

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2020 thru Jan 31, 2020

Menu Name: (6-8) of K-12 LUNCH

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 01/07/2020

Reimbursable Meal Total 100

|                                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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                       |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |            |            |           |

Wednesday - 01/08/2020

Reimbursable Meal Total 100

|                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2020 thru Jan 31, 2020

|                                          | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (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                |                 |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |                        |            |           |

Thursday - 01/09/2020

Reimbursable Meal Total 100

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (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      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2020 thru Jan 31, 2020

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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      |
| 990289 FRUITABLE / TROPICAL TWIST | JUICE BOX    | 55        | 90                       | 0.00                   | 20                     | 19         | 0.00      | 0           | 22.00    | 0.00      | 0.00      | 500        | 0.0        | 100.00     | 0.00      |
| Weighted Daily Average            |              |           | 703                      | 7.29                   | 998                    | 40         | 18.83     | 44          | 105.28   | 7.43      | 29.64     | 1030       | 726.6      | 57.38      | 3.96      |
| % of Calories                     |              |           |                          | 9.33%                  |                        | 22.8%      | 24.1%     |             | 59.9%    |           | 16.9%     |            |            |            |           |
| Weekly Nutrient Guideline         |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |            |            |           |

Friday - 01/10/2020

Reimbursable Meal Total 100

|                                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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      |
| 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      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2020 thru Jan 31, 2020

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 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      |
| Weighted Daily Average    |              |           | 769                      | 3.68                   | 1429                   | 56         | 23.00     | 39          | 109.74   | 11.98     | 33.50     | 9254       | 474.3     | 88.67      | 5.70      |
| % of Calories             |              |           |                          | 4.31%                  |                        | 29.1%      | 26.9%     |             | 57.1%    |           | 17.4%     |            |           |            |           |
| Weekly Nutrient Guideline |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |           |            |           |

Monday - 01/13/2020

Reimbursable Meal Total 100

|                                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc (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      |
| 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      |
| 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      |
| 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                       |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |           |            |           |

# Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

**Tuesday - 01/14/2020**

**Reimbursable Meal Total 100**

|                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990451 GRILLED CHEESE                     | SANDWICH     | 100       | 280                      | 5.56                   | 581                    | 6          | 9.91      | 32          | 30.96    | 3.00      | 18.55     | 524        | 465.9                  | 0.00       | 1.64      |
| 990450 VEGETARIAN CHILI (V)               | 3/4 CUP      | 100       | 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 | 85        | 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                    |              |           | 610                      | 6.15                   | 1292                   | *50        | 13.10     | 38          | 93.01    | 8.63      | 30.93     | 1493       | 826.9                  | 76.12      | 3.24      |
| % of Calories                             |              |           |                          | 9.07%                  |                        | *32.8%     | 19.3%     |             | 61.0%    |           | 20.3%     |            |                        |            |           |
| Weekly Nutrient Guideline                 |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |                        |            |           |

**Wednesday - 01/15/2020**

**Reimbursable Meal Total 100**

|                                    | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (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         | 85        | 22                       | 0.00                   | 11                     | 1          | 0.00      | 0           | 3.75     | 1.50      | 1.50      | 300        | 30.0                   | 36.00      | 0.27      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2020 thru Jan 31, 2020

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (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      |
| 990316 APPLES,RAW,WITH SKIN 163 CT. | EACH         | 100       | 55                       | 0.03                   | 1                      | 11         | 0.18      | 0           | 14.64    | 2.50      | 0.28      | 50         | 10.0                   | 0.60       | 0.18      |
| Weighted Daily Average              |              |           | 547                      | 0.40                   | 666                    | 56         | 4.94      | 67          | 97.33    | 5.28      | 27.61     | 805        | 348.2                  | 60.24      | 6.97      |
| % of Calories                       |              |           |                          | 0.66%                  |                        | 41.0%      | 8.1%      |             | 71.2%    |           | 20.2%     |            |                        |            |           |
| Weekly Nutrient Guideline           |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |                        |            |           |

Thursday - 01/16/2020

Reimbursable Meal Total 100

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (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      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2020 thru Jan 31, 2020

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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      |
| 990200 JUICE, APPLE         | 4 oz         | 100       | 60                       | 0.00                   | 10                     | 13         | 0.00      | 0           | 14.00    | 0.00      | 0.00      | 0          | 0.0        | 60.00      | 0.00      |
| Weighted Daily Average      |              |           | 821                      | 8.41                   | 1366                   | 52         | 28.43     | 43          | 117.42   | 12.80     | 23.92     | 9041       | 469.7      | 78.55      | 2.46      |
| % of Calories               |              |           |                          | 9.22%                  |                        | 25.3%      | 31.2%     |             | 57.2%    |           | 11.7%     |            |            |            |           |
| Weekly Nutrient Guideline   |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |            |            |           |

Friday - 01/17/2020

Reimbursable Meal Total 100

|                                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-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        | 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      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2020 thru Jan 31, 2020

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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    |              |           | 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 |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |            |            |           |

**Monday - 01/20/2020**

**Reimbursable Meal Total 100**

|                                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-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                       |              |           | 600 - 700                | <10                    | 1360                   |            | <=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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc (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      |
| 990200 JUICE, APPLE                     | 4 oz          | 85        | 60                       | 0.00                   | 10                     | 13         | 0.00      | 0           | 14.00    | 0.00      | 0.00      | 0          | 0.0       | 60.00      | 0.00      |
| Weighted Daily Average                  |               |           | 692                      | 5.19                   | 1231                   | 52         | 20.41     | 60          | 94.94    | 7.04      | 32.04     | 5179       | 566.7     | 82.35      | 4.35      |
| % of Calories                           |               |           |                          | 6.75%                  |                        | 30.1%      | 26.5%     |             | 54.9%    |           | 18.5%     |            |           |            |           |
| Weekly Nutrient Guideline               |               |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |           |            |           |

Wednesday - 01/22/2020

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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (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      |
| 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                   |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |                        |            |           |

Thursday - 01/23/2020

Reimbursable Meal Total 100

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (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      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2020 thru Jan 31, 2020

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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      |
| 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      |
| 990240 VARIETY FRUIT             | EACH         | 85        | 73                       | 0.05                   | 1                      | 12         | 0.19      | 0           | 18.86    | 2.86      | 0.86      | 142        | 25.3       | 27.62      | 0.16      |
| Weighted Daily Average           |              |           | 638                      | 9.94                   | 865                    | 48         | 19.99     | 55          | 89.29    | 7.48      | 30.77     | 5580       | 788.2      | 109.75     | 2.84      |
| % of Calories                    |              |           |                          | 14.02%                 |                        | 30.1%      | 28.2%     |             | 56.0%    |           | 19.3%     |            |            |            |           |
| Weekly Nutrient Guideline        |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |            |            |           |

Friday - 01/24/2020

Reimbursable Meal Total 100

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990422 CHICKEN, CORN PUPS        | 8 EACH       | 100       | 360                      | 3.75                   | 585                    | 8          | 12.00     | 60          | 45.00    | 7.50      | 13.50     | 0          | 120.0      | 0.00       | 2.70      |
| 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      | 65        | 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      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2020 thru Jan 31, 2020

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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       | 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    |              |           | 675                      | 4.80                   | 1185                   | 42         | 18.05     | 66          | 98.63    | 11.30     | 25.48     | 532        | 440.0      | 9.20       | 3.98      |
| % of Calories             |              |           |                          | 6.40%                  |                        | 24.9%      | 24.1%     |             | 58.4%    |           | 15.1%     |            |            |            |           |
| Weekly Nutrient Guideline |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |            |            |           |

Monday - 01/27/2020

Reimbursable Meal Total 100

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (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              |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |            |            |           |

# Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

**Tuesday - 01/28/2020**

**Reimbursable Meal Total 100**

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (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      |
| 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      |
| 990200 JUICE, APPLE                  | 4 oz         | 85        | 60                       | 0.00                   | 10                     | 13         | 0.00      | 0           | 14.00    | 0.00      | 0.00      | 0          | 0.0                    | 60.00      | 0.00      |
| Weighted Daily Average               |              |           | 700                      | 8.12                   | 1267                   | 60         | 18.26     | 41          | 98.63    | 6.71      | 32.25     | 9187       | 712.0                  | 150.96     | 5.64      |
| % of Calories                        |              |           |                          | 10.44%                 |                        | 34.3%      | 23.5%     |             | 56.4%    |           | 18.4%     |            |                        |            |           |
| Weekly Nutrient Guideline            |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |                        |            |           |

**Wednesday - 01/29/2020**

**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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-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      |
| 990216 PORK, SAUSAGE LINKS, COOKED @2 | LINKS        | 100       | 100                      | 3.00                   | 170                    | 0          | 7.00      | 25          | 0.00     | 0.00      | 7.00      | 0          | 0.0        | 0.00       | 2.00      |
| 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      |
| 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      |
| 990399 HONEY BUN GRAHAMS              | PACKAGE      | 85        | 130                      | 1.00                   | 130                    | 8          | 4.50      | 0           | 21.00    | 1.00      | 2.00      | 0          | 2.0        | 0.00       | 4.00      |
| Weighted Daily Average                |              |           | 786                      | 7.35                   | 1037                   | 54         | 29.08     | 136         | 102.15   | 5.17      | 26.00     | 502        | 363.8      | 44.35      | 6.73      |
| % of Calories                         |              |           |                          | 8.42%                  |                        | 27.5%      | 33.3%     |             | 52.0%    |           | 13.2%     |            |            |            |           |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |            |            |           |

Thursday - 01/30/2020

Reimbursable Meal Total 100

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2020 thru Jan 31, 2020

|                                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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      |
| 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                       |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |            |            |           |

Friday - 01/31/2020

Reimbursable Meal Total 100

|                                          | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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      |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2020 thru Jan 31, 2020

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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       | 20        | 100                      | 1.50                   | 110                    | 12         | 2.50      | 12          | 12.00    | 0.00      | 8.00      | 500        | 300.0      | 0.00       | 0.00      |
| 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      |
| Weighted Daily Average      |              |           | 668                      | 7.49                   | 872                    | 40         | 27.52     | 47          | 80.24    | 6.95      | 25.95     | 647        | 379.5      | 95.99      | 2.93      |
| % of Calories               |              |           |                          | 10.09%                 |                        | 24.0%      | 37.1%     |             | 48.0%    |           | 15.5%     |            |            |            |           |
| Weekly Nutrient Guideline   |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |             |          |           |           |            |            |            |           |

|                   |  |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--|--|--------------------------|------------------------|------------------------|------------|-----------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| Weighted Averages |  |  | 659                      | 6                      | 1086                   | *48        | 19.18     | 54          | 93.65    | 8.18      | 27.60     | 3326       | 487        | 59.30      | 3.95      |
| % of Calories     |  |  |                          | 7.73%                  |                        | *29.1%     | 26.2%     |             | 56.8%    |           | 16.8%     |            |            |            |           |

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.