

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

Menu Name: SMALL SCHOOLS K-8

Include Cost: No

Site:

Report Style: Detailed

Thursday - 01/02/2020

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)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	251	2.44	641	10	6.88	27	38.09	5.88	14.15	250	60.5	0.00	3.07
990394 CARROTS,STICKS 3EA	SERVING	95	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	95	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	95	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	95	60	0.00	5	12	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
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
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
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			567	4.11	1338	45	17.68	44	81.48	10.25	24.56	10092	432.9	6.38	3.81
% of Calories				6.52%		31.7%	28.1%		57.5%		17.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0								

Friday - 01/03/2020

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)
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
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	65	104	1.19	346	2	10.31	11	1.62	0.00	1.00	62	37.5	0.15	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
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
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
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
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			627	6.30	891	55	18.76	39	86.16	7.37	25.69	8391	350.0	77.96	0.84
% of Calories				9.04%		35.1%	26.9%		55.0%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0								

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)	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

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)
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	75	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	75	140	0.00	550	12	1.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	12	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	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
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			641	4.79	1228	56	13.70	54	99.44	8.96	34.38	806	513.5	67.36	5.44
% of Calories				6.73%		34.9%	19.2%		62.1%		21.5%				
Weekly Nutrient Guideline			600 - 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)	Vlt-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
990335 ROLL, DINNER WHITE WG	ROLL	75	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	75	90	0.00	370	0	1.50	0	16.00	2.00	2.00	0	20.0	2.40	0.36

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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)
990350 GRAVY, BEEF LS	OZ	75	9	0.00	64	0	2.25	0	1.80	0.00	0.00	0	0.8	0.00	0.00
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	95	70	0.00	50	11	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
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
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
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			611	3.14	1038	42	18.32	32	84.09	6.11	26.56	830	315.7	101.87	6.52
% of Calories				4.63%		27.5%	27.0%		55.1%		17.4%				
Weekly Nutrient Guideline			600 - 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)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	251	2.44	641	10	6.88	27	38.09	5.88	14.15	250	60.5	0.00	3.07
990394 CARROTS,STICKS 3EA	SERVING	95	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	95	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	95	16	0.00	140	1	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35

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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)
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
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
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
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			567	4.11	1338	45	17.68	44	81.48	10.25	24.56	10092	432.9	6.38	3.81
% of Calories				6.52%		31.7%	28.1%		57.5%		17.3%				
Weekly Nutrient Guideline			600 - 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)	Calc ^m (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
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	65	104	1.19	346	2	10.31	11	1.62	0.00	1.00	62	37.5	0.15	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
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72

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)
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
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
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
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			627	6.30	891	55	18.76	39	86.16	7.37	25.69	8391	350.0	77.96	0.84
% of Calories				9.04%		35.1%	26.9%		55.0%		16.4%				
Weekly Nutrient Guideline			600 - 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
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	85	140	0.00	550	12	1.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	65	160	1.00	100	12	5.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	20	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
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

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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	1	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
Weighted Daily Average			720	2.09	1567	56	25.00	52	99.51	8.75	25.36	3892	365.0	41.92	13.59
% of Calories				2.61%		31.1%	31.2%		55.3%		14.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0								

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)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	30	34.01	2.00	16.00	0	300.1	0.00	1.44
990210 DIPPING SAUCE - (4 OZ)	4 OZ	90	78	1.42	429	9	2.15	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	90	22	0.00	11	1	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27
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
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
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
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	15	13.00	0.00	9.00	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

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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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			588	7.66	1225	47	14.56	36	85.97	5.30	28.19	1171	680.6	94.05	2.76
% of Calories				11.72%		32.0%	22.3%		58.5%		19.2%				
Weekly Nutrient Guideline			600 - 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)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990087 RICE, BROWN, 1/2 Cup, Prepar	1/2 Cup, Prepar	100	85	0.00	4	0	0.75	0	18.00	1.00	2.00	0	3.6	0.00	0.18
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	95	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	95	104	1.19	346	2	10.31	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990148 WINTER MIX , VEG.	1/2 CUP	95	25	0.00	20	1	0.00	0	4.00	2.00	2.00	227	20.0	36.00	0.39
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
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
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

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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			557	2.69	1044	48	14.14	71	76.44	6.13	28.73	10285	417.5	42.13	2.14
% of Calories				4.35%		34.5%	22.8%		54.9%		20.6%				
Weekly Nutrient Guideline			600 - 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)	Vit-A (IU)	Calc ^m (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
990049 ROLL, DINNER WG	ROLL	45	100	0.50	70	2	2.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
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
990069 CORN KERNEL 1/2 C	1/2 CUP	45	65	0.00	15	3	1.00	0	15.00	2.00	2.00	0	0.0	0.00	0.72
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
000064 APPLES,Fresh	EACH	45	72	0.04	1	14	0.23	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	45	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
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
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	55	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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			731	8.28	905	44	29.62	50	91.29	8.94	28.09	654	438.2	23.32	3.57
% of Calories				10.19%		24.1%	36.5%		50.0%		15.4%				
Weekly Nutrient Guideline			600 - 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)	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	35	9	0.01	4	1	0.10	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	65	130	1.00	300	0	4.50	0	21.01	3.00	2.00	0	0.0	4.00	4.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	45	51	0.00	2	11	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990239 JUICE, ORANGE	EACH	45	50	0.00	0	12	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
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
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	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

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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			636	3.68	1101	35	18.84	32	90.10	8.64	29.48	643	406.8	33.59	6.50
% of Calories				5.21%		22.0%	26.7%		56.7%		18.5%				
Weekly Nutrient Guideline			600 - 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)	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
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
990180 ORANGE	EACH	85	60	0.00	0	12	0.00	0	15.00	3.00	1.00	300	60.0	72.00	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
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
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

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	28	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			685	5.29	844	49	21.73	47	99.95	10.52	20.97	755	501.0	97.42	2.28
% of Calories				6.95%		28.6%	28.6%		58.4%		12.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0								

Tuesday - 01/21/2020

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)
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	75	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	75	140	0.00	550	12	1.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	12	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	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

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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			641	4.79	1228	56	13.70	54	99.44	8.96	34.38	806	513.5	67.36	5.44
% of Calories				6.73%		34.9%	19.2%		62.1%		21.5%				
Weekly Nutrient Guideline			600 - 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)	Vlt-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
990335 ROLL, DINNER WHITE WG	ROLL	75	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	75	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	75	9	0.00	64	0	2.25	0	1.80	0.00	0.00	0	0.8	0.00	0.00
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	95	70	0.00	50	11	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
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
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

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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			611	3.14	1038	42	18.32	32	84.09	6.11	26.56	830	315.7	101.87	6.52
% of Calories				4.63%		27.5%	27.0%		55.1%		17.4%				
Weekly Nutrient Guideline			600 - 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	251	2.44	641	10	6.88	27	38.09	5.88	14.15	250	60.5	0.00	3.07
990394 CARROTS,STICKS 3EA	SERVING	95	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	95	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	95	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	95	60	0.00	5	12	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
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
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

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	28	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			567	4.11	1338	45	17.68	44	81.48	10.25	24.56	10092	432.9	6.38	3.81
% of Calories				6.52%		31.7%	28.1%		57.5%		17.3%				
Weekly Nutrient Guideline			600 - 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)	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
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	65	104	1.19	346	2	10.31	11	1.62	0.00	1.00	62	37.5	0.15	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
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
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
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

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	28	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			627	6.30	891	55	18.76	39	86.16	7.37	25.69	8391	350.0	77.96	0.84
% of Calories				9.04%		35.1%	26.9%		55.0%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0								

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)	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
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	85	140	0.00	550	12	1.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	65	160	1.00	100	12	5.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	20	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
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	1	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	1	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
Weighted Daily Average			720	2.09	1567	56	25.00	52	99.51	8.75	25.36	3892	365.0	41.92	13.59
% of Calories				2.61%		31.1%	31.2%		55.3%		14.1%				
Weekly Nutrient Guideline			600 - 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)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	30	34.01	2.00	16.00	0	300.1	0.00	1.44
990210 DIPPING SAUCE - (4 OZ)	4 OZ	90	78	1.42	429	9	2.15	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	90	22	0.00	11	1	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27
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
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	75	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
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
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			621	8.78	1252	52	16.43	41	90.94	6.04	28.99	1221	710.6	93.16	3.06
% of Calories				12.72%		33.5%	23.8%		58.6%		18.7%				
Weekly Nutrient Guideline			600 - 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)	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
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	65	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	65	104	1.19	346	2	10.31	11	1.62	0.00	1.00	62	37.5	0.15	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
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	75	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
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
990204 MILK, CHOC FF CARTON	CARTON	0	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			558	5.80	915	38	21.35	58	71.33	9.32	20.60	7140	514.3	28.55	2.78
% of Calories				9.35%		27.2%	34.4%		51.1%		14.8%				
Weekly Nutrient Guideline			600 - 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)	Calc ^m (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
990049 ROLL, DINNER WG	ROLL	45	100	0.50	70	2	2.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
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
990069 CORN KERNEL 1/2 C	1/2 CUP	45	65	0.00	15	3	1.00	0	15.00	2.00	2.00	0	0.0	0.00	0.72
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
000064 APPLES,Fresh	EACH	45	72	0.04	1	14	0.23	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	10	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			701	8.74	837	38	30.40	51	85.27	9.14	26.26	534	366.2	22.14	3.51
% of Calories				11.22%		21.7%	39.0%		48.7%		15.0%				
Weekly Nutrient Guideline			600 - 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)	Vlt-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	35	9	0.01	4	1	0.10	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	60	130	1.00	300	0	4.50	0	21.01	3.00	2.00	0	0.0	4.00	4.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	45	51	0.00	2	11	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990239 JUICE, ORANGE	EACH	45	50	0.00	0	12	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			649	4.61	1094	38	20.24	36	92.01	9.18	29.42	643	406.8	32.37	6.56
% of Calories				6.39%		23.4%	28.1%		56.7%		18.1%				
Weekly Nutrient Guideline			600 - 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			631	5	1122	47	19.56	45	88.20	8.27	26.86	4264	437	54.38	4.68
% of Calories				7.26%		29.8%	27.9%		55.9%		17.0%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.