

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

Menu Name: 6-8 of HS LUNCH

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 (mg)	Vit-C (mg)	Iron (mg)
990422 CHICKEN, CORN PUPS	8 EACH	55	360	3.75	585	8	12.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990253 CHEESEBURGER	SANDWICH	45	325	5.75	615	5	15.00	52	30.00	3.00	21.50	0	158.5	0.00	2.88
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
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	50	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	10	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	40	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	45	79	0.02	330	8	3.53	5	12.77	0.12	0.56	300	70.1	0.00	0.24
Weighted Daily Average			700	5.72	1191	44	21.27	70	97.95	11.17	29.02	5791	557.9	41.07	4.43
% of Calories				7.35%		25.1%	27.3%		56.0%		16.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	55	350	7.00	320	1	24.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	45	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	45	23	0.00	132	1	0.47	0	3.76	0.00	0.00	0	0.0	0.00	0.00
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
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	50	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	5	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	45	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			672	6.15	976	36	25.46	60	78.65	8.48	31.77	5656	390.3	43.44	7.02
% of Calories				8.24%		21.4%	34.1%		46.8%		18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	55	480	9.00	1000	6	18.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990446 PINWHEEL, MEATBALL	EACH	45	340	6.00	670	3	13.00	35	40.00	3.00	19.00	0	370.0	0.00	3.00

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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)
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	25	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	55	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
Weighted Daily Average			699	9.22	1229	37	22.10	57	96.02	10.07	32.79	8352	699.6	54.01	4.94
% of Calories				11.87%		21.2%	28.5%		54.9%		18.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	36	340	1.50	540	5	11.00	45	38.00	6.00	25.00	0	60.0	0.00	2.88
990112 PIZZA, CHEESE 16"	SLICE	48	370	7.00	490	9	16.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	16	390	7.00	750	8	19.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990155 POTATO, TATER TOTS	1/2 CUP	45	130	1.00	190	0	7.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

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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	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	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
Weighted Daily Average			718	6.29	1073	45	22.93	50	94.45	9.95	34.87	7976	429.7	52.15	3.11
% of Calories				7.88%		25.1%	28.7%		52.6%		19.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	30	401	3.40	719	6	14.41	60	38.76	6.00	31.04	0	163.8	0.00	2.97
990050 FRENCH TOAST STICKS	3 STICKS	70	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	70	100	3.00	170	0	7.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990155 POTATO, TATER TOTS	1/2 CUP	45	130	1.00	190	0	7.00	0	15.00	1.00	1.00	0	0.0	2.00	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
990225 RICE CRISPY TREAT WG	PACKAGE	45	99	0.99	49	7	2.47	0	15.78	0.00	0.99	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	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	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00

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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	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			717	6.10	1004	52	23.54	118	94.55	8.60	31.24	5614	426.4	38.74	4.35
% of Calories				7.66%		29.0%	29.5%		52.7%		17.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990451 GRILLED CHEESE	SANDWICH	50	280	5.56	581	6	9.91	32	30.96	3.00	18.55	524	465.9	0.00	1.64
990402 TACO SNACK	EACH	50	350	7.00	560	3	15.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990450 VEGETARIAN CHILI (V)	3/4 CUP	50	105	0.21	497	*3	2.56	0	16.39	4.78	4.38	469	61.0	17.08	1.33
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	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	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	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
Weighted Daily Average			658	7.21	1245	*43	18.83	38	93.15	11.82	31.21	8583	666.6	60.27	3.98
% of Calories				9.86%		*26.1%	25.8%		56.6%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0								

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	30	151	0.00	442	11	3.01	60	15.05	0.00	15.05	0	2.0	0.00	6.02
990130 CHICKEN, POPCORN WG	3.3 OZ	40	250	2.50	380	1	14.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990229 RICE, BROWN,	1 Cup, Prepar	90	174	0.00	7	0	1.53	0	36.75	2.04	4.08	0	7.1	0.00	0.37
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	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	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	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
Weighted Daily Average			684	2.06	843	50	15.39	40	110.84	11.38	28.17	11918	396.8	77.63	5.44
% of Calories				2.71%		29.2%	20.2%		64.8%		16.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990266 NACHO'S SEC	SERVING	50	441	8.29	574	0	22.07	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990320 MEATBALL MARINARA HOAGIE (CANNED SAUCE)	EACH	30	445	9.91	655	6	24.01	58	33.45	2.91	21.40	*228	193.0	16.06	8.66

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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)
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	50	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	10	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	40	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990154 SALSA, GREEN CHILI	1/4 Cup	70	20	0.00	360	2	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			656	8.31	1142	39	23.96	52	83.80	10.84	26.76	*8389	484.0	59.33	5.68
% of Calories				11.40%		23.8%	32.9%		51.1%		16.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0								

Friday - 01/17/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990304 SWISS BACON BURGER	SANDWICH	36	360	6.75	678	6	18.00	60	29.50	3.00	24.00	40	3248.8	126.00	2.88
990112 PIZZA, CHEESE 16"	SLICE	48	370	7.00	490	9	16.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	16	390	7.00	750	8	19.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
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
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82

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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)
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	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	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
Weighted Daily Average			731	7.73	1146	45	24.23	56	94.31	9.71	34.71	7990	1616.4	96.61	3.32
% of Calories				9.52%		24.6%	29.8%		51.6%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0								

Monday - 01/20/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	50	480	9.00	1000	6	18.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990422 CHICKEN, CORN PUPS	8 EACH	50	360	3.75	585	8	12.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	45	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

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	55	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			706	7.64	1191	42	20.85	68	99.62	12.17	29.89	8312	578.1	53.89	4.83
% of Calories				9.74%		23.8%	26.6%		56.4%		16.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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	45	305	4.25	615	5	12.00	48	30.00	3.00	21.50	0	168.5	0.00	3.42
990210 DIPPING SAUCE - (4 OZ)	4 OZ	55	78	1.42	429	9	2.15	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	55	300	6.00	640	4	12.00	30	34.01	2.00	16.00	0	300.1	0.00	1.44
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
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	70	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	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 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	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			705	6.89	1406	46	20.34	48	99.13	10.35	33.46	8187	698.7	53.12	4.81
% of Calories				8.80%		26.1%	26.0%		56.2%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990227 CHICKEN STRIPS, BREADED	3 EA	50	285	2.25	465	0	13.50	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990335 ROLL, DINNER WHITE WG	ROLL	50	70	0.25	125	2	1.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	50	405	3.63	738	8	14.57	53	41.31	6.54	29.54	125	187.0	0.90	3.11
990276 VEGETABLE/ SALAD BAR	SERVINGS	70	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	70	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	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	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	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
Weighted Daily Average			684	3.92	1108	43	19.98	66	88.27	10.36	39.83	8519	456.9	58.37	8.21
% of Calories				5.16%		25.1%	26.3%		51.6%		23.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0								

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

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)
990351 LASAGNA W/GROUND BEEF	2" x 3 3/4"	40	287	8.05	545	6	13.34	46	22.69	3.25	19.62	430	464.2	10.34	1.68
990422 CHICKEN, CORN PUPS	8 EACH	60	360	3.75	585	8	12.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990072 GARLIC TOAST	SLICE	65	70	0.50	95	0	2.50	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	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	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	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
Weighted Daily Average			671	6.69	1062	44	19.38	65	94.94	11.87	29.39	8084	625.8	55.27	4.53
% of Calories				8.97%		26.2%	26.0%		56.6%		17.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0								

Friday - 01/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990112 PIZZA, CHEESE 16"	SLICE	40	370	7.00	490	9	16.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	24	390	7.00	750	8	19.00	45	35.00	3.00	20.00	400	250.0	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 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)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	36	350	7.00	320	1	24.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	55	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	55	9	0.00	64	0	2.25	0	1.80	0.00	0.00	0	0.8	0.00	0.00
990049 ROLL, DINNER WG	ROLL	40	100	0.50	70	2	2.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	50	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	5	110	1.50	125	12	2.50	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	45	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			750	8.39	1163	42	28.19	51	94.55	10.32	32.68	8008	462.0	51.79	3.41
% of Calories				10.07%		22.4%	33.8%		50.4%		17.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	50	250	2.50	380	1	14.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990431 MAC AND CHEESE CAMPBELL	CUP	50	300	6.00	60	9	11.00	35	32.00	2.00	17.00	0	300.0	0.00	1.44
990087 RICE, BROWN,	1/2 Cup, Prepar	50	85	0.00	4	0	0.75	0	18.00	1.00	2.00	0	3.6	0.00	0.18

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)
990335 ROLL, DINNER WHITE WG	ROLL	80	70	0.25	125	2	1.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	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	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	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
Weighted Daily Average			664	5.27	748	43	18.77	40	93.37	9.22	30.34	7937	512.9	53.53	3.91
% of Calories				7.14%		25.9%	25.4%		56.2%		18.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	50	418	9.42	979	12	18.15	40	40.23	4.16	22.99	501	442.8	3.62	3.23
990446 PINWHEEL, MEATBALL	EACH	50	340	6.00	670	3	13.00	35	40.00	3.00	19.00	0	370.0	0.00	3.00
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
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
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	30	110	1.50	125	12	2.50	10	13.00	0.00	8.00	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
Weighted Daily Average			745	9.20	1245	50	22.85	53	103.15	9.23	33.32	5913	756.7	43.48	14.25
% of Calories				11.11%		26.8%	27.6%		55.4%		17.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990050 FRENCH TOAST STICKS	3 STICKS	75	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	75	100	3.00	170	0	7.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	25	410	3.75	708	6	16.00	60	38.50	6.00	31.00	40	3248.8	126.00	2.88
990155 POTATO, TATER TOTS	1/2 CUP	55	130	1.00	190	0	7.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	55	77	0.00	10	16	0.01	0	19.27	2.32	0.03	2	6.5	0.02	0.05
990225 RICE CRISPY TREAT WG	PACKAGE	55	99	0.99	49	7	2.47	0	15.78	0.00	0.99	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	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	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 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)
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			762	6.53	1049	55	25.62	122	101.10	9.27	31.19	6753	1202.0	75.20	4.51
% of Calories				7.71%		28.9%	30.3%		53.1%		16.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 (mg)	Vit-C (mg)	Iron (mg)
990411 SLOPPY JOE SECONDARY	4 OZ	40	315	3.72	625	13	9.59	41	44.34	6.22	18.15	361	71.1	3.83	4.27
990112 PIZZA, CHEESE 16"	SLICE	36	370	7.00	490	9	16.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	24	390	7.00	750	8	19.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	70	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	20	110	1.50	125	12	2.50	10	13.00	0.00	8.00	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
Weighted Daily Average			648	6.58	1038	48	19.38	50	89.81	9.71	31.76	8152	456.6	52.66	3.91
% of Calories				9.14%		29.6%	26.9%		55.4%		19.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0								

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

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)
990402 TACO SNACK	EACH	65	350	7.00	560	3	15.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990298 FRENCH DIP	SANDWICH	35	275	4.25	1095	3	10.25	35	26.75	2.00	16.75	*40	3231.3	136.00	6.50
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	70	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	25	110	1.50	125	12	2.50	10	13.00	0.00	8.00	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
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
Weighted Daily Average			633	6.93	1413	42	18.56	39	87.78	10.67	28.41	*8446	1564.1	102.69	4.98
% of Calories				9.85%		26.5%	26.4%		55.5%		18.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0								

			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)
Weighted Averages			695	7	1120	*45	21.66	60	94.50	10.27	31.62	*7820	683	59.12	5.24
% of Calories				8.65%		*25.9%	28.0%		54.4%		18.2%				

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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