

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

Menu Name: HS 9-12 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 ^m (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
990248 WRAP, CHICKEN BACON RANCH	WRAP	5	633	9.72	1663	4	34.06	81	49.24	2.59	33.42	1858	453.3	7.11	7.96
990429 KK SEASONED FRIES 3/4	3.15 OZ	65	149	0.00	253	0	4.46	0	22.33	2.98	1.49	0	89.3	0.00	0.47
990277 FRUIT BAR	EACH	85	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	85	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			850	6.48	1473	51	26.64	76	119.33	14.69	33.41	10420	638.7	66.03	5.76
% of Calories				6.86%		24.0%	28.2%		56.2%		15.7%				
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)	Vlt-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	40	285	2.25	465	0	13.50	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990294 CHICKEN FAJITA QUESADILLA	EACH	5	357	6.95	1148	3	12.89	61	36.18	1.00	22.63	752	383.8	0.00	2.22
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	65	135	0.00	555	0	2.25	0	24.00	3.00	3.00	0	30.0	3.60	0.54
990198 GRAVY, CHICKEN	SERVING 2 OZ	65	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	85	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	80	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	75	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			835	6.82	1384	41	29.45	62	105.99	12.48	35.99	9653	460.8	63.94	7.99
% of Calories				7.35%		19.6%	31.7%		50.8%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Vlt-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

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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)
990446 PINWHEEL, MEATBALL	EACH	40	340	6.00	670	3	13.00	35	40.00	3.00	19.00	0	370.0	0.00	3.00
990386 SIDEWINDER, PHILLY CHEESE STEAK FRIES	SERVING	5	422	8.09	1657	4	22.03	51	38.69	4.88	18.48	195	162.0	8.76	6.74
990073 GARLIC TOAST -2	2 OZ	5	140	1.00	190	0	5.00	0	24.00	2.00	4.00	0	0.0	0.00	1.44
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			710	9.37	1288	38	22.80	58	97.15	10.27	32.97	8361	689.2	54.45	5.20
% of Calories				11.88%		21.4%	28.9%		54.7%		18.6%				
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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	30	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	45	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	20	390	7.00	750	8	19.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990368 WRAP, GYRO	WRAP	5	391	5.01	1358	8	12.67	34	44.28	3.76	23.10	952	244.1	8.68	8.48

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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)
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
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	95	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
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			876	7.53	1385	48	30.87	52	113.69	12.24	37.20	11423	475.0	68.40	3.98
% of Calories				7.74%		21.9%	31.7%		51.9%		17.0%				
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	25	401	3.40	719	6	14.41	60	38.76	6.00	31.04	0	163.8	0.00	2.97
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	60	281	2.67	387	15	12.02	140	34.73	2.67	10.69	2	78.8	0.80	1.34
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	60	100	3.00	170	0	7.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	15	347	6.34	1020	5	14.37	43	30.00	3.19	21.28	*80	258.3	13.58	7.32
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	65	77	0.00	10	16	0.01	0	19.27	2.32	0.03	2	6.5	0.02	0.05

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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)
990225 RICE CRISPY TREAT WG	PACKAGE	65	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
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			825	7.15	1200	59	27.03	130	110.46	10.08	33.84	*6755	473.1	45.77	5.39
% of Calories				7.80%		28.6%	29.5%		53.6%		16.4%				
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)
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	30	350	7.00	560	3	15.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990323 CLUB HOAGIE	HOAGIE	20	233	1.66	765	3	4.19	36	29.50	2.66	18.11	*408	145.2	15.90	2.04
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	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

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Kenai Peninsula School District

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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	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			727	6.38	1412	*53	19.08	42	108.23	14.27	33.86	*12576	712.3	89.70	4.91
% of Calories				7.90%		*29.2%	23.6%		59.5%		18.6%				
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)	Vit-A (IU)	Calcm (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
990298 FRENCH DIP	SANDWICH	30	275	4.25	1095	3	10.25	35	26.75	2.00	16.75	*40	3231.3	136.00	6.50
990229 RICE, BROWN,	1 Cup, Prepar	70	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

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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)
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			732	3.33	1170	51	18.16	50	111.52	11.58	32.38	*11930	1364.8	118.43	7.32
% of Calories				4.09%		27.9%	22.3%		60.9%		17.7%				
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)	Calcm (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
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	20	325	6.16	969	7	16.86	72	21.82	6.18	23.63	6839	345.9	35.20	2.13
990073 GARLIC TOAST -2	2 OZ	20	140	1.00	190	0	5.00	0	24.00	2.00	4.00	0	0.0	0.00	1.44
990277 FRUIT BAR	EACH	95	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	95	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

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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)
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			829	9.95	1482	49	30.40	68	107.35	14.98	34.20	*13178	584.7	89.08	7.09
% of Calories				10.80%		23.6%	33.0%		51.8%		16.5%				
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)
990304 SWISS BACON BURGER	SANDWICH	25	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	35	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	20	390	7.00	750	8	19.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990279 WRAP, TURKEY N HAM	WRAP	20	514	9.90	2174	16	18.85	68	59.59	6.67	29.86	5477	350.9	74.32	11.89
990429 KK SEASONED FRIES 3/4	3.15 OZ	65	149	0.00	253	0	4.46	0	22.33	2.98	1.49	0	89.3	0.00	0.47
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
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	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
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			878	8.54	1636	57	27.75	61	120.34	13.75	38.39	12524	1390.8	121.75	6.28
% of Calories				8.75%		26.0%	28.4%		54.8%		17.5%				
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 (mg)	Vit-C (mg)	Iron (mg)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	65	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	25	360	3.75	585	8	12.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990432 WRAP, CHICKEN FAJITA	WRAP	10	394	7.63	1321	3	16.78	68	37.25	1.23	22.97	824	424.3	0.61	2.22
990277 FRUIT BAR	EACH	85	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	85	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
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			780	8.96	1399	47	23.60	68	110.39	12.99	33.39	10795	656.5	70.17	5.38
% of Calories				10.34%		24.1%	27.2%		56.6%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0								

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

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)	Calc ^m (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	45	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)	45	300	6.00	640	4	12.00	30	34.01	2.00	16.00	0	300.1	0.00	1.44
990287 SALAD, SW CHICKEN PASTA	EACH	10	663	4.32	838	5	22.76	61	98.96	2.94	30.29	1724	156.3	14.40	4.21
990335 ROLL, DINNER WHITE WG	ROLL	10	70	0.25	125	2	1.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990428 KK SEASONED FRIES 1/2	2.1 OZ	85	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	95	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	100	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			848	6.84	1555	55	24.29	53	124.28	13.50	37.08	12294	723.9	79.57	5.91
% of Calories				7.26%		25.9%	25.8%		58.6%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0								

Wednesday - 01/22/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Jan 1, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals 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	40	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	40	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	40	405	3.63	738	8	14.57	53	41.31	6.54	29.54	125	187.0	0.90	3.11
990449 HAM, TURKEY HOAGIE	SANDWICH	20	232	1.51	754	4	3.89	35	29.95	3.08	18.21	*2746	148.5	16.55	2.18
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			734	3.81	1234	51	19.91	64	101.57	12.58	39.83	*12477	498.3	83.70	8.08
% of Calories				4.67%		27.8%	24.4%		55.4%		21.7%				
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)	Vlt-A (IU)	Calcm (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	45	360	3.75	585	8	12.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990306 SALAD, CHEF	SALAD	15	321	5.29	1151	9	18.57	57	18.88	3.87	21.15	12403	318.2	29.11	1.55

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)
990072 GARLIC TOAST	SLICE	85	70	0.50	95	0	2.50	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990073 GARLIC TOAST -2	2 OZ	15	140	1.00	190	0	5.00	0	24.00	2.00	4.00	0	0.0	0.00	1.44
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	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	85	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			770	7.37	1303	51	23.66	66	108.86	14.03	33.38	13352	685.4	79.50	5.37
% of Calories				8.61%		26.5%	27.7%		56.6%		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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990112 PIZZA, CHEESE 16"	SLICE	24	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
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	40	350	7.00	320	1	24.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990421 ROAST BEEF WITH GRAVY/ SANDWICH	SANDWICH	20	286	4.50	466	3	14.04	35	30.29	2.32	15.00	*0	60.6	10.24	2.58
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	85	135	0.00	555	0	2.25	0	24.00	3.00	3.00	0	30.0	3.60	0.54

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)
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
990049 ROLL, DINNER WG	ROLL	60	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	80	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	75	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			854	8.10	1492	44	31.28	52	114.61	13.14	34.25	*9680	489.4	65.51	4.65
% of Calories				8.54%		20.6%	33.0%		53.7%		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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	45	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	35	300	6.00	60	9	11.00	35	32.00	2.00	17.00	0	300.0	0.00	1.44
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	20	151	0.00	442	11	3.01	60	15.05	0.00	15.05	0	2.0	0.00	6.02
990087 RICE, BROWN,	1/2 Cup, Prepar	80	85	0.00	4	0	0.75	0	18.00	1.00	2.00	0	3.6	0.00	0.18
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

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)
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			755	4.48	935	54	19.66	47	113.01	12.00	32.89	11923	506.1	80.03	5.68
% of Calories				5.34%		28.6%	23.4%		59.9%		17.4%				
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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	30	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	30	340	6.00	670	3	13.00	35	40.00	3.00	19.00	0	370.0	0.00	3.00
990434 CHILI CHEESE SIDEWINDER FRIES	SERVING	40	433	8.22	1202	4	20.28	55	46.06	7.30	19.10	599	173.0	5.83	2.87
990073 GARLIC TOAST -2	2 OZ	40	140	1.00	190	0	5.00	0	24.00	2.00	4.00	0	0.0	0.00	1.44
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	85	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	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

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)
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	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			888	10.13	1564	53	29.05	64	124.81	12.99	35.68	8310	681.2	54.55	18.09
% of Calories				10.27%		23.9%	29.4%		56.2%		16.1%				
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	50	281	2.67	387	15	12.02	140	34.73	2.67	10.69	2	78.8	0.80	1.34
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	50	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
990323 CLUB HOAGIE	HOAGIE	25	233	1.66	765	3	4.19	36	29.50	2.66	18.11	*408	145.2	15.90	2.04
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
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
990225 RICE CRISPY TREAT WG	PACKAGE	65	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

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)
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	65	100	1.50	110	12	2.50	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			868	7.13	1265	64	26.61	123	118.50	10.10	38.30	*7155	1414.0	79.33	4.44
% of Calories				7.39%		29.5%	27.6%		54.6%		17.6%				
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990411 SLOPPY JOE SECONDARY	4 OZ	35	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	32	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
990365 WRAP, CHICKEN SALAD	WRAPS	9	362	2.72	767	5	10.36	51	45.07	3.64	24.48	10523	141.3	62.16	14.02
990335 ROLL, DINNER WHITE WG	ROLL	25	70	0.25	125	2	1.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
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
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
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)	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			760	6.66	1214	57	21.85	53	110.28	12.78	34.95	13072	504.9	85.31	5.91
% of Calories				7.89%		30.0%	25.9%		58.0%		18.4%				
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)
990402 TACO SNACK	EACH	55	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	30	275	4.25	1095	3	10.25	35	26.75	2.00	16.75	*40	3231.3	136.00	6.50
990365 WRAP, CHICKEN SALAD	WRAPS	15	362	2.72	767	5	10.36	51	45.07	3.64	24.48	10523	141.3	62.16	14.02
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
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
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

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)
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			731	6.67	1544	52	20.51	44	106.19	13.54	31.87	*13973	1450.4	131.59	7.43
% of Calories				8.21%		28.5%	25.3%		58.1%		17.4%				
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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			803	7	1365	*51	24.87	65	111.92	12.74	34.94	*11045	758	80.36	6.57
% of Calories				8.00%		*25.4%	27.9%		55.8%		17.4%				

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.