

Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 1

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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													
Lunch K-5	Total	4000											
CHICKEN NUGGETS	SERVING	3600	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
PORK PATTIES SANDWICH	1 EACH	400	536	40	1058	23.00	2.70	460.0	5	0.0	24.0	55.56	24.54
SALAD, CHOPPED ROMAINE	2 CUP	3550	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
SWEET POT CHOPWEDG & SAUC e	.50 CUP	3450	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
FRUIT CANNED	CUP	3500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
DINNER ROLL 100 % WHEAT	1 EACH	3500	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Weighted Daily Average			745	35	1022	11.69	5.77	477.8	7395	26.99	29.69	98.13	26.30
% of Calories											16.0%	52.7%	31.8%
Nutrient Guideline			550-650		1230								

	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													
Lunch K-5	Total	4000											
SOFT SHELL TACO el	1 EACH	2200	200	29	331	1.08	17.93	636.3	289	2.33	11.26	17.82	8.75
CORN DOG - WHOLE GRAIN	1 EACH	1000	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
TOMATOES, DICED CANNED	OZ	3500	7	0	4	0.23	0.00	93.7	469	2.11	0.12	1.41	0.0
REFRIED BEANS	1/2 CUP	4000	119	0	140	5.20	27.18	430.0	137	0.0	6.03	26.85	0.47
GREEN BEANS: canned,cooked	.50 CUP	3500	20	0	95	1.00	0.36	20.1	100	0.0	1.0	5.02	0.0
FRUIT FRESH	EACH	3500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	1 CUP	3500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZAel	SERVINGS	800	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			597	32	854	11.65	40.06	1335.7	1580	35.82	28.33	103.38	9.94
% of Calories											19.0%	69.2%	15.0%
Nutrient Guideline			550-650		1230								

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

Lunch 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)
Wed - 05/03/2017													
Lunch K-5	Total	4000											
POTATOES AU GRATIN & HAM	1 CUP	1175	199	30	1099	2.50	2.62	50.0	0	7.5	10.83	30.83	5.21
CHEESEBURGER/ WHEAT BUN 1.60	1 EACH	1174	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
CARROTS, BABY 3/4 CUP	3/4 CUP	3500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
FRUIT FRESH	1 EACH	3500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	1 CUP	3500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
BREAD STICK WHOLE WHEAT 2	EACH	2349	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA ^a _{el}	SERVINGS	1651	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			591	39	1038	9.04	4.93	987.3	6060	37.73	29.08	92.95	11.45
% of Calories											19.7%	62.9%	17.4%
Nutrient Guideline			550-650		1230								

	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)
Thu - 05/04/2017													
Lunch K-5	Total	4000											
COUNTRY FRIED STEAK	EACH	1400	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
HOT POCKET-PEPPERONI	1 EACH	1650	300	40	680	3.00	0.00	0.0	0	0.0	18.0	32.0	11.0
POTATO PEARLS LOW SODIUM	1/2 CUP	1400	160	0	230	2.00	0.00	40.0	0	60.0	4.0	36.0	1.0
GRAVY,CHICKEN, DEHYDR & WA.50	1/2 CUP	1400	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
CAULIFLOWER,raw: fresh.50CUP	1/2 CUP	3500	13	0	15	1.00	3.78	110.0	0	144.6	0.96	2.49	0.14
CARROTS, RAW, COIN .50 CUP	1/2 CUP	3500	23	0	31	1.33	0.00	13.3	1994	0.8	0.66	3.99	0.0
FRUIT CANNED	1 CUP	3500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
DINNER ROLL 100 % WHEAT	1 EACH	1400	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
MILK, CHOCOLATE FAT FREE	1 CUP	3000	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1000	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA ^a _{el}	SERVINGS	1000	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			624	46	1162	7.80	6.40	577.4	2480	158.38	31.56	87.50	16.54
% of Calories											20.2%	56.1%	23.8%
Nutrient Guideline			550-650		1230								

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Fri - 05/05/2017													
Lunch K-5	Total	4000											
WAFFLE 2 WHOLE GRAIN	WAFFLES	2500	200	0	480	3.00	3.60	100.0	0	0.0	5.0	32.0	6.0
BREAD STICK MOZZARELLA	2 EACH	500	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
BLUEBERRIES FRESH & SYRUP	.25 CUP	2500	28	0	1	0.00	0.55	0.0	76	0.91	0.0	7.06	0.0
SPAGHETTI SAUCE LOW SODIUM	1/4 CUP	500	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
SAUSAGE, PORK LINK	2 EACH	2000	227	40	336	0.00	0.71	0.0	0	0.0	7.9	1.98	20.74
CORN: canned, yellow .75 CUP	.75 CUP	3500	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
FRUIT FRESH	1 EACH	3500	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	3000	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZAel	SERVINGS	1000	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			669	34	1084	7.53	5.56	536.5	989	74.28	25.05	95.06	21.16
% of Calories											15.0%	56.8%	28.5%
Nutrient Guideline			550-650		1230								

	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													
Lunch K-5	Total	4000											
CHICKEN MANDARIN ORANGE- ASIA	3.92 OZ	3500	210	55	280	0.00	0.72	0.0	100	0.0	13.0	20.0	8.0
SUN BUTTER SANDWICH	SANDWICH	500	310	0	310	5.00	5.40	20.0	55	0.0	9.0	33.0	15.0
RICE, BROWN	1/4 CUP	3500	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
PEAS, FROZEN, GREEN	3/4 CUP	3500	94	0	270	5.39	1.46	0.0	539	8.09	6.74	16.18	0.0
FRUIT FRESH	EACH	3500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	CUP	3500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Weighted Daily Average			535	55	703	8.25	4.25	329.6	1215	38.78	27.33	82.72	9.75
% of Calories											20.4%	61.9%	16.4%
Nutrient Guideline			550-650		1230								

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Tue - 05/09/2017													
Lunch K-5	Total	4000											
CHILI WHITE el	3/4 CUP	2500	202	29	308	6.01	2.32	119.3	121	4.83	14.91	27.04	3.88
HOT POCKET-PEPPERONI	1 EACH	500	300	40	680	3.00	0.00	0.0	0	0.0	18.0	32.0	11.0
TORTILLA, WHOLE WHEAT	1 EACH	2500	96	0	243	0.50	16.74	560.0	0	0.0	2.5	15.3	2.4
CARROT AND CELERY STICKS el	3/4 CUP	3500	24	0	56	1.68	1.49	175.0	2958	8.25	0.79	4.24	0.07
FRUIT CANNED	CUP	3000	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	EACH	3500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
CHOCOLATE CHIP COOKIES	1 EACH	3800	133	13	39	0.85	2.33	9.8	118	0.0	1.57	16.68	6.86
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZAel	SERVINGS	1000	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			662	47	841	10.26	17.36	1026.8	3588	42.12	29.13	102.48	14.98
% of Calories											17.6%	61.9%	20.4%
Nutrient Guideline			550-650		1230								

	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)
Wed - 05/10/2017													
Lunch K-5	Total	4000											
CHICKEN & GRAVY ele	SERVINGS	3035	110	21	394	2.02	0.49	13.5	877	3.64	7.51	13.43	2.72
HOT DOG & BUN	1 EACH	500	300	30	540	4.00	2.16	40.0	0	0.0	13.0	28.0	13.5
CRANBERRY SAUCE: canned,swt el	1/4 CUP	3100	100	0	35	1.00	0.00	0.0	0	0.0	0.0	26.0	0.0
CORN: canned, yellow .75 CUP	.75 CUP	4000	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
FRUIT FRESH	EACH	3500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
BISCUIT WHOLE GRAIN	1 EACH	3000	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZAel	SERVINGS	465	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			629	29	1096	9.61	2.90	443.6	2081	33.02	24.21	104.11	13.12
% of Calories											15.4%	66.2%	18.8%
Nutrient Guideline			550-650		1230								

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Thu - 05/11/2017													
Lunch K-5	Total	4000											
BREAD STICK MOZZARELLA	2 EACH	1100	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
CORN DOG - WHOLE GRAIN	1 EACH	1250	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
SPAGHETTI SAUCE LOW SODIUM	1/4 CUP	1100	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
SALAD, CHOPPED ROMAINE	2 CUP	4000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
SWEET POT CHOPWEDG & SAUC e	.50 CUP	2900	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
FRUIT FRESH	1 EACH	2000	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	1 CUP	2000	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZAel	SERVINGS	1650	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			709	35	1001	8.95	6.52	671.0	7915	44.28	25.50	93.97	25.79
% of Calories											14.4%	53.0%	32.7%
Nutrient Guideline			550-650		1230								

	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)
Fri - 05/12/2017													
Lunch K-5	Total	4000											
PIZZA, TONY PEPPERONI	SLICE	1200	290	15	620	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
BURRITO BEEF BEAN GRE CHILE W	1 EACH	1200	294	19	414	7.92	3.60	80.0	403	4.8	16.28	39.49	9.13
CARROTS, RAW, COIN .50 CUP	1/2 CUP	3500	23	0	31	1.33	0.00	13.3	1994	0.8	0.66	3.99	0.0
CAULIFLOWER,raw: fresh.50CUP	1/2 CUP	3500	13	0	15	1.00	3.78	110.0	0	144.6	0.96	2.49	0.14
FRUIT FRESH	EACH	3500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	CUP	3500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZAel	SERVINGS	1600	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			547	26	764	9.75	7.59	717.0	2910	162.35	27.63	86.19	10.61
% of Calories											20.2%	63.1%	17.5%
Nutrient Guideline			550-650		1230								

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May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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 - 05/15/2017													
Lunch K-5	Total	4000											
CHICKEN NUGGETS	SERVING	3550	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
PORK PATTIES SANDWICH	1 EACH	450	536	40	1058	23.00	2.70	460.0	5	0.0	24.0	55.56	24.54
POTATO PEARLS LOW SODIUM	1/2 CUP	3550	160	0	230	2.00	0.00	40.0	0	60.0	4.0	36.0	1.0
GRAVY,CHICKEN, DEHYDR & WA.50	1/2 CUP	3550	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	2000	88	0	48	6.00	20.25	345.0	5838	26.1	3.9	17.87	0.21
FRUIT CANNED	CUP	2000	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
DINNER ROLL 100 % WHEAT	1 EACH	3500	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Weighted Daily Average			685	29	1549	12.31	14.25	657.7	3456	72.10	33.17	109.84	14.86
% of Calories											19.4%	64.2%	19.5%
Nutrient Guideline			550-650		1230								

	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)
Tue - 05/16/2017													
Lunch K-5	Total	4000											
MACARONI & CHEESE WHOLE GRAI	2/3 CUP	3035	290	30	980	2.00	1.08	400.0	750	0.0	17.0	31.0	11.0
CHICKEN PATTY/WHOLEGRAIN BUN	1 EACH	500	430	20	870	9.00	3.60	100.0	0	0.0	21.0	52.0	16.0
BROCCOLI,raw: fresh el	3/4 CUP	3500	38	0	30	3.00	0.54	30.0	1500	45.0	3.0	6.0	0.0
FRUIT CANNED	CUP	3500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	1 EACH	3500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
BREAD STICK WHOLE WHEAT	EACH	3035	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	3000	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZAel	SERVINGS	465	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			643	35	1230	9.29	4.19	737.5	2635	72.62	32.05	97.47	14.15
% of Calories											19.9%	60.6%	19.8%
Nutrient Guideline			550-650		1230								

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Wed - 05/17/2017													
Lunch K-5	Total	4000											
DUG OUT	SERVING	1000	444	38	729	6.39	3.94	86.6	1045	11.7	21.85	43.14	20.48
JOE CHEESER - HAM L	1 EACH	2000	240	45	730	0.00	0.00	0.0	0	0.0	15.0	31.0	6.0
SALAD, CHOPPED ROMAINE	2 CUP	4000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
CARROTS, RAW, COIN .50 CUP	1/2 CUP	3500	23	0	31	1.33	0.00	13.3	1994	0.8	0.66	3.99	0.0
FRUIT FRESH	EACH	3500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	CUP	3500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA ¹	SERVINGS	1000	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			642	52	990	8.04	3.68	490.8	6827	53.36	28.71	86.56	19.73
% of Calories											17.9%	53.9%	27.6%
Nutrient Guideline			550-650		1230								

	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)
Thu - 05/18/2017													
Lunch K-5	Total	4000											
NACHOS WITH GROUND BEEF ^{ele}	SERVINGS	2000	366	50	135	4.70	1.72	1056.2	260	0.84	21.99	31.89	16.09
BURRITO BEEF BEAN GRE CHILE W	1 EACH	1535	294	19	414	7.92	3.60	80.0	403	4.8	16.28	39.49	9.13
CHEESE SAUCE 2007 1/4 CUP	1/4 CUP	2000	60	0	470	0.00	0.00	40.0	0	0.0	2.0	6.0	3.5
REFRIED BEANS	1/2 CUP	2035	119	0	140	5.20	27.18	430.0	137	0.0	6.03	26.85	0.47
TOMATOES, DICEDEL	2 OZ	3500	10	0	3	0.68	0.15	5.7	472	7.2	0.5	2.22	0.11
FRUIT CANNED	CUP	3300	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	EACH	3300	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA ¹	SERVINGS	465	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			651	41	785	11.73	18.00	1181.3	1488	39.12	32.92	98.57	15.54
% of Calories											20.2%	60.6%	21.5%
Nutrient Guideline			550-650		1230								

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Fri - 05/19/2017													
Lunch K-5	Total	4000											
BBQ PORK (SHREDDED) ON WG BU	1 EACH	1300	370	44	947	8.00	1.98	430.0	18550	3.0	25.0	50.0	9.0
CHEESEBURGER/ WHEAT BUN 1.60	1 EACH	1400	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
CARROT AND CELERY STICKS el	3/4 CUP	3000	24	0	56	1.68	1.49	175.0	2958	8.25	0.79	4.24	0.07
SALAD, CHOPPED ROMAINE	2 CUP	4000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
FRUIT CANNED	CUP	3000	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	1 EACH	3000	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZAel	SERVINGS	1300	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			660	52	1027	11.05	5.96	1282.2	13886	52.97	32.58	87.94	19.88
% of Calories											19.8%	53.3%	27.1%
Nutrient Guideline			550-650		1230								

Mon - 05/22/2017													
Lunch K-5	Total	4000											
SALISBURY STEAK	1 EACH	2500	158	43	303	1.00	0.36	450.0	2000	0.6	14.0	5.0	9.0
CHICKEN PATTY/WHOLEGRAIN BUN	1 EACH	500	430	20	870	9.00	3.60	100.0	0	0.0	21.0	52.0	16.0
POTATO PEARLS LOW SODIUM	1/2 CUP	2500	160	0	230	2.00	0.00	40.0	0	60.0	4.0	36.0	1.0
GRAVY - BROWN	.50 CUP	2500	14	0	178	0.00	0.00	0.0	0	0.0	0.57	2.29	0.57
FRUIT FRESH	EACH	2000	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	CUP	2000	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
CARROTS, BABY 3/4 CUP	3/4 CUP	3800	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
DINNER ROLL 100 % WHEAT 2	2 EACH	2800	220	0	360	6.00	2.88	120.0	0	0.0	12.0	38.0	3.0
MILK, CHOCOLATE FAT FREE	1 CUP	2700	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1000	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Weighted Daily Average			624	35	1018	10.80	3.75	715.1	6648	57.67	31.53	100.34	11.40
% of Calories											20.2%	64.3%	16.4%
Nutrient Guideline			550-650		1230								

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Tue - 05/23/2017													
Lunch K-5	Total	4000											
CHICKEN FAJITA TORTILLAS e1	SERVING	2400	237	57	747	0.50	16.74	560.0	0	0.0	18.54	17.3	10.41
HOT DOG & BUN	1 EACH	500	300	30	540	4.00	2.16	40.0	0	0.0	13.0	28.0	13.5
VEGETABLE FAJITA BLEND	.75 CUP	2349	25	0	5	0.00	0.00	0.0	15	0.0	0.0	5.0	0.0
SALAD, CHOPPED ROMAINE	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
FRUIT FRESH	EACH	3500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	CUP	3500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZAe1	SERVINGS	1100	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			581	57	938	5.95	12.98	807.9	4347	47.77	28.24	74.04	18.70
% of Calories											19.5%	51.0%	29.0%
Nutrient Guideline			550-650		1230								

	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 - 05/24/2017													
Lunch K-5	Total	4000											
PANCAKES WHOLE GRAIN- 2	1 EACH	2000	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0
SUN BUTTER SANDWICH	SANDWICH	1000	310	0	310	5.00	5.40	20.0	55	0.0	9.0	33.0	15.0
STRAWBERRIES FROZEN e1	1/4 CUP	2000	61	0	2	1.20	0.38	7.0	16	26.4	0.49	16.52	0.09
SAUSAGE, PORK LINK	2 EACH	2000	227	40	336	0.00	0.71	0.0	0	0.0	7.9	1.98	20.74
CORN: canned, yellow .75 CUP	.75 CUP	3000	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
FRUIT FRESH	EACH	3500	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	3500	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
	R 1/2C												
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZAe1	SERVINGS	1000	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			656	35	866	7.81	3.18	442.5	841	91.33	24.23	95.85	20.92
% of Calories											14.8%	58.4%	28.7%
Nutrient Guideline			550-650		1230								

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Thu - 05/25/2017													
Lunch K-5	Total	4000											
CHICKEN ROASTED DRUMSTICK	1 EACH	2500	130	45	330	0.00	0.36	0.0	0	0.0	13.0	2.0	8.0
BBQ PORK RIB ON WHEAT BUN	1 EACH	500	413	51	1092	7.24	23.58	102.0	199	1.39	21.63	56.42	13.15
HARVEST APPLE CRISP	SERVINGS	3400	208	0	46	5.81	7.55	83.5	3710	23.66	1.87	41.39	4.9
CAULIFLOWER,raw: fresh.75CUP	.75 CUP	3500	19	0	23	1.88	0.27	15.0	9	34.65	1.5	3.98	0.08
FRUIT FRESH	EACH	3500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
BREAD STICK WHOLE WHEAT 2	EACH	2500	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA ¹	SERVINGS	1000	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			625	47	799	10.82	11.16	526.4	3944	76.88	29.14	96.94	15.51
% of Calories											18.7%	62.0%	22.3%
Nutrient Guideline			550-650		1230								

Fri - 05/26/2017													
Lunch K-5	Total	4000											
CHILI CON CARNE & BEANS	3/4 CUP	1400	324	50	483	7.19	5.25	64.5	1393	15.6	25.85	34.47	9.09
HOT POCKET-PEPPERONI	1 EACH	1400	300	40	680	3.00	0.00	0.0	0	0.0	18.0	32.0	11.0
BREAD, MINI GARLIC TOAST WG ^{sec}	2 SLICES	1500	137	0	186	1.95	1.41	0.0	0	0.0	3.91	21.51	4.89
GREEN BEANS: canned,cooked	3/4 CUP	3500	30	0	143	1.51	0.54	30.1	151	0.0	1.51	7.53	0.0
FRUIT CANNED	CUP	3500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	EACH	3500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA ¹	SERVINGS	1200	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			609	45	958	9.44	5.05	513.3	1475	38.65	32.98	93.74	12.42
% of Calories											21.7%	61.6%	18.4%
Nutrient Guideline			550-650		1230								

Mon - 05/29/2017													
Lunch 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
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			550-650		1230								

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Tue - 05/30/2017													
Lunch 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			550-650		1230								

Wed - 05/31/2017													
Lunch 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			550-650		1230								

Thu - 06/01/2017													
Lunch 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			550-650		1230								

Fri - 06/02/2017													
Lunch 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			550-650		1230								

Mon - 06/05/2017													
Lunch 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

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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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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			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			550-650		1230								

Tue - 06/06/2017													
Lunch 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			550-650		1230								

Weighted Average			634	40	986	9.59	9.18	722.9	4088	62.81	29.15	94.39	16.14
											18.4%	59.5%	22.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	634		550 - 650	100%				
Cholesterol (mg)	40							
Sodium (mg)	986		1230					
Fiber (g)	9.59							
Iron (mg)	9.18							
Calcium (mg)	722.9							
Vitamin A (IU)	4088							
Vitamin C (mg)	62.81							
Protein (g)	29.15	18.39%						
Carbohydrate (g)	94.39	59.53%						
Total Fat (g)	16.14	22.90%						

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

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