

# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/01/2017													
BREAKFAST K-5	Total	100											
HOT CEREAL	3/4 CUP	60	150	0	7	4.00	1.80	7.1	5	0.0	5.0	27.0	3.0
CEREAL ASSORED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			423	6	297	6.27	3.45	394.7	867	85.49	14.00	87.91	3.22
% of Calories											13.2%	83.1%	6.9%
Nutrient Guideline			350-500		540								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/02/2017													
BREAKFAST K-5	Total	100											
BISCUIT WHOLE GRAIN	1 EACH	60	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
GRAVY, SAUSAGE - SIGNATURE	1 OZ	60	35	4	115	0.00	0.00	0.0	0	0.0	0.89	1.77	2.66
CEREAL ASSORED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			463	9	560	5.07	3.23	438.4	1464	85.49	13.93	88.37	7.22
% of Calories											12.1%	76.4%	14.0%
Nutrient Guideline			350-500		540								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/03/2017													
BREAKFAST K-5	Total	100											
BREAKFAST PIZZA	3.2 OZ.	60	230	15	590	2.00	1.80	150.0	200	0.0	9.0	25.0	10.0
CEREAL ASSORED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT CANNED	1 CUP	100	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			476	15	651	3.94	4.66	476.6	959	68.00	16.10	86.34	7.37
% of Calories											13.5%	72.6%	13.9%
Nutrient Guideline			350-500		540								

Thu - 05/04/2017													
BREAKFAST K-5	Total	100											
MUFFIN SQUARES, FRUITED WH	MUFFIN	60	232	5	224	3.77	3.96	68.7	65	1.72	3.23	45.61	4.54
CEREAL ASSORED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			472	9	427	6.13	4.74	431.6	903	86.52	12.94	99.07	4.15
% of Calories											11.0%	83.9%	7.9%
Nutrient Guideline			350-500		540								

Fri - 05/05/2017													
BREAKFAST K-5	Total	100											
PANCAKE, WGBLUE&SAUS ON STIC	1 EACH	60	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
SYRUP, PANCAKE	1 OZ	60	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
CEREAL ASSORED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			525	21	569	4.47	2.37	390.4	900	85.49	15.80	101.41	8.02
% of Calories											12.0%	77.2%	13.7%
Nutrient Guideline			350-500		540								

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May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/08/2017													
BREAKFAST K-5	Total	100											
SAUSAGE, EGG, ON A BUN	1 EACH	45	460	165	765	6.00	3.24	80.0	200	0.0	17.0	39.0	27.0
CEREAL ASSOED WG TOAST	BOWL	55	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			573	80	675	7.18	4.53	451.9	1027	86.46	19.52	96.29	13.88
% of Calories											13.6%	67.2%	21.8%
Nutrient Guideline			350-500		540								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/09/2017													
BREAKFAST K-5	Total	100											
EGGO MINIS WAFFLES	1 EACH	60	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
CEREAL ASSOED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			453	6	425	6.27	3.99	450.4	1164	85.49	13.40	92.71	4.42
% of Calories											11.8%	81.8%	8.8%
Nutrient Guideline			350-500		540								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/10/2017													
BREAKFAST K-5	Total	100											
DONUT LONG JOHN WG	1 EACH	50	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
CEREAL ASSOED WG TOAST	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT CANNED	1 CUP	100	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			485	6	502	4.65	4.76	413.6	887	68.64	13.78	90.03	8.08
% of Calories											11.4%	74.3%	15.0%
Nutrient Guideline			350-500		540								

Thu - 05/11/2017													
BREAKFAST K-5	Total	100											
OMELET, COLBY CHEESE WRAP	1 EACH	50	205	193	451	0.50	17.45	639.4	397	0.0	10.44	16.29	10.34
CEREAL ASSORED WG TOAST	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			458	103	544	4.53	11.56	727.1	1111	86.14	16.80	84.54	6.80
% of Calories											14.7%	73.9%	13.4%
Nutrient Guideline			350-500		540								

Fri - 05/12/2017													
BREAKFAST K-5	Total	100											
BREAKFAST BURRITO	3.75 OZ	50	230	75	468	1.00	1.80	65.0	247	7.0	9.0	27.0	9.0
CEREAL ASSORED WG TOAST	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			470	44	552	4.78	3.73	439.9	1036	89.64	16.08	89.90	6.13
% of Calories											13.7%	76.5%	11.7%
Nutrient Guideline			350-500		540								

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Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/15/2017													
BREAKFAST K-5	Total	100											
BREAKFAST PIZZA	3.2 OZ.	40	230	15	590	2.00	1.80	150.0	200	0.0	9.0	25.0	10.0
CEREAL ASSOED WG TOAST	BOWL	60	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			469	12	580	5.49	4.02	484.4	1042	86.78	15.76	91.09	5.84
% of Calories											13.4%	77.7%	11.2%
Nutrient Guideline			350-500		540								

Tue - 05/16/2017													
BREAKFAST K-5	Total	100											
EGGO MINIS PANCAKES	1 EACH	60	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0
CEREAL ASSOED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			459	12	485	6.27	3.99	426.4	1164	85.49	13.40	92.71	5.02
% of Calories											11.7%	80.7%	9.8%
Nutrient Guideline			350-500		540								

Wed - 05/17/2017													
BREAKFAST K-5	Total	100											
SAUSAGE,EGG/MUFFIN	1 EACH	50	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
CEREAL ASSOED WG TOAST	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT CANNED	1 CUP	100	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0

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Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			550	89	615	3.65	5.48	453.6	987	68.64	17.78	89.53	14.08
% of Calories											12.9%	65.2%	23.1%
Nutrient Guideline			350-500		540								

Thu - 05/18/2017													
BREAKFAST K-5	Total	100											
DONUT LONG JOHN WG	1 EACH	60	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
CEREAL ASSORED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			483	6	509	5.67	3.23	402.4	864	85.49	14.00	88.51	9.22
% of Calories											11.6%	73.3%	17.2%
Nutrient Guideline			350-500		540								

Fri - 05/19/2017													
BREAKFAST K-5	Total	100											
MUFFIN SQUARES, FRUITED	3 OZ	60	281	0	350	2.27	5.12	43.1	8	2.58	3.67	57.85	4.51
CEREAL ASSORED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			502	6	503	5.23	5.44	416.2	869	87.04	13.21	106.42	4.13
% of Calories											10.5%	84.8%	7.4%
Nutrient Guideline			350-500		540								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/22/2017													
BREAKFAST K-5	Total	100											
PANCAKE, WGBLUE&SAUS ON STIC	1 EACH	60	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
SYRUP, PANCAKE	1 OZ	60	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
CEREAL ASSOED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			525	21	569	4.47	2.37	390.4	900	85.49	15.80	101.41	8.02
% of Calories											12.0%	77.2%	13.7%
Nutrient Guideline			350-500		540								

Tue - 05/23/2017													
BREAKFAST K-5	Total	100											
BREAKFAST BURRITO	3.75 OZ	60	230	75	468	1.00	1.80	65.0	247	7.0	9.0	27.0	9.0
CEREAL ASSOED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			471	51	574	4.47	3.45	429.4	1012	89.69	16.40	87.91	6.82
% of Calories											13.9%	74.6%	13.0%
Nutrient Guideline			350-500		540								

Wed - 05/24/2017													
BREAKFAST K-5	Total	100											
PORK SAUSAGE/BUN	EACH	60	380	30	640	6.00	2.52	60.0	0	0.0	13.0	38.0	20.0
EGG PATTIE, GRILLED	1 EACH	60	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
CEREAL ASSOED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT CANNED	1 CUP	100	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			614	105	756	6.34	5.52	434.6	959	68.00	20.90	94.74	17.57
% of Calories											13.6%	61.7%	25.8%
Nutrient Guideline			350-500		540								

Thu - 05/25/2017													
BREAKFAST K-5	Total	1040											
BAGEL WHEAT 1/2	1/2 BAGEL	60	60	0	85	1.50	0.54	20.0	8	0.0	2.5	12.0	0.5
CHEESE, CREAM 1 OZ	1 OZ	60	100	35	105	0.00	0.00	20.0	300	0.0	2.0	1.0	9.0
CEREAL ASSORED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			41	3	39	0.46	0.26	39.8	101	8.22	1.32	7.65	0.68
% of Calories											12.8%	74.1%	14.9%
Nutrient Guideline			350-500		540								

Fri - 05/26/2017													
BREAKFAST K-5	Total	100											
EGGO MINIS WAFFLES	1 EACH	60	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
CEREAL ASSORED WG TOAST	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	100	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	100	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, WHITE 1%	1 CUP	20	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			453	6	425	6.27	3.99	450.4	1164	85.49	13.40	92.71	4.42
% of Calories											11.8%	81.8%	8.8%
Nutrient Guideline			350-500		540								

Mon - 05/29/2017													
BREAKFAST K-5	Total	1											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			350-500		540								

Tue - 05/30/2017													
BREAKFAST K-5	Total	1											
MANAGER'S SPECIAL	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			350-500		540								

Wed - 05/31/2017													
BREAKFAST K-5	Total	1											
MANAGER'S SPECIAL	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			350-500		540								

Thu - 06/01/2017													
BREAKFAST K-5	Total	1											
MANAGER'S SPECIAL	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			350-500		540								

Fri - 06/02/2017													
BREAKFAST K-5	Total	1											
MANAGER'S SPECIAL	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			350-500		540								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 06/05/2017													
BREAKFAST K-5	Total	1											
MANAGER'S SPECIAL	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540								

Tue - 06/06/2017													
BREAKFAST K-5	Total	1											
MANAGER'S SPECIAL	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540								

Weighted Average			468	30	513	5.08	4.24	427.1	969	78.88	14.72 12.6%	88.46 75.6%	7.26 13.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	468		350 - 500	100%				
Cholesterol (mg)	30							
Sodium (mg)	513		540					
Fiber (g)	5.08							
Iron (mg)	4.24							
Calcium (mg)	427.1							
Vitamin A (IU)	969							
Vitamin C (mg)	78.88							
Protein (g)	14.72	12.57%						
Carbohydrate (g)	88.46	75.56%						
Total Fat (g)	7.26	13.95%						

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