

Planned Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 2020

Menu Name: K-5 K-12 LUNCH **Include Cost:** No
Site: 1 - Kenai Peninsula School District **Report Style:** Detailed

Thursday - 09/17/2020

Reimbursable Meal Total 1

	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)
990431 MAC AND CHEESE CAMPBELL	CUP	0	300	6.00	60	9	11.00	0.00	35	32.00	2.00	17.00
990072 GARLIC TOAST	SLICE	0	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	0	46	0.30	50	3	3.27	0.00	0	7.04	1.28	1.05
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	0	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
990239 JUICE, ORANGE	EACH	0	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

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			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)
Weighted Averages			0	0	0	0	0.00	0.00	0	0.00	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%

**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.