

**KENAI PENINSULA BOROUGH
SCHOOL DISTRICT**

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet
Portion Values - Detailed

LUNCH 6-8

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|-----------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Mon - 01/02/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| CHICKEN, POPCORN | serv 3.36 oz | 75 | 253 | 25 | 1 | 16.21 |
| ROLL DINNER WG BAKER BOY | ROLL | 75 | 110 | 0 | *N/A* | 19.0 |
| HAM & CHEESE HOAGIE GRADE 9-12 | 1 EA | 25 | 302 | 46 | *1 | 32.34 |
| LETTUCE & TOMATO: 1 leaf, 2 slice | 1 lf, 2 slc | 25 | 6 | 0 | *N/A* | 1.32 |
| GREEN BEANS, 9-12 LOW SODIUM | 3/4 CUP | 75 | 21 | 0 | 0 | 4.56 |
| APPLES, FRESH, W/SKIN | 1 EACH | 90 | 77 | 0 | 15 | 20.58 |
| JUICE/FRUITABLES/TROPICAL | 6.75 OZ | 100 | 90 | *N/A* | *N/A* | 22.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 651 | *36 | *33 | 99.76 |
| % of Calories | | | | | *20.0% | 61.3% |
| Nutrient Guideline | | | 600-700 | | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|---------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Tue - 01/03/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| Cindys Fiesta Bowl each 3/4 ri | serving | 40 | 387 | 67 | *0 | 47.54 |
| TORTILLA WHEAT 10" 1/2 tortilla | 1/2 | 40 | 100 | 0 | *N/A* | 18.0 |
| CHICKEN TAQUITOS | 3 EACH | 60 | 330 | 27 | *N/A* | 39.0 |
| SALSA , GREEN CHILI TOMATO, CH | 2 oz | 85 | 13 | 0 | *N/A* | 2.77 |
| REFRIED BEANS, TRADITIO : 1/2 C | 1/2 C | 40 | 120 | 0 | 1 | 18.0 |
| PEACHES, DICED LIGHT S: 1/2 C | 4 oz | 65 | 53 | 0 | 0 | 13.39 |
| JUICE APPLE JUICE CUP | 1 EACH | 75 | 60 | 0 | 13 | 14.0 |
| CHEESE, CHEDDAR REDUCED FAT M | 1 OZ | 40 | 80 | 16 | 0 | 0.57 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 684 | 55 | *28 | 98.96 |
| % of Calories | | | | | *16.2% | 57.9% |
| Nutrient Guideline | | | 600-700 | | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|--------------------------------|----------------|-----------|-------------|-------------|------------|----------|
| Wed - 01/04/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| EGG ROLL (1 EACH) | ROLL | 80 | 160 | 30 | 3 | 20.0 |
| PORK NUGGETS HONEY BB-Q-2 ea | 2 each | 80 | 133 | 23 | *N/A* | 5.33 |
| RICE FRIED VEG. | SERVING (3/4C) | 50 | 270 | 0 | 3 | 54.0 |
| PORK NUGGETS W/HONEY BBQ-4 ea | 4 EACH | 20 | 267 | 47 | *N/A* | 10.67 |
| ROLL DINNER WG BAKER BOY | ROLL | 20 | 110 | 0 | *N/A* | 19.0 |
| BROCCOLI RAW 3/4 C | .75 C | 60 | 15 | 0 | *N/A* | 2.79 |
| APPLESAUCE, UNSWEETENED | .5 CUP | 65 | 52 | 0 | 0 | 13.79 |
| PINEAPPLE CHUNKS 1/2 C | 1/2 CUP | 65 | 73 | 0 | *N/A* | 19.15 |
| HUMMAS DIP TRADITIONAL .85 V | 1 EACH | 45 | 110 | 0 | 1 | 12.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 699 | 57 | *21 | 100.88 |
| % of Calories | | | | | *11.9% | 57.7% |
| Nutrient Guideline | | | 600-700 | | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Thu - 01/05/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| Vegetarian Chili 1 c | 1 CUP | 25 | 89 | 0 | *0 | 13.47 |
| BREAD, TOAST GARLIC MINI (2) | 2 oz SLICE | 85 | 140 | 0 | *N/A* | 24.0 |
| CHEESE, CHEDDAR REDUCED FAT M | 1 OZ | 25 | 80 | 16 | 0 | 0.57 |
| CHICKEN, POPCORN | serv 3.36 oz | 70 | 253 | 25 | 1 | 16.21 |
| SALAD DRESSING, RANCH | 1.5 OZ | 55 | 101 | 16 | *N/A* | 2.73 |
| SALAD, ROMAINE 2016 | 1.5 CUP | 55 | 84 | 0 | *2 | 19.02 |
| BANANAS,RAW FRESH | 1 EACH | 75 | 90 | 0 | 12 | 23.07 |
| JUICE APPLE JUICE CUP | 1 EACH | 65 | 60 | 0 | 13 | 14.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 673 | 37 | *37 | 94.62 |
| % of Calories | | | | | *21.7% | 56.3% |
| Nutrient Guideline | | | 600-700 | | | |

| | | | | | | |
|--------------------------------|-----------|-----|---------|----|--------|-------|
| Fri - 01/06/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| CORN DOG CHICKEN | 1 EACH | 80 | 240 | 40 | 5 | 30.0 |
| CHICKEN NUGGETS, WHOLE GRAIN C | 3.04 oz | 20 | 203 | 49 | 0 | 12.0 |
| CORN, CANNED, WHOLE-KERN: 3/4c | 3/4 C | 95 | 99 | 0 | 0 | 22.87 |
| FRUIT,MIXED,,LIGHT: 1/2 C | 1/2 C | 65 | 68 | 0 | 0 | 17.88 |
| CARROTS, RAW BABY EL 4 oz | 4 OZ | 45 | 40 | 0 | *N/A* | 9.34 |
| SALAD DRESSING, RANCH | 1.5 OZ | 45 | 101 | 16 | *N/A* | 2.73 |
| CRACKER WAFFLE GRAHAM | servng | 65 | 111 | 0 | *N/A* | 20.25 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 632 | 55 | *22 | 99.34 |
| % of Calories | | | | | *13.7% | 62.8% |
| Nutrient Guideline | | | 600-700 | | | |

| | | | | | | |
|--------------------------------|-----------|-----|---------|-------|--------|-------|
| Mon - 01/09/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| CHICKEN NUGGETS,(5 EACH) | 1 EACH | 80 | 260 | 25 | 1 | 16.0 |
| EGG ROLL (1 EACH) | ROLL | 20 | 160 | 30 | 3 | 20.0 |
| chicken nugget ea | 2 each | 20 | 104 | 10 | 0 | 6.4 |
| BROCCOLI, FLOR, FROZ 3/4 COM | 3/4 C | 65 | 39 | 0 | 0 | 7.4 |
| RICE, BROWN LONG, 1/2 C | 1/2 CUP | 80 | 108 | 0 | 0 | 22.39 |
| APPLESAUCE, UNSWEETENED | .5 CUP | 95 | 52 | 0 | 0 | 13.79 |
| JUICE/FRUITABLES/TROPICAL | 6.75 OZ | 90 | 90 | *N/A* | *N/A* | 22.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 10 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 85 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 624 | *33 | *20 | 94.55 |
| % of Calories | | | | | *12.9% | 60.6% |
| Nutrient Guideline | | | 600-700 | | | |

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LUNCH 6-8

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Tue - 01/10/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| BBQ PORK HOAGIE | 1 EACH | 50 | 400 | 50 | *3 | 39.0 |
| CORN DOG CHICKEN | 1 EACH | 50 | 240 | 40 | 5 | 30.0 |
| SWEET POTATO LATTICE FF 3/4 | 3/4 CUP | 70 | 191 | 0 | 10 | 24.75 |
| FRUIT,MIXED,,LIGHT: 1/2 C | 1/2 C | 80 | 68 | 0 | 0 | 17.88 |
| PINEAPPLE CHUNKS 1/2 C | 1/2 CUP | 90 | 73 | 0 | *N/A* | 19.15 |
| GREEN BEANS, CUT;K-51/2 C | .50 CUP | 20 | 14 | 0 | 0 | 3.04 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 696 | 51 | *28 | 103.82 |
| % of Calories | | | | | *15.8% | 59.6% |
| Nutrient Guideline | | | 600-700 | | | |

| | | | | | | |
|--------------------------------|-----------|-----|---------|----|--------|-------|
| Wed - 01/11/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| CHICKEN TAQUITOS | 3 EACH | 60 | 330 | 27 | *N/A* | 39.0 |
| CHICKEN FAJITA QUES W/BEAN K-8 | 1 EACH | 40 | 356 | 46 | *N/A* | 46.47 |
| REFRIED BEANS, TRADITIO :1/2 C | 1/2 C | 45 | 120 | 0 | 1 | 18.0 |
| CHEESE, CHEDDAR REDUCED FAT M | 1 OZ | 45 | 80 | 16 | 0 | 0.57 |
| APPLES,FRESH,W/SKIN | 1 EACH | 75 | 77 | 0 | 15 | 20.58 |
| CARROTS, RAW BABY EL 4 oz | 4 OZ | 60 | 40 | 0 | *N/A* | 9.34 |
| SALAD DRESSING, RANCH | 1.5 OZ | 60 | 101 | 16 | *N/A* | 2.73 |
| SALSA, GREEN CHILI TOMATO, CH | 2 oz | 60 | 13 | 0 | *N/A* | 2.77 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 694 | 57 | *29 | 93.88 |
| % of Calories | | | | | *16.5% | 54.1% |
| Nutrient Guideline | | | 600-700 | | | |

| | | | | | | |
|---------------------------------|-----------------|-----|---------|----|-------|-------|
| Thu - 01/12/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| BEEF FINGERS COUNTRY FRIED | SERVING (4 EA) | 35 | 350 | 40 | *N/A* | 19.0 |
| CHEESE, AMERICAN RF 1 slice | SLICE | 65 | 35 | 7 | *N/A* | 1.0 |
| HAMBURGER ELE | 1 EACH | 50 | 268 | 34 | *0 | 31.0 |
| POTATOES, MASHED INSTANT:3/4 c | 3/4 c | 80 | 135 | 0 | 0 | 25.5 |
| GRAVY BROWN | 2 OZ | 80 | 25 | 0 | *N/A* | 0.0 |
| WINTER MIX :3/4 C K-5 | 3/4 C | 60 | 50 | 0 | *N/A* | 8.0 |
| PEACHES, DICED LIGHT S: 1/2 C | 4 oz | 90 | 53 | 0 | 0 | 13.39 |
| ROLL DINNER WG BAKER BOY | ROLL | 80 | 110 | 0 | *N/A* | 19.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 5 | 22 | 23.0 |
| LETTUCE & TOMATO:1 leaf,2 slice | 1 lf,2 slc | 50 | 6 | 0 | *N/A* | 1.32 |
| Weighted Daily Average | | | 690 | 41 | *16 | 95.12 |
| % of Calories | | | | | *9.6% | 55.1% |
| Nutrient Guideline | | | 600-700 | | | |

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Base Menu Spreadsheet
Portion Values - Detailed

LUNCH 6-8

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Fri - 01/13/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| PIZZA 4X6 TONY'S | SLICE | 85 | 300 | 25 | 10 | 33.0 |
| CHICKEN, POPCORN | serv 3.36 oz | 15 | 253 | 25 | 1 | 16.21 |
| PEARS, DICED LIGHT SYRUP 1/2 C | .5 CUP | 75 | 58 | 0 | 0 | 15.12 |
| CORN, CANNED, WHOLE-KERN: 3/4c | 3/4 C | 75 | 99 | 0 | 0 | 22.87 |
| APPLES,FRESH,W/SKIN | 1 EACH | 35 | 77 | 0 | 15 | 20.58 |
| COOKIE, CHOC CHIP / M&M WG (1 | 1 EACH | 100 | 110 | 0 | 8 | 19.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 85 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 675 | 31 | *41 | 106.67 |
| % of Calories | | | | | *24.2% | 63.2% |
| Nutrient Guideline | | | 600-700 | | | |

| | | | | | | |
|--------------------------------|-----------|-----|---------|----|--------|-------|
| Mon - 01/16/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| CORN DOG CHICKEN | 1 EACH | 80 | 240 | 40 | 5 | 30.0 |
| BBQ PORK HOAGIE | 1 EACH | 20 | 400 | 50 | *3 | 39.0 |
| BEANS BAKED 1/2 | 1/2 CUP | 35 | 140 | 0 | *N/A* | 25.0 |
| APPLESAUCE, UNSWEETENED | .5 CUP | 85 | 52 | 0 | 0 | 13.79 |
| SWEET POTATO LATTICE CUT FRIES | 1/2 CUP | 65 | 85 | 0 | 5 | 11.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 85 | 130 | 5 | 22 | 23.0 |
| CRACKER WAFFLE GRAHAM | serving | 60 | 111 | 0 | *N/A* | 20.25 |
| Weighted Daily Average | | | 614 | 48 | *26 | 93.07 |
| % of Calories | | | | | *17.1% | 60.6% |
| Nutrient Guideline | | | 600-700 | | | |

| | | | | | | |
|--------------------------------|--------------|-----|---------|----|--------|-------|
| Tue - 01/17/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| CHEESE, AMERICAN RF 1 slice | SLICE | 80 | 35 | 7 | *N/A* | 1.0 |
| HAMBURGER ELE | 1 EACH | 80 | 268 | 34 | *0 | 31.0 |
| CHICKEN, POPCORN | serv 3.36 oz | 20 | 253 | 25 | 1 | 16.21 |
| POTATO, CRINKLE CUT: 4 OZ | 4 OZ | 80 | 160 | 0 | *N/A* | 25.33 |
| GREEN BEANS,9-12 LOW SODIUM | 3/4 CUP | 75 | 21 | 0 | 0 | 4.56 |
| BANANAS,RAW FRESH | 1 EACH | 80 | 90 | 0 | 12 | 23.07 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 5 | 22 | 23.0 |
| LETTUCE &TOMATO:1 leaf,2 slice | 1 lf,2 slc | 80 | 6 | 0 | *N/A* | 1.32 |
| KETCHUP:3 | PKG | 100 | 10 | 0 | *N/A* | 2.0 |
| Weighted Daily Average | | | 638 | 44 | *26 | 93.24 |
| % of Calories | | | | | *16.4% | 58.5% |
| Nutrient Guideline | | | 600-700 | | | |

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LUNCH 6-8

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|--------------------------------|-----------------|-----------|-------------|-------------|------------|----------|
| Wed - 01/18/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| Sweet N Sour Chicken | 3.9 oz | 80 | 190 | 45 | 13 | 25.0 |
| BEEF FINGERS COUNTRY FRIED | SERVING (4 EA) | 20 | 350 | 40 | *N/A* | 19.0 |
| RICE, BROWN LONG, 3/4 C | 3/4 CUP | 70 | 162 | 0 | 0 | 33.59 |
| BROCCOLI RAW 3/4 C | .75 C | 65 | 15 | 0 | *N/A* | 2.79 |
| MANDARIN ORANGE SEG LIGHT 3/4 | 3/4 | 80 | 180 | 0 | *N/A* | 42.0 |
| APPLESAUCE, UNSWEETENED | .5 CUP | 45 | 52 | 0 | 0 | 13.79 |
| SALAD DRESSING, RANCH | 1.5 OZ | 65 | 101 | 16 | *N/A* | 2.73 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 5 | 22 | 23.0 |
| PRETZEL GOLDFISH CRACKERS | BAG | 80 | 90 | 0 | *N/A* | 16.0 |
| Weighted Daily Average | | | 764 | 60 | *27 | 122.70 |
| % of Calories | | | | | *14.1% | 64.2% |
| Nutrient Guideline | | | 600-700 | | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Thu - 01/19/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| TACO BEEF & BEAN K-8 GRADE | 2 each | 30 | 127 | 11 | *0 | 12.07 |
| PIZZA STICK BOSCO 7 " | STICK | 70 | 240 | 25 | 3 | 29.0 |
| SALAD, ROMAINE 2016 | SRV | 100 | 56 | 0 | *1 | 12.68 |
| SALAD DRESSING, RANCH | 1.5 OZ | 100 | 101 | 16 | *N/A* | 2.73 |
| PEARS,FRESH | 1 EACH | 100 | 101 | 0 | 17 | 27.11 |
| ORANGE JUICE CUP | 1 EACH | 100 | 50 | 0 | 12 | 13.0 |
| LETTUCE &TOMATO:1 leaf,2 slice | 1 lf,2 slc | 65 | 6 | 0 | *N/A* | 1.32 |
| SALSA , GREEN CHILI TOMATO, CH | 2 oz | 30 | 13 | 0 | *N/A* | 2.77 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 85 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 649 | 43 | *51 | 102.63 |
| % of Calories | | | | | *31.6% | 63.2% |
| Nutrient Guideline | | | 600-700 | | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Fri - 01/20/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| CHICKEN BREAD K-6 san new BUN | PATTY | 80 | 393 | 25 | 4 | 42.21 |
| BURRITO BEAN & CHEESE ZESTY | 1 EA | 20 | 290 | 15 | *N/A* | 42.0 |
| SALSA , GREEN CHILI TOMATO, CH | 2 oz | 20 | 13 | 0 | *N/A* | 2.77 |
| CORN, CANNED, WHOLE-KERN: 3/4c | 3/4 C | 65 | 99 | 0 | 0 | 22.87 |
| STRAWBERRY CUP | 1 EACH | 80 | 80 | 0 | 16 | 20.93 |
| LETTUCE &TOMATO:1 leaf,2 slice | 1 lf,2 slc | 25 | 6 | 0 | *N/A* | 1.32 |
| PEACHES, DICED LIGHT S: 1/2 C | 4 oz | 65 | 53 | 0 | 0 | 13.39 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 653 | 29 | *32 | 102.56 |
| % of Calories | | | | | *19.9% | 62.8% |
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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Mon - 01/23/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| BEEF TERYAKI DIPPER 4 each ** | 2.8 OZ | 80 | 150 | 35 | 4 | 6.0 |
| CHICKEN, POPCORN | serv 3.36 oz | 20 | 253 | 25 | 1 | 16.21 |
| RICE, BROWN LONG, 1/2 C | 1/2 CUP | 100 | 108 | 0 | 0 | 22.39 |
| APPLES,FRESH,W/SKIN | 1 EACH | 75 | 77 | 0 | 15 | 20.58 |
| GREEN BEANS,9-12 LOW SODIUM | 3/4 CUP | 85 | 21 | 0 | 0 | 4.56 |
| COOKIE, CHOC CHIP / M&M WG (2 | 2 EACH | 90 | 220 | 0 | 16 | 38.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 667 | 38 | *46 | 103.14 |
| % of Calories | | | | | *27.6% | 61.9% |
| Nutrient Guideline | | | 600-700 | | | |

| | | | | | | |
|--------------------------------|-----------|-----|---------|----|--------|-------|
| Tue - 01/24/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| CHICKEN DRUMETTE SOUTHERN | 3 EACH | 50 | 220 | 40 | *N/A* | 9.0 |
| ROLL DINNER WG BAKER BOY | ROLL | 50 | 110 | 0 | *N/A* | 19.0 |
| CHICKEN NUGGETS,(5 EACH) | SERVING | 50 | 260 | 25 | 1 | 16.0 |
| POTATO JO-JO 1/2 (5 EA) | 1/2 C | 75 | 100 | 0 | 0 | 15.0 |
| PEARS,FRESH | 1 EACH | 75 | 101 | 0 | 17 | 27.11 |
| BEANS BAKED 1/2 | 1/2 CUP | 60 | 140 | 0 | *N/A* | 25.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 644 | 38 | *30 | 87.78 |
| % of Calories | | | | | *18.6% | 54.5% |
| Nutrient Guideline | | | 600-700 | | | |

| | | | | | | |
|--------------------------------|------------|-----|---------|-----|--------|-------|
| Wed - 01/25/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| FRENCH TOAST STICKS, WG :3 EA | 3 EA | 80 | 208 | 105 | *N/A* | 25.64 |
| SAUSAGE LINKS 2 | 2 EACH | 80 | 43 | 12 | *N/A* | 1.0 |
| HAM & CHEESE HOAGIE GRADE K-8 | 1 EA | 20 | 225 | 16 | *3 | 31.43 |
| LETTUCE &TOMATO:1 leaf,2 slice | 1 lf,2 slc | 20 | 6 | 0 | *N/A* | 1.32 |
| POTATO, TATER TOTS: 6-12 (15) | 15 EACH | 95 | 225 | 0 | 0 | 25.5 |
| STRAWBERRY CUP | 1 EACH | 75 | 80 | 0 | 16 | 20.93 |
| JUICE APPLE JUICE CUP | 1 EACH | 60 | 60 | 0 | 13 | 14.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 671 | 102 | *37 | 95.38 |
| % of Calories | | | | | *22.0% | 56.9% |
| Nutrient Guideline | | | 600-700 | | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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**KENAI PENINSULA BOROUGH
SCHOOL DISTRICT**

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet
Portion Values - Detailed

LUNCH 6-8

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Thu - 01/26/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| SPAGHETTI AND MEAT SAUCE | 1 CUP | 50 | 266 | 18 | *1 | 41.86 |
| PIZZA STICK BOSCO 7 " | STICK | 50 | 240 | 25 | 3 | 29.0 |
| BREAD, TOAST GARLIC MINI | 1 oz SLICE | 50 | 70 | 0 | *N/A* | 12.0 |
| SPINACH SALAD | 1.5 CUP | 60 | 159 | 22 | *0 | 10.23 |
| SALAD DRESSING, RANCH | 1.5 OZ | 60 | 101 | 16 | *N/A* | 2.73 |
| JUICE APPLE JUICE CUP | 1 EACH | 80 | 60 | 0 | 13 | 14.0 |
| ORANGES,FRESH | 1 EACH | 80 | 45 | 0 | 9 | 11.28 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 654 | 51 | *37 | 90.42 |
| % of Calories | | | | | *22.9% | 55.3% |
| Nutrient Guideline | | | 600-700 | | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Fri - 01/27/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| POLLOCK BAJA FISH WG STICKS, | 4 PIECES | 25 | 220 | 40 | 0 | 18.0 |
| CORN DOG CHICKEN | 1 EACH | 75 | 240 | 40 | 5 | 30.0 |
| BROCCOLI RAW EL 1/2 | 1/2 C | 60 | 39 | 0 | *N/A* | 7.53 |
| CARROTS, RAW BABY EL 4 oz | 4 OZ | 60 | 40 | 0 | *N/A* | 9.34 |
| PEACH CUBES 3/4 CUP | 3/4 cup | 90 | 39 | 0 | 7 | 9.56 |
| PRETZEL GOLDFISH CRACKERS | BAG | 90 | 90 | 0 | *N/A* | 16.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 5 | 22 | 23.0 |
| KETCHUP:3 | PKG | 80 | 10 | 0 | *N/A* | 2.0 |
| TARTAR SAUCE: scratch | 1 OZ | 25 | 77 | 6 | *N/A* | 6.52 |
| HUMMAS DIP TRADITIONAL .85 V | 1 EACH | 60 | 110 | 0 | 1 | 12.0 |
| Weighted Daily Average | | | 618 | 48 | *29 | 91.56 |
| % of Calories | | | | | *18.5% | 59.3% |
| Nutrient Guideline | | | 600-700 | | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|---------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Mon - 01/30/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| CHICKEN, POPCORN | serv 3.36 oz | 75 | 253 | 25 | 1 | 16.21 |
| ROLL DINNER WG BAKER BOY | ROLL | 75 | 110 | 0 | *N/A* | 19.0 |
| HAM & CHEESE HOAGIE GRADE 9-12 | 1 EA | 25 | 302 | 46 | *1 | 32.34 |
| LETTUCE & TOMATO:1 leaf,2 slice | 1 lf,2 slc | 25 | 6 | 0 | *N/A* | 1.32 |
| GREEN BEANS,9-12 LOW SODIUM | 3/4 CUP | 75 | 21 | 0 | 0 | 4.56 |
| APPLES,FRESH,W/SKIN | 1 EACH | 90 | 77 | 0 | 15 | 20.58 |
| JUICE/FRUITABLES/TROPICAL | 6.75 OZ | 100 | 90 | *N/A* | *N/A* | 22.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 651 | *36 | *33 | 99.76 |
| % of Calories | | | | | *20.0% | 61.3% |
| Nutrient Guideline | | | 600-700 | | | |

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**KENAI PENINSULA BOROUGH
SCHOOL DISTRICT**

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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Generated on: 12/27/2016 10:30:45 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|
| Tue - 01/31/2017 | | | | | | |
| LUNCH 6-8 | Total | 100 | | | | |
| Cindys Fiesta Bowl each 3/4 ri | 40 serving | 40 | 387 | 67 | *0 | 47.54 |
| TORTILLA WHEAT 10"1/2 tortilla | 1/2 | 40 | 100 | 0 | *N/A* | 18.0 |
| CHICKEN TAQUITOS | 3 EACH | 60 | 330 | 27 | *N/A* | 39.0 |
| SALSA , GREEN CHILI TOMATO, CH | 2 oz | 85 | 13 | 0 | *N/A* | 2.77 |
| REFRIED BEANS, TRADITIO :1/2 C | 1/2 C | 40 | 120 | 0 | 1 | 18.0 |
| PEACHES, DICED LIGHT S: 1/2 C | 4 oz | 65 | 53 | 0 | 0 | 13.39 |
| JUICE APPLE JUICE CUP | 1 EACH | 75 | 60 | 0 | 13 | 14.0 |
| CHEESE, CHEDDAR REDUCED FAT M | 1 OZ | 40 | 80 | 16 | 0 | 0.57 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | 10 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 5 | 22 | 23.0 |
| Weighted Daily Average | | | 684 | 55 | *28 | 98.96 |
| % of Calories | | | | | *16.2% | 57.9% |
| Nutrient Guideline | | | 600-700 | | | |

| | | | | | | |
|------------------|--|--|-----|-----|--------|-------|
| Weighted Average | | | 665 | *47 | *31 | 98.58 |
| | | | | | *41.5% | 59.3% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 665 | | 600 - 700 | 100% | | | | |
| Cholesterol (mg) | 47 | | | | Missing | | | |
| Sugars (g) | 31 | 18.46% | | | Missing | | | |
| Carbohydrate (g) | 98.58 | 59.32% | | | | | | |

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