

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

Menu Name: ELEMENTARY

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 01/07/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	25	33.00	4.00	16.00	0	0.0	0.00	0.00
990032 FRUITABLE , GOLD RUSH	BOX	95	40	0.00	60	8	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	95	16	0.00	140	1	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	12	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
Weighted Daily Average			535	5.38	838	49	11.62	31	81.00	7.79	24.94	5345	319.0	60.18	0.95
% of Calories				9.05%		36.6%	19.5%		60.6%		18.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Wednesday - 01/08/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80

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Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	100	90	0.00	370	0	1.50	0	16.00	2.00	2.00	0	20.0	2.40	0.36
990198 GRAVY, CHICKEN	SERVING 2 OZ	100	23	0.00	132	1	0.47	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990038 BROCCOLI, FROZEN CUTS 1/2 c	1/2 CUP	95	15	0.00	8	0	0.00	0	2.50	1.00	1.00	200	20.0	24.00	0.18
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			553	2.88	1096	32	16.59	31	70.33	6.80	25.95	960	339.0	28.26	2.60
% of Calories				4.69%		23.1%	27.0%		50.9%		18.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Thursday - 01/09/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990446 PINWHEEL, MEATBALL	EACH	100	340	6.00	670	3	13.00	35	40.00	3.00	19.00	0	370.0	0.00	3.00
990428 KK SEASONED FRIES 1/2	2.1 OZ	95	99	0.00	169	0	2.98	0	14.88	1.98	0.99	0	59.5	0.00	0.31
990069 CORN KERNEL 1/2 C	1/2 CUP	85	65	0.00	15	3	1.00	0	15.00	2.00	2.00	0	0.0	0.00	0.72
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	13	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00

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Portion Values

Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	85	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	14	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
Weighted Daily Average			653	7.29	987	30	18.83	44	93.18	7.43	29.64	755	726.6	2.38	3.96
% of Calories				10.05%		18.4%	26.0%		57.1%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Friday - 01/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	25	44.00	6.00	20.00	0	100.0	0.00	3.60
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	45	9	0.01	4	1	0.10	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	45	140	0.00	550	12	1.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990412 CARROT STIX & PEA PODS 3/4 CUP	CUP	65	50	0.05	54	5	0.27	0	10.67	3.30	1.97	13122	44.4	31.66	1.17
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	346	2	10.31	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			730	3.68	1422	48	23.00	39	100.64	11.98	33.50	9254	474.3	49.67	5.70
% of Calories				4.54%		26.3%	28.4%		55.1%		18.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Monday - 01/13/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	35	22.00	2.00	11.00	0	40.0	1.20	1.80
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	85	16	0.00	140	1	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	65	90	0.00	20	19	0.00	0	22.00	0.00	0.00	500	0.0	100.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	85	99	0.99	49	7	2.47	0	15.78	0.00	0.99	0	0.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			631	1.21	1171	54	21.22	41	85.46	4.54	20.68	1080	357.0	69.26	2.37
% of Calories				1.73%		34.2%	30.3%		54.2%		13.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

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Portion Values

Jan 1, 2020 thru Jan 31, 2020

Tuesday - 01/14/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990452 Grilled Cheese 1/2 SANDWICH	1/2 SANDWICH	100	140	2.78	290	3	4.96	16	15.48	1.50	9.28	262	233.0	0.00	0.82
990450 VEGETARIAN CHILI (V)	3/4 CUP	95	105	0.21	497	*3	2.56	0	16.39	4.78	4.38	469	61.0	17.08	1.33
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	95	51	0.00	2	11	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990200 JUICE, APPLE	4 oz	95	60	0.00	10	13	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			469	3.36	977	*48	8.01	22	78.10	6.99	21.43	1208	590.9	75.26	2.35
% of Calories				6.45%		*40.9%	15.4%		66.6%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Wednesday - 01/15/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	100	151	0.00	442	11	3.01	60	15.05	0.00	15.05	0	2.0	0.00	6.02
990228 RICE, BROWN, Prepar	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0	27.00	1.50	3.00	0	10.7	0.00	0.27
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	75	22	0.00	11	1	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			489	0.38	664	45	4.76	67	82.32	2.62	27.18	725	335.2	56.04	6.76
% of Calories				0.70%		36.8%	8.8%		67.3%		22.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Thursday - 01/16/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990267 NACHO'S ELEM	SERVING	100	382	6.65	454	0	18.70	28	42.03	5.14	11.36	129	112.9	0.62	1.74
990154 SALSA, GREEN CHILI	1/4 Cup	60	20	0.00	360	2	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	35	120	1.00	540	1	2.50	0	18.00	6.00	6.00	0	20.0	0.00	0.00
990394 CARROTS,STICKS 3EA	SERVING	85	23	0.02	39	3	0.14	0	5.43	1.59	0.53	9472	18.7	3.34	0.17
990380 RANCH SALAD DRESSING @ 2 oz	OZ	75	104	1.19	346	2	10.31	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990187 BANANAS,RAW	EACH	85	121	0.15	1	17	0.45	0	31.06	3.54	1.48	87	6.8	11.83	0.35
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			761	8.41	1356	39	28.43	43	103.42	12.80	23.92	9041	469.7	18.55	2.46
% of Calories				9.95%		20.5%	33.6%		54.4%		12.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Friday - 01/17/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	105	26.07	2.00	8.02	2	59.2	0.60	1.00
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	85	50	1.50	85	0	3.50	12	0.00	0.00	3.50	0	0.0	0.00	1.00
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0	22.32	1.49	1.49	0	0.0	2.98	0.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	65	77	0.00	10	16	0.01	0	19.27	2.32	0.03	2	6.5	0.02	0.05
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	45	160	1.00	100	12	5.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
990217 SYRUP CUP, SMUCKER'S	CONTAINER	85	109	0.00	20	22	0.00	0	28.77	0.00	0.00	0	0.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			757	5.37	875	65	23.73	127	114.18	5.68	21.18	507	363.4	5.19	8.91
% of Calories				6.38%		34.3%	28.2%		60.3%		11.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Monday - 01/20/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	25	33.00	4.00	16.00	0	0.0	0.00	0.00
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	85	20	0.00	175	1	0.00	0	3.74	2.49	1.24	125	25.0	0.00	0.44
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	65	55	0.03	1	11	0.18	0	14.64	2.50	0.28	50	10.0	0.60	0.18
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			532	5.54	786	48	11.99	32	79.35	8.69	25.24	829	327.7	3.39	0.73
% of Calories				9.37%		36.1%	20.3%		59.7%		19.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Tuesday - 01/21/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	48	30.00	3.00	21.50	0	168.5	0.00	3.42
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	45	9	0.01	4	1	0.10	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990428 KK SEASONED FRIES 1/2	2.1 OZ	65	99	0.00	169	0	2.98	0	14.88	1.98	0.99	0	59.5	0.00	0.31
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	45	31	0.04	84	3	0.23	0	7.12	2.50	0.92	9727	41.4	5.10	0.28
990380 RANCH SALAD DRESSING @ 2 oz	OZ	45	104	1.19	346	2	10.31	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	30	79	0.02	330	8	3.53	5	12.77	0.12	0.56	300	70.1	0.00	0.24
Weighted Daily Average			641	5.19	1222	41	20.41	60	83.04	7.04	32.04	5179	566.7	31.35	4.35
% of Calories				7.29%		25.6%	28.7%		51.8%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Wednesday - 01/22/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990263 PARMESAN CHICKEN SANDWICH ELEMENTARY	SANDWICH	100	445	4.63	908	9	18.57	33	47.31	6.54	24.54	125	227.0	0.90	3.83

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	85	22	0.00	11	1	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27
990239 JUICE, ORANGE	EACH	85	50	0.00	0	12	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	45	60	0.00	5	12	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			658	5.00	1123	44	19.20	39	89.20	8.72	33.82	880	561.0	85.08	4.49
% of Calories				6.84%		26.7%	26.3%		54.2%		20.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Thursday - 01/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990351 LASAGNA W/GROUND BEEF	2" x 3 3/4"	100	287	8.05	545	6	13.34	46	22.69	3.25	19.62	430	464.2	10.34	1.68
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	85	34	0.22	37	2	2.42	0	5.21	0.94	0.78	347	13.6	7.05	0.27
990032 FRUITABLE , GOLD RUSH	BOX	85	40	0.00	60	8	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	75	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990204 MILK, CHOC FF CARTON	CARTON	20	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	2	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			575	9.89	864	38	19.83	55	73.25	5.05	30.04	5459	766.7	86.27	2.70
% of Calories				15.48%		26.4%	31.0%		51.0%		20.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Friday - 01/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	40	30.00	5.00	10.00	0	150.0	0.00	1.80
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	50	140	0.00	550	12	1.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990186 GRAPES FRESH	1/2 CUP	100	55	0.00	0	14	0.50	0	14.00	1.00	0.50	50	0.0	9.00	0.18
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	73	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	2	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			604	4.56	1010	45	18.22	46	88.53	9.15	22.15	550	470.0	12.35	3.14
% of Calories				6.79%		29.8%	27.1%		58.6%		14.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

Monday - 01/27/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990402 TACO SNACK	EACH	100	350	7.00	560	3	15.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990154 SALSA, GREEN CHILI	1/4 Cup	65	20	0.00	360	2	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	65	120	1.00	540	1	2.50	0	18.00	6.00	6.00	0	20.0	0.00	0.00
990428 KK SEASONED FRIES 1/2	2.1 OZ	65	99	0.00	169	0	2.98	0	14.88	1.98	0.99	0	59.5	0.00	0.31
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	15	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			668	8.02	1459	33	19.18	32	91.42	12.14	28.54	1355	451.7	7.02	1.91
% of Calories				10.81%		19.8%	25.8%		54.7%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Tuesday - 01/28/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990407 CHEESE STICKS	SERVING	100	303	6.05	494	4	11.09	30	30.25	3.02	19.16	403	302.5	0.00	1.82
990210 DIPPING SAUCE - (4 OZ)	4 OZ	85	78	1.42	429	9	2.15	0	11.23	2.16	3.99	501	92.8	3.62	0.93

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990220 SALAD, ROMAINE TOSSED	SERVINGS	65	55	0.01	27	7	0.27	0	12.43	2.84	1.56	12075	32.9	38.35	0.87
990380 RANCH SALAD DRESSING @ 2 oz	OZ	45	104	1.19	346	2	10.31	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	55	70	0.00	50	11	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	55	70	0.00	0	14	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			649	8.12	1258	49	18.26	41	86.73	6.71	32.25	9187	712.0	99.96	5.64
% of Calories				11.26%		30.2%	25.3%		53.5%		19.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Wednesday - 01/29/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	105	26.07	2.00	8.02	2	59.2	0.60	1.00
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	3.50	12	0.00	0.00	3.50	0	0.0	0.00	1.00
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0	22.32	1.49	1.49	0	0.0	2.98	0.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	45	77	0.00	10	16	0.01	0	19.27	2.32	0.03	2	6.5	0.02	0.05
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	14	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			625	5.00	841	47	21.76	124	84.30	4.32	20.80	502	362.1	44.35	2.33
% of Calories				7.20%		30.1%	31.3%		54.0%		13.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Thursday - 01/30/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990408 SLOPPY JOE ELEMENTARY	3 OZ	100	271	2.79	532	11	7.69	31	40.50	5.41	15.11	271	68.3	2.88	3.66
990394 CARROTS,STICKS 3EA	SERVING	85	23	0.02	39	3	0.14	0	5.43	1.59	0.53	9472	18.7	3.34	0.17
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	104	1.19	346	2	10.31	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	65	16	0.00	140	1	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35
990187 BANANAS,RAW	EACH	65	121	0.15	1	17	0.45	0	31.06	3.54	1.48	87	6.8	11.83	0.35
990205 MILK,LOW FAT WHITE CARTON	CARTON	98	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	1	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			578	5.40	1077	38	19.34	50	81.73	10.36	26.02	8997	433.5	14.74	4.26
% of Calories				8.41%		26.3%	30.1%		56.6%		18.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

Friday - 01/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	65	90	0.00	370	0	1.50	0	16.00	2.00	2.00	0	20.0	2.40	0.36
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0	1.80	0.00	0.00	0	0.8	0.00	0.00
990148 WINTER MIX , VEG.	1/2 CUP	65	25	0.00	20	1	0.00	0	4.00	2.00	2.00	227	20.0	36.00	0.39
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990205 MILK, LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			625	7.49	872	30	27.52	47	69.19	6.95	25.95	647	371.0	44.99	2.93
% of Calories				10.79%		19.2%	39.6%		44.3%		16.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0								

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			618	5	1047	*43	18.52	51	86.07	7.67	26.59	3287	474	41.80	3.61
% of Calories				7.83%		*27.8%	27.0%		55.7%		17.2%				

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.