

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Menu Name: 6-8 of HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/02/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	55	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990134 CHICKEN, TERIYAKI	2.85 OZ	45	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990087 RICE, BROWN,	1/2 Cup, Prepar	45	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0	3.6	0.00	0.18
990072 GARLIC TOAST	SLICE	45	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	45	102	0.02	3	21	0.28	0.00	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	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	0.00	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	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			628	7.06	1086	37	17.46	0.00	64	88.23	7.96	31.52	6116	522.8	38.87	4.01
% of Calories				10.12%		23.6%	25.0%	0.0%		56.2%		20.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 03/03/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990456 MOZZARELLA CHEESE STICKS	5 STICKS	45	376	7.11	417	1	18.29	0.00	25	35.57	3.05	19.31	10	50.8	0.00	10.16
990210 DIPPING SAUCE - (4 OZ)	4 OZ	45	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990428 KK SEASONED FRIES 1/2	2.1 OZ	45	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99	0	59.5	0.00	0.31
990277 FRUIT BAR	EACH	45	102	0.02	3	21	0.28	0.00	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	0.00	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	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	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			682	6.96	1112	38	21.48	0.00	55	91.69	11.12	29.22	5861	504.6	37.01	7.85
% of Calories				9.18%		22.3%	28.3%	0.0%		53.8%		17.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 03/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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)	55	350	7.00	320	1	24.00	0.00	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	0.00	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	55	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0	20.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990198 GRAVY, CHICKEN	SERVING 2 OZ	55	23	0.00	132	1	0.47	0.00	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	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990199 JELLO, CHERRY	1/2 CUP	65	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	45	102	0.02	3	21	0.28	0.00	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	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	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			708	6.15	1084	42	25.60	0.00	60	86.57	8.08	32.47	5631	389.2	38.00	6.95
% of Calories				7.82%		23.7%	32.5%	0.0%		48.9%		18.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 03/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990253 CHEESEBURGER	SANDWICH	50	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50	0	158.5	0.00	2.88
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	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	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	10	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	65	110	1.50	125	12	2.50	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	65	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
Weighted Daily Average			754	9.24	1009	40	28.13	0.25	68	97.21	11.37	31.19	7972	460.4	50.85	14.13
% of Calories				11.03%		21.2%	33.6%	0.3%		51.6%		16.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 03/16/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	50	151	0.00	442	11	3.01	0.00	60	15.05	0.00	15.05	0	2.0	0.00	6.02
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	50	320	3.00	780	4	10.00	0.00	60	40.00	6.00	18.00	126	90.0	14.00	3.40
990051 RICE, FRIED VEG.	CUP	50	270	0.00	440	3	2.50	0.00	0	54.00	4.00	6.00	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	0.00	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	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	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	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			667	2.32	1268	47	12.85	0.00	70	106.15	10.42	31.67	7975	414.1	58.25	6.50
% of Calories				3.13%		28.2%	17.3%	0.0%		63.7%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 03/17/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	50	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99	501	442.8	3.62	3.23
990402 TACO SNACK	EACH	50	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	0.00	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	0.00	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	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	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			675	9.03	1196	44	21.67	0.00	42	89.59	10.00	31.24	8337	624.5	53.54	4.10
% of Calories				12.04%		26.1%	28.9%	0.0%		53.1%		18.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 03/18/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	30	401	3.40	719	6	14.41	0.00	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	0.00	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	0.00	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	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	25	77	0.00	10	16	0.01	0.00	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	0.00	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	0.00	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	0.00	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	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	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			722	6.30	1012	50	24.03	0.00	118	93.85	8.14	31.43	5614	425.1	38.74	4.34
% of Calories				7.85%		27.7%	30.0%	0.0%		52.0%		17.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 03/19/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	70	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990072 GARLIC TOAST	SLICE	65	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990320 MEATBALL MARINARA HOAGIE (CANNED SAUCE)	EACH	30	445	9.91	655	6	24.01	0.00	58	33.45	2.91	21.40	*228	193.0	16.06	8.66
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	85	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0	20.0	2.40	0.36
990198 GRAVY, CHICKEN	SERVING 2 OZ	85	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	163	0.66	357	8	6.60	0.00	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	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	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			712	6.18	1320	36	25.34	0.00	46	89.10	9.91	31.43	*6910	432.6	49.81	6.10
% of Calories				7.81%		20.2%	32.0%	0.0%		50.1%		17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 03/20/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	35	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00	40	3248.8	126.00	2.88
990112 PIZZA, CHEESE 16"	SLICE	45	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	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)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	20	390	7.00	750	8	19.00	0.00	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	0.00	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	0.00	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	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	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			667	7.73	1045	45	22.40	0.18	56	84.69	8.42	33.99	8006	1555.2	95.35	3.16
% of Calories				10.43%		27.0%	30.2%	0.2%		50.8%		20.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 03/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	32	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	8	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990455 SOFT PRETZEL	EACH	60	170	0.00	150	1	0.50	0.00	0	36.00	1.00	5.00	0	100.0	0.00	0.00
990361 CHEESE, STRING STICK	EACH	60	80	3.00	190	1	5.00	0.00	15	0.00	0.00	7.00	0	20.0	0.00	0.00
990261 CHEESE SAUCE, CHEDDAR 3 OZ	3 OZ	50	130	6.00	550	0	10.00	0.00	30	5.00	0.00	7.00	0	209.0	0.00	0.00
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	0.00	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	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	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			661	8.42	1133	43	20.04	0.00	49	89.72	7.22	31.16	7944	564.6	51.25	1.93
% of Calories				11.46%		26.0%	27.3%	0.0%		54.3%		18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 03/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990253 CHEESEBURGER	SANDWICH	55	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50	0	158.5	0.00	2.88
990451 GRILLED CHEESE	SANDWICH	45	280	5.56	581	6	9.91	0.00	32	30.96	3.00	18.55	524	465.9	0.00	1.64
990429 KK SEASONED FRIES 3/4	3.15 OZ	65	149	0.00	253	0	4.46	0.00	0	22.33	2.98	1.49	0	89.3	0.00	0.47
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	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	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	65	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			668	7.23	1114	35	21.96	0.28	55	88.06	10.36	32.08	8072	678.0	50.23	4.18
% of Calories				9.74%		21.0%	29.6%	0.4%		52.7%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 03/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990134 CHICKEN, TERIYAKI	2.85 OZ	50	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990335 ROLL, DINNER WHITE WG	ROLL	50	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	50	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00	0	60.0	0.00	2.88
990052 RICE, FRIED VEG.	1/2 CUP	50	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	0.00	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	0.00	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	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	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			636	2.19	1075	48	12.97	0.00	59	96.47	9.92	34.24	7937	398.1	52.63	4.02
% of Calories				3.10%		30.2%	18.4%	0.0%		60.7%		21.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 03/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	40	305	3.07	317	7	6.89	0.00	34	44.10	5.15	15.73	419	49.9	7.32	3.77
990422 CHICKEN, CORN PUPS	8 EACH	60	360	3.75	585	8	12.00	0.00	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	0.00	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	0.00	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	0.00	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	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	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			679	4.70	971	44	16.80	0.00	60	103.51	12.64	27.83	8079	460.1	54.06	5.37
% of Calories				6.23%		25.9%	22.3%	0.0%		61.0%		16.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Friday - 03/27/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990227 CHICKEN STRIPS, BREADED	3 EA	55	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	45	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	80	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0	30.0	3.60	0.54
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0	0.8	0.00	0.00
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0.00	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	0.00	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	0.00	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	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	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			750	5.32	1367	38	27.04	0.00	61	94.32	10.45	34.54	7887	400.2	57.01	8.20
% of Calories				6.38%		20.3%	32.4%	0.0%		50.3%		18.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 03/30/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	40	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	40	320	3.00	780	4	10.00	0.00	60	40.00	6.00	18.00	126	90.0	14.00	3.40
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	60	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0	3.6	0.00	0.18
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	0.00	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	0.00	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	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	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			569	3.02	892	39	15.15	0.00	44	83.27	9.62	26.14	7977	391.3	56.73	3.96
% of Calories				4.78%		27.4%	24.0%	0.0%		58.5%		18.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 03/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	40	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99	501	442.8	3.62	3.23
990446 PINWHEEL, MEATBALL	EACH	60	340	6.00	670	3	13.00	0.00	35	40.00	3.00	19.00	0	370.0	0.00	3.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	85	160	1.00	100	12	5.00	0.00	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	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	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	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	0.00	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			802	9.19	1306	53	24.66	0.00	56	112.81	10.59	34.44	8121	767.3	52.58	17.59
% of Calories				10.31%		26.4%	27.7%	0.0%		56.3%		17.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	686	6	1124	42	21.10	0.04	60	93.45	9.76	31.54	*7402	562	52.18	6.40
% of Calories		8.29%		24.5%	27.7%	0.1%		54.5%		18.4%				

- *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.