

Base Menu Spreadsheet

Portion Values

Menu Name: BREAKFAST/ HIGH SCHOOLS Include Cost: No
 Site: Report Style: Detailed

Monday 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)
990077 BANANA BREAD, SLICE	SLICE	30	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100	80.0	0.00	1.08
990401 SOFT FILLED CINNAMON CRUNCH BAR	PACKAGE	40	250	3.00	280	14	8.00	0.00	5	40.00	2.00	6.00	2	2.0	0.00	8.00
990201 VARIETY CEREAL	BOWL	60	108	0.20	143	6	4.31	0.00	0	23.45	2.41	2.20	381	100.5	4.57	5.77
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	70	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
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
990205 MILK,LOW FAT WHITE CARTON	CARTON	75	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			457	3.05	427	51	10.66	0.00	11	81.87	4.24	13.22	759	385.1	56.08	7.33
% of Calories				6.01%		44.6%	21.0%	0.0%		71.7%		11.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday 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)
990400 CRESCENT, GRAPE FILLED	PACKAGE	15	210	1.00	260	9	6.00	0.00	0	35.00	2.00	5.00	0	2.0	0.00	6.00

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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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	35	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	146.0	0.00	1.90
990201 VARIETY CEREAL	BOWL	50	108	0.20	143	6	4.31	0.00	0	23.45	2.41	2.20	381	100.5	4.57	5.77
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	50	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00	0	25.0	0.00	6.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	100	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	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	25	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	75	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			443	2.70	404	46	11.00	0.00	17	78.18	5.05	14.50	690	424.1	62.59	7.45
% of Calories				5.49%		41.5%	22.3%	0.0%		70.6%		13.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday

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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	30	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00	0	300.1	0.00	1.44
990210 DIPPING SAUCE - (4 OZ)	4 OZ	30	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990377 WAFFLE, DUTCH	WAFFLE	20	300	3.00	350	12	13.00	0.00	20	43.00	3.00	4.00	0	4.0	0.00	10.00

Base Menu Spreadsheet

Portion Values

Mar 23, 2020 thru Mar 27, 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)
990201 VARIETY CEREAL	BOWL	50	108	0.20	143	6	4.31	0.00	0	23.45	2.41	2.20	381	100.5	4.57	5.77
990234 BLUEBERRY MUFFIN	MUFFIN	50	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0	29.0	0.00	1.00
990223 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	25	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	75	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	75	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	25	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			498	5.43	645	45	14.50	0.00	45	78.65	5.55	17.40	1066	483.4	4.57	6.09
% of Calories				9.81%		36.1%	26.2%	0.0%		63.2%		14.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday

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)
990077 BANANA BREAD, SLICE	SLICE	25	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100	80.0	0.00	1.08
990441 CHEESE BITES, WILD MIKES	SERVING (4)	40	280	4.00	540	0	12.00	0.00	20	28.00	4.00	16.00	400	240.0	0.00	1.44
990210 DIPPING SAUCE - (4 OZ)	4 OZ	20	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990201 VARIETY CEREAL	BOWL	35	108	0.20	143	6	4.31	0.00	0	23.45	2.41	2.20	381	100.5	4.57	5.77
990232 CHURROS, RASPBERRY	EACH	35	160	1.00	60	9	4.00	0.00	0	28.00	1.00	3.00	0	2.0	0.00	4.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	70	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

	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)
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	70	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
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	70	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	25	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	4.23	696	57	13.01	0.00	21	91.91	4.42	23.07	1359	650.4	24.46	4.68
% of Calories				6.69%		40.1%	20.6%	0.0%		64.6%		16.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday

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)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	20	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	146.0	0.00	1.90
990398 PANCAKE, STRAWBERRY MINI	PACKAGE	40	220	1.00	260	14	6.00	0.00	0	40.00	2.00	4.00	0	40.0	0.00	1.08
990201 VARIETY CEREAL	BOWL	40	108	0.20	143	6	4.31	0.00	0	23.45	2.41	2.20	381	100.5	4.57	5.77
990234 BLUEBERRY MUFFIN	MUFFIN	40	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0	29.0	0.00	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	95	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
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	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

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Portion Values

	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)
990207 UHT MILK CARTON LF	CARTON	0	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			510	2.06	480	62	8.55	0.00	25	98.16	6.96	14.03	627	382.0	40.46	4.38
% of Calories				3.64%		48.6%	15.1%	0.0%		77.0%		11.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=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			495	3	530	52	11.54	0.00	24	85.75	5.24	16.44	900	465	37.63	5.99
% of Calories				6.35%		42.0%	21.0%	0.0%		69.3%		13.3%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	495		450-600	100%				
Saturated Fat	3.49 g	6.35%	<10.000%					
Sodium	530 mg		640.000	83%				
Sugars	52 g	42.0%						
Total Fat	11.54 g	21.0%						
Trans Fat	0.00 g	0.0%						
Cholesterol	24 mg							
Carbohydrate	85.75 g	69.3%						
Fiber	5.24 g							
Protein	16.44 g	13.3%						
Vitamin A	900 IU							
Calcium	465.0 mg							
Vitamin C	37.63 mg							
Iron	5.99 mg							

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 23, 2020 thru Mar 27, 2020

**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.