	175	1	0.00	0.00	3.74	1.24
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	75	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
Weighted Daily Average			634	5.38	1142	54	14.12	0.00	97.13	29.80
% of Calories				7.64%		34.1%	20.0%	0.0%	61.3%	18.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 2019

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)
990128 PIZZA STICK, PEPPERONI WG	STICK	100	240	4.50	500	3	9.00	0.00	29.00	11.00
990155 POTATO, TATER TOTS	1/2 CUP	95	130	1.00	190	0	7.00	0.00	15.00	1.00
990069 CORN KERNEL 1/2 C	1/2 CUP	100	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			608	5.60	915	37	16.90	0.00	93.00	22.80
% of Calories				8.29%		24.3%	25.0%	0.0%	61.2%	15.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	100	197	0.98	345	14	3.94	0.00	26.58	12.80
990335 ROLL, DINNER WHITE WG	ROLL	85	70	0.25	125	2	1.00	0.00	13.00	2.00
990228 RICE, BROWN, Prepar	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	27.00	3.00

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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)
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	85	22	0.00	11	1	0.00	0.00	3.75	1.50
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	85	70	0.00	0	13	0.00	0.00	13.94	0.87
990199 JELLO, CHERRY	1/2 CUP	85	70	0.00	90	16	0.00	0.00	17.00	1.00
990204 MILK, CHOC FF CARTON	CARTON	80	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	0	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			648	1.50	757	60	6.41	0.00	115.12	28.37
% of Calories				2.08%		37.0%	8.9%	0.0%	71.1%	17.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	12.00	2.00
990032 FRUITABLE , GOLD RUSH	BOX	50	40	0.00	60	8	0.00	0.00	10.00	0.00
990186 GRAPES FRESH	1/2 CUP	75	55	0.00	0	14	0.50	0.00	14.00	0.50
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	55	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

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)
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
Weighted Daily Average			651	4.64	1771	44	41.82	0.00	104.39	24.76
% of Calories				6.41%		27.0%	57.8%	0.0%	64.1%	15.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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	35	140	0.00	550	12	1.00	0.00	29.00	6.00
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	50	35	0.02	38	4	0.09	0.00	7.27	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	50	104	1.19	325	2	10.31	0.00	1.62	1.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	CUP	50	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
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

Base Menu Spreadsheet

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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)
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	30	9	0.01	4	1	0.10	0.00	2.00	0.49
Weighted Daily Average			629	4.53	1201	30	22.96	0.00	78.30	31.13
% of Calories				6.48%		19.1%	32.9%	0.0%	49.8%	19.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	55	130	1.00	300	0	4.50	0.00	21.01	2.00
990148 WINTER MIX , VEG.	1/2 CUP	45	25	0.00	20	1	0.00	0.00	4.00	2.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	60	60	0.00	5	13	0.00	0.00	14.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	70	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
Weighted Daily Average			639	3.95	909	36	20.23	0.00	76.36	35.40
% of Calories				5.56%		22.5%	28.5%	0.0%	47.8%	22.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 2019

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
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	80	140	0.00	550	12	1.00	0.00	29.00	6.00
990195 CARROTS, BABY FRESH	SERVING	70	24	0.00	55	3	0.00	0.00	5.77	0.45
990380 RANCH SALAD DRESSING @ 2 oz	OZ	70	104	1.19	325	2	10.31	0.00	1.62	1.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	12	0.00	0.00	16.00	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
000034 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	45	9	0.01	4	1	0.10	0.00	2.00	0.49
Weighted Daily Average			660	6.44	1458	39	22.31	0.00	83.48	35.53
% of Calories				8.78%		23.6%	30.4%	0.0%	50.6%	21.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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

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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)
990335 ROLL, DINNER WHITE WG	ROLL	60	70	0.25	125	2	1.00	0.00	13.00	2.00
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	55	135	0.00	555	0	2.25	0.00	24.00	3.00
990350 GRAVY, BEEF LS	2 oz servings	50	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
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			646	8.51	900	27	30.42	0.00	71.19	24.98
% of Calories				11.86%		16.7%	42.4%	0.0%	44.1%	15.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	12.00	2.00
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	100	35	0.18	37	2	2.42	0.00	5.21	0.78

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)
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
990187 BANANAS,RAW	EACH	95	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			633	10.22	951	38	20.94	0.00	86.20	32.80
% of Calories				14.53%		24.0%	29.8%	0.0%	54.5%	20.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

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)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	33.00	16.00
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	65	209	0.47	91	30	6.04	0.00	38.18	3.20
990069 CORN KERNEL 1/2 C	1/2 CUP	65	65	0.00	15	3	1.00	0.00	15.00	2.00
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	65	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

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			633	6.66	642	53	17.83	0.00	90.43	27.95
% of Calories				9.47%		33.5%	25.4%	0.0%	57.1%	17.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
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			550 - 650	<10	1230		<=0			

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Apr 1, 2019 thru Apr 30, 2019

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)
990256 PIZZA BURGER ON BUN ELEM	SERVINGS	100	321	4.87	661	8	11.50	0.00	38.75	20.51
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	60	130	1.00	300	0	4.50	0.00	21.01	2.00
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	55	35	0.02	38	4	0.09	0.00	7.27	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	55	104	1.19	325	2	10.31	0.00	1.62	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	60	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
Weighted Daily Average			653	6.58	1238	41	20.67	0.00	89.30	31.72
% of Calories				9.07%		25.1%	28.5%	0.0%	54.7%	19.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
990228 RICE, BROWN,	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	27.00	3.00

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)
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
Weighted Daily Average			499	0.45	679	44	4.89	0.00	82.98	30.06
% of Calories				0.81%		35.3%	8.8%	0.0%	66.5%	24.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
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
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

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)
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
Weighted Daily Average			639	2.90	1192	48	16.81	0.08	90.03	28.75
% of Calories				4.08%		30.0%	23.7%	0.1%	56.4%	18.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	55	65	0.00	15	3	1.00	0.00	15.00	2.00
990154 SALSA, GREEN CHILI	1/4 Cup	35	20	0.00	360	2	0.00	0.00	4.00	0.00
000064 APPLES,Fresh	EACH	65	72	0.04	1	14	0.23	0.00	19.06	0.36
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	60	60	0.00	5	12	0.00	0.00	16.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	75	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

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			655	7.49	1003	48	20.02	0.00	88.52	29.21
% of Calories				10.29%		29.3%	27.5%	0.0%	54.1%	17.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
990165 MANDARIN ORANGE, CANNED	1/2 CUP	45	80	0.00	10	18	0.00	0.00	19.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	45	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
Weighted Daily Average			644	1.77	1297	38	25.40	0.00	80.36	21.63
% of Calories				2.47%		23.6%	35.5%	0.0%	49.9%	13.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Tuesday - 04/30/2019

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	55	24	0.00	55	3	0.00	0.00	5.77	0.45
990380 RANCH SALAD DRESSING @ 2 oz	OZ	50	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	65	16	0.00	140	1	0.00	0.00	3.00	0.99
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	12	0.00	0.00	16.00	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			649	8.72	1609	41	22.04	0.00	81.07	32.87
% of Calories				12.09%		25.3%	30.6%	0.0%	50.0%	20.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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.