

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 2019

Menu Name: (9-12) of K-12 LUNCH

Include Cost: Yes

Site:

Report Style: Detailed

Friday - 11/01/2019

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	100	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00	0	60.0	0.00	2.88	\$0.000
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	85	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408	6.7	5.90	0.17	\$0.000
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	95	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80	\$0.000
990032 FRUITABLE , GOLD RUSH	BOX	95	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00	\$0.000
990184 GRAPES FRESH	CUP	95	110	0.00	0	29	1.00	0.00	0	28.00	2.00	1.00	100	0.0	18.00	0.36	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	1	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56	300	70.1	0.00	0.24	\$0.000
Weighted Daily Average			751	1.74	1339	73	13.40	0.00	51	124.93	13.21	40.07	5695	404.4	81.28	5.38	\$0.000
% of Calories				2.09%		38.9%	16.1%	0.0%		66.5%		21.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 11/05/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00	0	40.0	1.20	1.80	\$0.000
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	95	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00	\$0.000
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	100	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35	\$0.000
990420 CINNAMON APPLES, BAKED 1 Cup	1 CUP	85	154	0.00	20	32	0.02	0.00	0	38.55	4.65	0.05	4	13.0	0.05	0.11	\$0.000
990225 RICE CRISPY TREAT WG	PACKAGE	85	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
Weighted Daily Average			721	1.22	1239	69	21.23	0.00	41	106.82	7.95	21.83	603	378.7	98.28	6.32	\$0.000
% of Calories				1.52%		38.3%	26.5%	0.0%		59.3%		12.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 11/06/2019

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	100	151	0.00	442	11	3.01	0.00	60	15.05	0.00	15.05	0	2.0	0.00	6.02	\$0.000
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0	7.1	0.00	0.37	\$0.000
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	100	30	0.00	15	1	0.00	0.00	0	5.00	2.00	2.00	400	40.0	48.00	0.36	\$0.000
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00	\$0.000

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	100	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28	50	10.0	0.60	0.18	\$0.000
Weighted Daily Average			604	0.40	668	57	5.35	0.00	67	108.89	6.54	29.42	950	359.1	77.64	7.20	\$0.000
% of Calories				0.60%		37.7%	8.0%	0.0%		72.1%		19.5%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 11/07/2019

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990266 NACHO'S SEC	SERVING	100	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77	\$0.000
990154 SALSA, GREEN CHILI	1/4 Cup	85	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00	\$0.000
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	45	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00	0	20.0	0.00	0.00	\$0.000
990397 CARROTS,STICKS 6 EA	SERVING	45	46	0.04	78	5	0.27	0.00	0	10.86	3.18	1.06	18944	37.4	6.69	0.34	\$0.000
990380 RANCH SALAD DRESSING @ 2 oz	OZ	55	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00	\$0.000
990187 BANANAS,RAW	EACH	85	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48	87	6.8	11.83	0.35	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000

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Kenai Peninsula School District

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Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990239 JUICE, ORANGE	EACH	45	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00	\$0.000
Weighted Daily Average			840	9.92	1541	45	30.00	0.00	59	114.37	15.12	29.38	9731	472.7	47.51	3.49	\$0.000
% of Calories				10.63%		21.4%	32.1%	0.0%		54.5%		14.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Friday - 11/08/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34	\$0.000
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	85	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00	\$0.000
990157 POTATO, TATER TOTS	1 CUP	65	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98	0	0.0	3.97	0.00	\$0.000
990179 MIXED FRUIT COCKTAIL	1 CUP	45	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00	241	0.0	1.45	0.00	\$0.000
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	35	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00	20	0.0	0.00	30.00	\$0.000
990217 SYRUP CUP, SMUCKER'S	CONTAINER	85	109	0.00	20	22	0.00	0.00	0	28.77	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000

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Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
Weighted Daily Average			895	7.59	1070	68	31.13	0.00	175	125.33	5.90	27.33	618	378.8	6.07	13.81	\$0.000
% of Calories				7.63%		30.4%	31.3%	0.0%		56.0%		12.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 11/12/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00	\$0.000
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	100	30	0.00	15	1	0.00	0.00	0	5.00	2.00	2.00	400	40.0	48.00	0.36	\$0.000
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00	\$0.000
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	95	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28	50	10.0	0.60	0.18	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
Weighted Daily Average			634	7.55	703	51	17.05	0.00	42	88.31	8.38	31.27	1148	349.5	51.63	0.76	\$0.000
% of Calories				10.72%		32.2%	24.2%	0.0%		55.7%		19.7%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 11/13/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50	0	168.5	0.00	3.42	\$0.000
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	45	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408	6.7	5.90	0.17	\$0.000
990429 KK SEASONED FRIES 3/4	3.15 OZ	75	149	0.00	253	0	4.46	0.00	0	22.33	2.98	1.49	0	89.3	0.00	0.47	\$0.000
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	75	31	0.04	84	3	0.23	0.00	0	7.12	2.50	0.92	9727	41.4	5.10	0.28	\$0.000
990380 RANCH SALAD DRESSING @ 2 oz	OZ	75	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00	\$0.000
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	30	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56	300	70.1	0.00	0.24	\$0.000
990200 JUICE, APPLE	4 oz	95	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00	\$0.000
Weighted Daily Average			803	5.56	1425	59	24.99	0.00	64	110.42	9.13	33.29	8116	618.7	97.40	4.64	\$0.000
% of Calories				6.23%		29.4%	28.0%	0.0%		55.0%		16.6%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 11/14/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	100	305	3.07	317	7	6.89	0.00	34	44.10	5.15	15.73	419	49.9	7.32	3.77	\$0.000
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72	\$0.000
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	85	34	0.22	37	2	2.42	0.00	0	5.21	0.94	0.78	347	13.6	7.05	0.27	\$0.000
990032 FRUITABLE , GOLD RUSH	BOX	85	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00	\$0.000
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	85	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	75	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	20	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990240 VARIETY FRUIT	EACH	85	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142	25.3	27.62	0.16	\$0.000
990207 UHT MILK CARTON LF	CARTON	2	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990240 VARIETY FRUIT	EACH	75	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142	25.3	27.62	0.16	\$0.000
Weighted Daily Average			725	5.01	638	61	13.68	0.00	42	128.25	11.52	27.52	5675	392.9	132.85	5.05	\$0.000
% of Calories				6.22%		33.7%	17.0%	0.0%		70.8%		15.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Friday - 11/15/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990422 CHICKEN, CORN PUPS	8 EACH	100	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70	\$0.000
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	85	210	0.00	825	18	1.50	0.00	0	43.50	7.50	9.00	0	60.0	0.00	2.70	\$0.000

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Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990155 POTATO, TATER TOTS	1/2 CUP	75	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00	\$0.000
990184 GRAPES FRESH	CUP	85	110	0.00	0	29	1.00	0.00	0	28.00	2.00	1.00	100	0.0	18.00	0.36	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	73	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990207 UHT MILK CARTON LF	CARTON	2	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
Weighted Daily Average			854	4.90	1630	67	20.05	0.00	66	137.30	16.32	30.75	585	471.0	18.85	5.56	\$0.000
% of Calories				5.16%		31.4%	21.1%	0.0%		64.3%		14.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Monday - 11/18/2019

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990402 TACO SNACK	EACH	100	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44	\$0.000
990154 SALSA, GREEN CHILI	1/4 Cup	65	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00	\$0.000
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	65	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00	0	20.0	0.00	0.00	\$0.000
990394 CARROTS,STICKS 3EA	SERVING	75	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53	9472	18.7	3.34	0.17	\$0.000
990380 RANCH SALAD DRESSING @ 2 oz	OZ	45	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00	\$0.000
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	85	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00	600	0.0	2.40	0.00	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990207 UHT MILK CARTON LF	CARTON	15	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
Weighted Daily Average			731	8.57	1531	49	21.99	0.00	37	101.26	13.09	28.75	8802	443.9	10.86	1.84	\$0.000
% of Calories				10.55%		26.8%	27.1%	0.0%		55.4%		15.7%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 11/19/2019

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80	\$0.000
990335 ROLL, DINNER WHITE WG	ROLL	75	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54	\$0.000
990220 SALAD, ROMAINE TOSSED	SERVINGS	65	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56	12075	32.9	38.35	0.87	\$0.000
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00	\$0.000
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	55	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00	\$0.000
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	55	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00	\$0.000
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00	\$0.000
Weighted Daily Average			654	3.78	937	51	22.15	0.00	38	83.91	5.60	26.40	8470	345.6	150.17	5.24	\$0.000
% of Calories				5.20%		31.2%	30.5%	0.0%		51.3%		16.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 11/20/2019

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34	\$0.000
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00	\$0.000
990157 POTATO, TATER TOTS	1 CUP	85	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98	0	0.0	3.97	0.00	\$0.000
990406 CINNAMON APPLES, BAKED	1/2 CUP	85	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03	2	6.5	0.02	0.05	\$0.000
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	14	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990225 RICE CRISPY TREAT WG	PACKAGE	85	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average			927	8.42	1151	66	33.31	0.00	171	123.21	6.33	28.23	504	384.4	57.40	3.69	\$0.000
% of Calories				8.17%		28.5%	32.3%	0.0%		53.2%		12.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 11/21/2019

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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990189 TURKEY, ROAST 3 OZ SERV	3 OZ	100	120	1.50	488	0	6.00	0.00	34	2.25	0.00	13.50	0	0.0	0.00	1.89	\$0.000
990335 ROLL, DINNER WHITE WG	ROLL	95	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54	\$0.000
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	95	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0	30.0	3.60	0.54	\$0.000
990198 GRAVY, CHICKEN	SERVING 2 OZ	95	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990069 CORN KERNEL 1/2 C	1/2 CUP	95	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.72	\$0.000
990187 BANANAS,RAW	EACH	95	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48	87	6.8	11.83	0.35	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990399 HONEY BUN GRAHAMS	PACKAGE	100	130	1.00	130	8	4.50	0.00	0	21.00	1.00	2.00	0	2.0	0.00	4.00	\$0.000
Weighted Daily Average			767	3.26	1605	48	16.04	0.00	40	126.03	10.06	31.56	583	346.5	19.37	8.21	\$0.000
% of Calories				3.83%		25.0%	18.8%	0.0%		65.7%		16.5%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Friday - 11/22/2019

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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80	\$0.000
990228 RICE, BROWN,	3/4 Cup, Prepar	85	128	0.00	11	0	1.12	0.00	0	27.00	1.50	3.00	0	10.7	0.00	0.27	\$0.000
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	85	32	0.00	280	2	0.00	0.00	0	5.99	3.99	1.99	200	40.0	0.00	0.71	\$0.000
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	65	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00	\$0.000
Weighted Daily Average			783	8.28	843	53	27.08	0.00	53	102.39	8.96	31.69	970	573.1	86.87	3.08	\$0.000
% of Calories				9.52%		27.1%	31.1%	0.0%		52.3%		16.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 2019

Monday - 11/25/2019

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990422 CHICKEN, CORN PUPS	8 EACH	100	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70	\$0.000
990430 KK SEASONED FRIES 1 C	4.2 OZ	95	198	0.00	337	0	5.95	0.00	0	29.77	3.97	1.98	0	119.1	0.00	0.62	\$0.000
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	95	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00	\$0.000
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	65	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	15	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
Weighted Daily Average			755	4.88	1039	43	19.53	0.00	68	112.98	13.17	22.58	735	503.1	2.28	3.35	\$0.000
% of Calories				5.82%		22.8%	23.3%	0.0%		59.9%		12.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 11/26/2019

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00	\$0.000
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	2.00	0.00	0	30.00	4.00	4.00	0	0.0	0.00	1.44	\$0.000
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36	\$0.000

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990180 ORANGE	EACH	95	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00	300	60.0	72.00	0.00	\$0.000
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
Weighted Daily Average			742	7.38	728	58	18.62	0.00	41	115.70	11.85	33.95	785	357.0	71.64	2.07	\$0.000
% of Calories				8.95%		31.3%	22.6%	0.0%		62.4%		18.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 11/27/2019

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	100	405	3.63	738	8	14.57	0.00	53	41.31	6.54	29.54	125	187.0	0.90	3.11	\$0.000
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	95	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80	\$0.000
990032 FRUITABLE , GOLD RUSH	BOX	95	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00	\$0.000
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36	\$0.000
990200 JUICE, APPLE	4 oz	95	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
Weighted Daily Average			815	4.00	1535	70	16.15	0.00	59	127.31	13.19	43.24	5375	525.0	118.08	5.43	\$0.000
% of Calories				4.42%		34.4%	17.8%	0.0%		62.5%		21.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages			765	5	1154	58	20.69	0.00	66	113.97	10.37	30.43	3491	430	66.36	5.01	
% of Calories				6.40%		30.3%	24.3%	0.0%		59.6%		15.9%					

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.