

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Jan 1, 2017 thru Jan 31, 2017

LUNCH K-6

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Generated on: 1/9/2017 9:16:22 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|-----------------|--------------|----------------|---------------|-------------|
| Mon - 01/02/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| CHICKEN, POPCORN | serv 3.36 oz | 100 | 253 | 1 | 16.21 |
| ROLL DINNER WG BAKER BOY | ROLL | 75 | 110 | *N/A* | 19.0 |
| GREEN BEANS,9-12 LOW SODIUM | 3/4 CUP | 80 | 21 | 0 | 4.56 |
| APPLES,FRESH,W/SKIN | 1 EACH | 80 | 77 | 15 | 20.58 |
| ORANGE JUICE CUP | 1 EACH | 90 | 50 | 12 | 13.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 25 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 585 | *41 | 82.77 |
| % of Calories | | | | *27.9% | 56.6% |
| Nutrient Guideline | | | 550-650 | | |

| | | | | | |
|--------------------------------|-----------|-----|---------|--------|-------|
| Tue - 01/03/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| Cindys Fiesta Bowl ea 1/2 rice | serving | 95 | 333 | *0 | 36.35 |
| TORTILLA WHEAT 10"1/2 tortilla | 1/2 | 40 | 100 | *N/A* | 18.0 |
| SALSA , GREEN CHILI TOMATO, CH | 2 oz | 90 | 13 | *N/A* | 2.77 |
| PEACHES, DICED LIGHT S: 1/2 C | 4 oz | 75 | 53 | 0 | 13.39 |
| JUICE APPLE JUICE CUP | 1 EACH | 75 | 60 | 13 | 14.0 |
| REFRIED BEANS, ELEM 1/2 | 1/2 CUP | 35 | 120 | 1 | 18.0 |
| CHEESE, CHEDDAR REDUCED FAT M | 1 OZ | 35 | 80 | 0 | 0.57 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 85 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 650 | *29 | 92.77 |
| % of Calories | | | | *17.7% | 57.1% |
| Nutrient Guideline | | | 550-650 | | |

| | | | | | |
|--------------------------------|----------------|-----|---------|--------|--------|
| Wed - 01/04/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| EGG ROLL (1 EACH) | ROLL | 95 | 160 | 3 | 20.0 |
| RICE FRIED VEG. | SERVING (3/4C) | 95 | 270 | 3 | 54.0 |
| BROCCOLI RAW EL 1/2 | 1/2 C | 65 | 39 | *N/A* | 7.53 |
| PINEAPPLE CHUNKS 1/2 C | 1/2 CUP | 50 | 73 | *N/A* | 19.15 |
| APPLESAUCE, UNSWEETENED | .5 CUP | 65 | 52 | 0 | 13.79 |
| HUMMAS DIP TRADITIONAL .85 V | 1 EACH | 15 | 110 | 1 | 12.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 85 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 647 | *25 | 117.03 |
| % of Calories | | | | *15.2% | 72.3% |
| Nutrient Guideline | | | 550-650 | | |

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

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Jan 1, 2017 thru Jan 31, 2017

LUNCH K-6

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| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|-----------------|--------------|----------------|---------------|-------------|
| Thu - 01/05/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| Vegetarian Chili 1/2 c | 1/2 cup | 95 | 44 | *0 | 6.61 |
| CHEESE, CHEDDAR REDUCED FAT M | 1 OZ | 95 | 80 | 0 | 0.57 |
| PRETZEL WG SOFT 2.2 oz.(1/2) | 1/2 | 95 | 70 | 0 | 15.0 |
| SALAD, ROMAINE 2016 | SRV | 100 | 56 | *1 | 12.68 |
| SALAD DRESSING, RANCH | 1.5 OZ | 100 | 101 | *N/A* | 2.73 |
| BANANAS,RAW FRESH | 1 EACH | 90 | 90 | 12 | 23.07 |
| JUICE APPLE JUICE CUP | 1 EACH | 90 | 60 | 13 | 14.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 602 | *42 | 90.84 |
| % of Calories | | | | *27.6% | 60.4% |
| Nutrient Guideline | | | 550-650 | | |

| | | | | | |
|--------------------------------|-----------|-----|---------|--------|--------|
| Fri - 01/06/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| CORN DOG CHICKEN | 1 EACH | 100 | 240 | 5 | 30.0 |
| FRUIT,MIXED,,LIGHT: 1/2 C | 1/2 C | 85 | 68 | 0 | 17.88 |
| CARROTS, RAW BABY EL 4 oz | 4 OZ | 75 | 40 | *N/A* | 9.34 |
| CORN, CANNED, WHOLE-KERN: 1/2c | 1/2 cup | 75 | 66 | 0 | 15.24 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 85 | 130 | 22 | 23.0 |
| CRACKER WAFFLE GRAHAM | serving | 95 | 111 | *N/A* | 20.25 |
| Weighted Daily Average | | | 610 | *24 | 104.37 |
| % of Calories | | | | *15.5% | 68.5% |
| Nutrient Guideline | | | 550-650 | | |

| | | | | | |
|--------------------------------|-----------|-----|---------|--------|-------|
| Mon - 01/09/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| CHICKEN NUGGETS, WHOLE GRAIN C | 3.04 oz | 100 | 203 | 0 | 12.0 |
| RICE, BROWN LONG, 1/2 C | 1/2 CUP | 90 | 108 | 0 | 22.39 |
| BROCCOLI, FLOR, FROZ 3/4 COM | 3/4 C | 85 | 39 | 0 | 7.4 |
| APPLESAUCE, UNSWEETENED | .5 CUP | 95 | 52 | 0 | 13.79 |
| JUICE ORANGE JUICE CUP J | 4 OZ | 95 | 50 | *N/A* | 13.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 85 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 557 | *19 | 85.39 |
| % of Calories | | | | *13.4% | 61.3% |
| Nutrient Guideline | | | 550-650 | | |

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SCHOOL DISTRICT**

Jan 1, 2017 thru Jan 31, 2017

LUNCH K-6

Base Menu Spreadsheet
Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|------------|----------|
| Tue - 01/10/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| BBQ PORK HOAGIE | 1 EACH | 95 | 400 | *3 | 39.0 |
| SWEET POTATO LATTICE FF 3/4 | 3/4 CUP | 55 | 191 | 10 | 24.75 |
| PINEAPPLE CHUNKS 1/2 C | 1/2 CUP | 40 | 73 | *N/A* | 19.15 |
| GREEN BEANS, CUT;K-51/2 C | .50 CUP | 20 | 14 | 0 | 3.04 |
| MILK 1% SMITH BROTHERS | HALF PINT | 40 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 55 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 633 | *21 | 76.78 |
| % of Calories | | | | *13.0% | 48.5% |
| Nutrient Guideline | | | 550-650 | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|------------|----------|
| Wed - 01/11/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| CHICKEN TAQUITOS | 3 EACH | 90 | 330 | *N/A* | 39.0 |
| REFRIED BEANS, TRADITIO :1/2 C | 1/2 C | 35 | 120 | 1 | 18.0 |
| CHEESE, CHEDDAR REDUCED FAT M | 1 OZ | 35 | 80 | 0 | 0.57 |
| APPLES,FRESH,W/SKIN | 1 EACH | 75 | 77 | 15 | 20.58 |
| CARROTS, RAW BABY EL 4 oz | 4 OZ | 60 | 40 | *N/A* | 9.34 |
| SALAD DRESSING, RANCH | 1.5 OZ | 60 | 101 | *N/A* | 2.73 |
| SALSA , GREEN CHILI TOMATO, CH | 2 oz | 60 | 13 | *N/A* | 2.77 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 631 | *28 | 85.14 |
| % of Calories | | | | *18.0% | 54.0% |
| Nutrient Guideline | | | 550-650 | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|-----------------|-----------|-------------|------------|----------|
| Thu - 01/12/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| BEEF FINGERS COUNTRY FRIED | SERVING (4 EA) | 100 | 350 | *N/A* | 19.0 |
| ROLL DINNER WG BAKER BOY | ROLL | 60 | 110 | *N/A* | 19.0 |
| POTATOES, MASHED INSTANT:1/2C | 1/2 cup | 75 | 90 | 0 | 17.0 |
| GRAVY BROWN | 2 OZ | 75 | 25 | *N/A* | 0.0 |
| WINTER MIX :3/4 C K-5 | 3/4 C | 60 | 50 | *N/A* | 8.0 |
| PEACHES, DICED LIGHT S: 1/2 C | 4 oz | 80 | 53 | 0 | 13.39 |
| MILK 1% SMITH BROTHERS | HALF PINT | 25 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 700 | *16 | 79.17 |
| % of Calories | | | | *9.4% | 45.3% |
| Nutrient Guideline | | | 550-650 | | |

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Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|------------|----------|
| Fri - 01/13/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| PIZZA 4X6 TONY'S | SLICE | 100 | 300 | 10 | 33.0 |
| APPLES,FRESH,W/SKIN | 1 EACH | 60 | 77 | 15 | 20.58 |
| PEARS, DICED LIGHT SYRUP 1/2 C | .5 CUP | 90 | 58 | 0 | 15.12 |
| CORN, CANNED, WHOLE-KERN: 3/4c | 3/4 C | 65 | 99 | 0 | 22.87 |
| CHOC CHIP w/M&M COOKIE | 1 OZ COOKIE | 85 | 110 | *N/A* | 19.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 671 | *36 | 109.16 |
| % of Calories | | | | *21.4% | 65.1% |
| Nutrient Guideline | | | 550-650 | | |

| | | | | | |
|--------------------------------|-----------------|-----|---------|--------|-------|
| Mon - 01/16/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| CORN DOG CHICKEN | 1 EACH | 100 | 240 | 5 | 30.0 |
| BEANS BAKED 1/2 | 1/2 CUP | 75 | 140 | *N/A* | 25.0 |
| SWEET POTATO LATTICE CUT FRIES | 1/2 CUP (8each) | 75 | 170 | 9 | 22.0 |
| APPLESAUCE, UNSWEETENED | .5 CUP | 80 | 52 | 0 | 13.79 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 640 | *29 | 97.28 |
| % of Calories | | | | *18.3% | 60.8% |
| Nutrient Guideline | | | 550-650 | | |

| | | | | | |
|--------------------------------|------------|-----|---------|--------|-------|
| Tue - 01/17/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| HAMBURGER ELE | 1 EACH | 100 | 268 | *0 | 31.0 |
| CHEESE, AMERICAN RF 1 slice | SLICE | 100 | 35 | *N/A* | 1.0 |
| POTATO, KK OVENABLE 3 OZ | 3 OZ | 90 | 120 | 0 | 21.0 |
| BANANAS,RAW FRESH | 1 EACH | 85 | 90 | 12 | 23.07 |
| GREEN BEANS, CUT;K-51/2 C | .50 CUP | 85 | 14 | 0 | 3.04 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 22 | 23.0 |
| LETTUCE &TOMATO:1 leaf,2 slice | 1 lf,2 slc | 85 | 6 | *N/A* | 1.32 |
| Weighted Daily Average | | | 625 | *28 | 94.57 |
| % of Calories | | | | *17.7% | 60.5% |
| Nutrient Guideline | | | 550-650 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|------------|----------|
| Wed - 01/18/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| RICE, BROWN LONG, 1/2 C | 1/2 CUP | 100 | 108 | 0 | 22.39 |
| Sweet N Sour Chicken | 3.9 oz | 100 | 190 | 13 | 25.0 |
| BROCCOLI RAW 3/4 C | .75 C | 75 | 15 | *N/A* | 2.79 |
| SALAD DRESSING, RANCH | 1.5 OZ | 75 | 101 | *N/A* | 2.73 |
| MANDARIN ORANGE SEGMENTS: 1/2c | .5 CUP | 95 | 90 | *N/A* | 21.0 |
| APPLESAUCE, UNSWEETENED | .5 CUP | 95 | 52 | 0 | 13.79 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 646 | *31 | 105.58 |
| % of Calories | | | | *19.0% | 65.4% |
| Nutrient Guideline | | | 550-650 | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|------------|----------|
| Thu - 01/19/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| TACO BEEF & BEAN K-8 GRADE:2 | 2 EACH | 100 | 255 | *0 | 24.14 |
| SALAD, ROMAINE 2016 | SRV | 65 | 56 | *1 | 12.68 |
| SALAD DRESSING, RANCH | 1.5 OZ | 65 | 101 | *N/A* | 2.73 |
| PEARS,FRESH | 1 EACH | 80 | 101 | 17 | 27.11 |
| JUICE ORANGE JUICE CUP J | 4 OZ | 90 | 50 | *N/A* | 13.0 |
| LETTUCE &TOMATO:1 leaf,2 slice | 1 lf,2 slc | 65 | 6 | *N/A* | 1.32 |
| SALSA , GREEN CHILI TOMATO, CH | 2 oz | 85 | 13 | *N/A* | 2.77 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 612 | *31 | 89.96 |
| % of Calories | | | | *20.5% | 58.8% |
| Nutrient Guideline | | | 550-650 | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|------------|----------|
| Fri - 01/20/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| CHICKEN SAND BREAD K-6 | SANDWICH | 100 | 383 | *1 | 44.21 |
| CORN, CANNED, WHOLE-KERN: 1/2c | 1/2 cup | 80 | 66 | 0 | 15.24 |
| STRAWBERRY CUP | 1 EACH | 60 | 80 | 16 | 20.93 |
| LETTUCE &TOMATO:1 leaf,2 slice | 1 lf,2 slc | 25 | 6 | *N/A* | 1.32 |
| PEACHES, DICED LIGHT S: 1/2 C | 4 oz | 65 | 53 | 0 | 13.39 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 634 | *27 | 97.20 |
| % of Calories | | | | *17.1% | 61.3% |
| Nutrient Guideline | | | 550-650 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|------------|----------|
| Mon - 01/23/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| BEEF TERYAKI DIPPER 4 each ** | 2.8 OZ | 100 | 150 | 4 | 6.0 |
| RICE, BROWN LONG, 1/2 C | 1/2 CUP | 100 | 108 | 0 | 22.39 |
| APPLES,FRESH,W/SKIN | 1 EACH | 65 | 77 | 15 | 20.58 |
| FRUIT,MIXED,,LIGHT: 1/2 C | 1/2 C | 45 | 68 | 0 | 17.88 |
| GREEN BEANS,9-12 LOW SODIUM | 3/4 CUP | 65 | 21 | 0 | 4.56 |
| CHOC CHIP w/M&M COOKIE | 1 OZ COOKIE | 100 | 110 | *N/A* | 19.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 577 | *31 | 90.98 |
| % of Calories | | | | *21.2% | 63.1% |
| Nutrient Guideline | | | 550-650 | | |

| | | | | | |
|--------------------------------|-----------|-----|---------|--------|-------|
| Tue - 01/24/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| CHICKEN DRUMETTE SOUTHERN | 3 EACH | 100 | 220 | *N/A* | 9.0 |
| ROLL DINNER WG BAKER BOY | ROLL | 100 | 110 | *N/A* | 19.0 |
| POTATO JO-JO 1/2 (5 EA) | 1/2 C | 80 | 100 | 0 | 15.0 |
| PEARS,FRESH | 1 EACH | 65 | 101 | 17 | 27.11 |
| BEANS BAKED 1/2 | 1/2 CUP | 40 | 140 | *N/A* | 25.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 646 | *28 | 86.82 |
| % of Calories | | | | *17.2% | 53.8% |
| Nutrient Guideline | | | 550-650 | | |

| | | | | | |
|--------------------------------|-----------|-----|---------|--------|-------|
| Wed - 01/25/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| FRENCH TOAST STICKS, WG :3 EA | 3 EA | 100 | 208 | *N/A* | 25.64 |
| SAUSAGE LINKS 2 | 2 EACH | 100 | 43 | *N/A* | 1.0 |
| POTATO, TATER TOTS: 6-12 (15) | 15 EACH | 70 | 225 | 0 | 25.5 |
| JUICE APPLE JUICE CUP | 1 EACH | 85 | 60 | 13 | 14.0 |
| STRAWBERRY CUP | 1 EACH | 70 | 80 | 16 | 20.93 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 630 | *39 | 90.24 |
| % of Calories | | | | *24.6% | 57.3% |
| Nutrient Guideline | | | 550-650 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|------------|----------|
| Thu - 01/26/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| SPAGHETTI AND MEAT SAUCE | 1 CUP | 100 | 266 | *1 | 41.86 |
| BREAD, TOAST GARLIC MINI (2) | 2 oz SLICE | 100 | 140 | *N/A* | 24.0 |
| SPINACH SALAD | 1.5 CUP | 50 | 159 | *0 | 10.23 |
| SALAD DRESSING, RANCH | 1.5 OZ | 50 | 101 | *N/A* | 2.73 |
| JUICE APPLE JUICE CUP | 1 EACH | 100 | 60 | 13 | 14.0 |
| ORANGES,FRESH | 1 EACH | 65 | 45 | 9 | 11.28 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 80 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 751 | *38 | 114.67 |
| % of Calories | | | | *20.2% | 61.0% |
| Nutrient Guideline | | | 550-650 | | |

| | | | | | |
|--------------------------------|-----------|-----|---------|--------|-------|
| Fri - 01/27/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| POLLOCK BAJA FISH WG STICKS, | 4 PIECES | 95 | 220 | 0 | 18.0 |
| BROCCOLI RAW EL 1/2 | 1/2 C | 60 | 39 | *N/A* | 7.53 |
| CARROTS, RAW BABY EL 4 oz | 4 OZ | 60 | 40 | *N/A* | 9.34 |
| PRETZEL GOLDFISH CRACKERS | BAG | 45 | 90 | *N/A* | 16.0 |
| PINEAPPLE CHUNKS 1/2 C | 1/2 CUP | 35 | 73 | *N/A* | 19.15 |
| PEACH CUBES 1/2 CUP | 1/2 CUP | 45 | 35 | 7 | 8.5 |
| MILK 1% SMITH BROTHERS | HALF PINT | 20 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 85 | 130 | 22 | 23.0 |
| TARTAR SAUCE: scratch | 1 OZ | 80 | 77 | *N/A* | 6.52 |
| HUMMAS RANCH DIP V.94 | SERVING | 60 | 90 | 1 | 11.0 |
| Weighted Daily Average | | | 586 | *22 | 78.91 |
| % of Calories | | | | *15.2% | 53.9% |
| Nutrient Guideline | | | 550-650 | | |

| | | | | | |
|--------------------------------|--------------|-----|---------|--------|-------|
| Mon - 01/30/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| CHICKEN, POPCORN | serv 3.36 oz | 100 | 253 | 1 | 16.21 |
| ROLL DINNER WG BAKER BOY | ROLL | 75 | 110 | *N/A* | 19.0 |
| GREEN BEANS,9-12 LOW SODIUM | 3/4 CUP | 80 | 21 | 0 | 4.56 |
| APPLES,FRESH,W/SKIN | 1 EACH | 80 | 77 | 15 | 20.58 |
| ORANGE JUICE CUP | 1 EACH | 90 | 50 | 12 | 13.0 |
| MILK 1% SMITH BROTHERS | HALF PINT | 25 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 75 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 585 | *41 | 82.77 |
| % of Calories | | | | *27.9% | 56.6% |
| Nutrient Guideline | | | 550-650 | | |

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**KENAI PENINSULA BOROUGH
SCHOOL DISTRICT**

Jan 1, 2017 thru Jan 31, 2017

LUNCH K-6

Base Menu Spreadsheet

Portion Values - Detailed

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Generated on: 1/9/2017 9:16:22 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|------------|----------|
| Tue - 01/31/2017 | | | | | |
| LUNCH K-5 | Total | 100 | | | |
| Cindys Fiesta Bowl ea 1/2 rice | serving | 95 | 333 | *0 | 36.35 |
| TORTILLA WHEAT 10"1/2 tortilla | 1/2 | 40 | 100 | *N/A* | 18.0 |
| SALSA , GREEN CHILI TOMATO, CH | 2 oz | 90 | 13 | *N/A* | 2.77 |
| PEACHES, DICED LIGHT S: 1/2 C | 4 oz | 75 | 53 | 0 | 13.39 |
| JUICE APPLE JUICE CUP | 1 EACH | 75 | 60 | 13 | 14.0 |
| REFRIED BEANS, ELEM 1/2 | 1/2 CUP | 35 | 120 | 1 | 18.0 |
| CHEESE, CHEDDAR REDUCED FAT M | 1 OZ | 35 | 80 | 0 | 0.57 |
| MILK 1% SMITH BROTHERS | HALF PINT | 15 | 110 | *N/A* | 13.0 |
| MILK CHOCOLATE: SMITH BROTHERS | HALF PIN | 85 | 130 | 22 | 23.0 |
| Weighted Daily Average | | | 650 | *29 | 92.77 |
| % of Calories | | | | *17.7% | 57.1% |
| Nutrient Guideline | | | 550-650 | | |

| | | | | | |
|------------------|--|--|-----|--------|-------|
| Weighted Average | | | 630 | *30 | 92.96 |
| | | | | *42.3% | 59.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 630 | | 550 - 650 | 100% | | | | |
| Sugars (g) | 30 | 18.81% | | | Missing | | | |
| Carbohydrate (g) | 92.96 | 59.00% | | | | | | |

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