

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

Menu Name: SMALL SCHOOLS 9-12

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 01/07/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	48	30.00	3.00	21.50	0	168.5	0.00	3.42
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	95	9	0.01	4	1	0.10	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	100	210	0.00	825	18	1.50	0	43.50	7.50	9.00	0	60.0	0.00	2.70
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	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	95	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	75	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			756	4.64	1653	67	14.22	54	124.34	13.14	38.97	888	544.4	65.84	6.92
% of Calories				5.52%		35.4%	16.9%		65.8%		20.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0								

Wednesday - 01/08/2020

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)	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	100	70	0.25	125	2	1.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	100	135	0.00	555	0	2.25	0	24.00	3.00	3.00	0	30.0	3.60	0.54
990350 GRAVY, BEEF LS	OZ	100	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	100	70	0.00	50	11	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	26	0.00	0	28.00	2.00	0.00	600	0.0	2.40	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	75	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			779	3.12	1388	59	20.13	31	118.39	9.01	29.01	1200	348.8	111.04	7.16
% of Calories				3.60%		30.3%	23.3%		60.8%		14.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0								

Thursday - 01/09/2020

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990332 MANWICH (SECONDARY)	4 OZ SERVINGS	100	306	3.86	787	11	9.73	43	41.29	7.04	18.65	316	60.8	0.00	3.82
990397 CARROTS,STICKS 6 EA	SERVING	100	46	0.04	78	5	0.27	0	10.86	3.18	1.06	18944	37.4	6.69	0.34
990380 RANCH SALAD DRESSING @ 2 oz	OZ	100	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	100	16	0.00	140	1	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0	18.10	1.21	0.00	241	0.0	1.45	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	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	1	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			692	6.57	1569	56	22.79	64	98.42	14.16	29.70	20164	455.7	9.44	5.05
% of Calories				8.54%		32.4%	29.6%		56.9%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0								

Friday - 01/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	95	55	0.01	27	7	0.27	0	12.43	2.84	1.56	12075	32.9	38.35	0.87

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990406 CINNAMON APPLES, BAKED	1/2 CUP	95	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	95	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	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	85	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	14	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			686	7.33	757	64	16.79	42	100.79	7.92	31.00	12003	355.4	95.69	1.19
% of Calories				9.62%		37.3%	22.0%		58.8%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Vit-A (IU)	Calc ^m (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	85	40	0.00	60	8	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	85	120	0.00	10	26	0.00	0	28.00	2.00	0.00	600	0.0	2.40	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	95	160	1.00	100	12	5.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00

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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)
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	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	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	0	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	0	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
Weighted Daily Average			854	2.45	1624	77	26.60	56	127.10	10.60	26.20	5270	374.0	55.38	18.12
% of Calories				2.58%		36.1%	28.0%		59.5%		12.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	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	95	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

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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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
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
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			660	8.78	1255	60	16.43	41	100.24	6.04	28.99	1221	710.6	119.26	3.06
% of Calories				11.97%		36.4%	22.4%		60.8%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Vlt-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
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0	36.75	2.04	4.08	0	7.1	0.00	0.37
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
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0	18.10	1.21	0.00	241	0.0	1.45	0.00
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
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

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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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
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
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			706	3.94	1078	57	17.00	77	105.34	8.17	32.45	10446	475.1	41.99	2.56
% of Calories				5.02%		32.3%	21.7%		59.7%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	100	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	95	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	95	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	95	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	85	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	95	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	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

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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			896	9.04	1026	56	33.24	51	127.21	14.39	30.04	571	387.6	41.04	4.84
% of Calories				9.08%		25.0%	33.4%		56.8%		13.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	100	340	1.50	540	5	11.00	45	38.00	6.00	25.00	0	60.0	0.00	2.88
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	85	9	0.01	4	1	0.10	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	75	173	1.33	400	0	6.00	0	28.02	4.00	2.67	0	0.0	5.34	5.34
990162 APPLE SAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	95	51	0.00	2	11	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990239 JUICE, ORANGE	EACH	95	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	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	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	20	110	1.50	130	12	2.50	15	13.00	0.00	9.00	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	0	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	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			721	4.01	1057	50	18.09	56	109.81	11.26	35.61	847	375.2	67.16	7.57
% of Calories				5.01%		27.7%	22.6%		60.9%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
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
990157 POTATO, TATER TOTS	1 CUP	95	258	1.98	377	0	13.89	0	29.76	1.98	1.98	0	0.0	3.97	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	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	15	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	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)	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			879	7.13	1154	55	27.69	71	128.06	14.38	25.23	755	471.0	97.82	3.48
% of Calories				7.30%		25.0%	28.4%		58.3%		11.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	9	0.01	4	1	0.10	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	100	210	0.00	825	18	1.50	0	43.50	7.50	9.00	0	60.0	0.00	2.70
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	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	95	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	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	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			756	4.64	1653	67	14.22	54	124.34	13.14	38.97	888	544.4	65.84	6.92
% of Calories				5.52%		35.4%	16.9%		65.8%		20.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0								

Wednesday - 01/22/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	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	100	70	0.25	125	2	1.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	95	135	0.00	555	0	2.25	0	24.00	3.00	3.00	0	30.0	3.60	0.54
990350 GRAVY, BEEF LS	OZ	95	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
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	95	120	0.00	10	26	0.00	0	28.00	2.00	0.00	600	0.0	2.40	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	15	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	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 (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			784	4.25	1360	59	21.78	36	117.71	9.50	28.95	1170	346.9	104.78	7.19
% of Calories				4.88%		30.1%	25.0%		60.1%		14.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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 (mg)	Vit-C (mg)	Iron (mg)
990332 MANWICH (SECONDARY)	4 OZ SERVINGS	100	306	3.86	787	11	9.73	43	41.29	7.04	18.65	316	60.8	0.00	3.82
990397 CARROTS,STICKS 6 EA	SERVING	100	46	0.04	78	5	0.27	0	10.86	3.18	1.06	18944	37.4	6.69	0.34
990380 RANCH SALAD DRESSING @ 2 oz	OZ	100	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	100	16	0.00	140	1	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0	18.10	1.21	0.00	241	0.0	1.45	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	15	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	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)	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			691	6.59	1568	55	22.81	65	98.27	14.16	29.84	20164	455.7	9.37	5.05
% of Calories				8.58%		31.8%	29.7%		56.9%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	95	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	95	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	95	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	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	15	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	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)	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			792	9.64	1073	65	28.56	57	101.97	8.66	31.61	12033	373.0	88.68	1.42
% of Calories				10.95%		32.8%	32.5%		51.5%		16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	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	95	40	0.00	60	8	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	95	120	0.00	10	26	0.00	0	28.00	2.00	0.00	600	0.0	2.40	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	95	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			878	2.39	1677	81	26.60	55	132.81	11.25	26.56	5815	369.0	61.60	18.27
% of Calories				2.45%		36.9%	27.3%		60.5%		12.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	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			639	8.78	1255	56	16.43	41	95.14	6.04	28.99	1221	710.6	111.16	3.06
% of Calories				12.37%		35.1%	23.1%		59.6%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	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
990179 MIXED FRUIT COCKTAIL	1 CUP	95	72	0.00	6	14	0.00	0	18.10	1.21	0.00	241	0.0	1.45	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			636	6.17	1053	46	24.52	61	82.59	11.17	21.77	10244	543.9	41.53	2.98
% of Calories				8.73%		28.9%	34.7%		51.9%		13.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	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	95	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	95	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	95	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	95	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	95	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)	Vit-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			894	9.01	1011	57	33.14	51	127.10	14.39	30.04	571	386.6	44.72	4.74
% of Calories				9.07%		25.5%	33.4%		56.9%		13.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0								

Friday - 01/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	85	173	1.33	400	0	6.00	0	28.02	4.00	2.67	0	0.0	5.34	5.34
990162 APPLE SAUCE 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
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
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			759	5.14	1255	47	22.64	36	114.01	11.18	30.49	643	410.8	58.50	8.70
% of Calories				6.09%		24.8%	26.8%		60.1%		16.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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			761	6	1288	60	22.30	53	112.30	10.98	30.23	5585	455	67.94	6.23
% of Calories				7.07%		31.5%	26.4%		59.0%		15.9%				

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

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

¹ - denotes required nutrient values

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

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