

# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 1

Generated on: 4/11/2017 11:14:22 AM

	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 9-12	Total	325											
HOT CEREAL - 1 2/3 CUP	1.66 CUP	195	300	0	12	8.00	3.60	11.9	10	0.0	10.0	54.0	6.0
CEREAL ASSORED WG TOAST	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	EACH	310	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	310	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	210	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	100	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	50	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>tel 8</sup>	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			513	8	346	8.14	3.70	382.8	750	80.58	16.98	98.62	7.17
% of Calories											13.2%	76.9%	12.6%
Nutrient Guideline			450-600		640								

Tue - 05/02/2017													
BREAKFAST 9-12	Total	325											
BISCUIT WHOLE GRAIN	1 EACH	220	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
GRAVY, SAUSAGE - SIGNATURE	2 OZ	220	71	9	230	0.00	0.00	0.0	0	0.0	1.77	3.54	5.32
CEREAL ASSORED WG TOAST	BOWL	85	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT CANNED	1 CUP	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE YOGURT & TOAST <sup>tel 8</sup>	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			495	13	654	3.62	3.96	428.3	1455	67.21	14.45	87.97	9.59
% of Calories											11.7%	71.1%	17.5%
Nutrient Guideline			450-600		640								

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<sup>1</sup> - 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

BREAKFAST 9-12

Portion Values - Detailed

Page 2

Generated on: 4/11/2017 11:14:22 AM

	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 9-12	Total	325											
BREAKFAST PIZZA sec	6.4 OZ.	150	460	30	1180	4.00	3.60	300.0	400	0.0	18.0	50.0	20.0
CEREAL ASSORED WG TOAST	BOWL	30	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT CANNED	1 CUP	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVYmid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>1</sup>	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			555	22	900	3.82	4.01	515.2	884	66.14	19.15	89.36	12.81
% of Calories											13.8%	64.5%	20.8%
Nutrient Guideline			450-600		640								

	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 - 05/04/2017													
BREAKFAST 9-12	Total	325											
MUFFIN SQUARES, FRUITED	3 OZ	185	281	0	350	2.27	5.12	43.1	8	2.58	3.67	57.85	4.51
CEREAL ASSORED WG TOAST	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVYmid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>1</sup>	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			515	8	573	4.80	4.53	419.7	780	85.78	13.64	103.47	6.39
% of Calories											10.6%	80.3%	11.2%
Nutrient Guideline			450-600		640								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 3

Generated on: 4/11/2017 11:14:23 AM

	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)
Fri - 05/05/2017													
BREAKFAST 9-12	Total	325											
PANCAKE, WGBLUE&SAUS ON STIC	1 EACH	185	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
SYRUP, PANCAKE	1 OZ	185	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
CEREAL ASSORED WG TOAST	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVYmid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOASTjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			537	22	636	4.08	1.62	395.2	809	84.31	16.11	98.72	10.08
% of Calories											12.0%	73.5%	16.9%
Nutrient Guideline			450-600		640								

	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 - 05/08/2017													
BREAKFAST 9-12	Total	325											
SAUSAGE,CHEESE,EGG/BUN	1 EACH	160	566	192	1187	6.00	3.29	236.0	472	0.0	23.28	39.45	35.86
CEREAL ASSORED WG TOAST	BOWL	100	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	200	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	125	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVYmid	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOASTjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			642	103	940	6.81	3.66	524.1	1062	85.21	23.50	92.64	21.23
% of Calories											14.6%	57.7%	29.7%
Nutrient Guideline			450-600		640								

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May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

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)
Tue - 05/09/2017													
BREAKFAST 9-12	Total	325											
EGGO MINIS WAFFLES	1 EACH	185	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
CEREAL ASSORED WG TOAST	BOWL	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	200	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	125	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>tel 8</sup>	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			464	9	465	5.88	3.29	454.4	1084	84.81	13.96	90.25	6.30
% of Calories											12.0%	77.8%	12.2%
Nutrient Guideline			450-600		640								

Wed - 05/10/2017													
BREAKFAST 9-12	Total	325											
DONUT LONG JOHN WG	1 EACH	185	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
CEREAL ASSORED WG TOAST	BOWL	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT CANNED	1 CUP	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	200	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	125	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>tel 8</sup>	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			497	9	548	4.19	3.79	405.1	774	67.32	14.22	85.90	10.80
% of Calories											11.4%	69.1%	19.5%
Nutrient Guideline			450-600		640								

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Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 5

Generated on: 4/11/2017 11:14:23 AM

	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													
BREAKFAST 9-12	Total	325											
OMELET, COLBY CHEESE WRAP <sup>sec</sup>	1 EACH	185	249	193	528	1.00	2.15	179.4	397	0.0	11.94	22.99	10.94
CEREAL ASSORED WG TOAST	BOWL	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	200	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	125	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>tel 8</sup>	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			492	119	640	4.17	2.98	499.6	1025	84.81	18.48	83.42	9.68
% of Calories											15.0%	67.8%	17.7%
Nutrient Guideline			450-600		640								

Fri - 05/12/2017													
BREAKFAST 9-12	Total	325											
BREAKFAST BURRITO	3.75 OZ	160	230	75	468	1.00	1.80	65.0	247	7.0	9.0	27.0	9.0
CEREAL ASSORED WG TOAST	BOWL	100	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	200	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	125	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>tel 8</sup>	EACH	25	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			483	46	591	4.38	2.95	443.6	953	88.68	16.69	87.67	8.04
% of Calories											13.8%	72.6%	15.0%
Nutrient Guideline			450-600		640								

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BREAKFAST 9-12

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Page 6

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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 9-12	Total	325											
BREAKFAST PIZZA sec	6.4 OZ.	130	460	30	1180	4.00	3.60	300.0	400	0.0	18.0	50.0	20.0
CEREAL ASSORED WG TOAST	BOWL	150	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVYmid	SERVINGS	20	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOASTjel 8	1 EACH	25	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			575	19	841	6.07	4.24	564.7	1068	86.04	19.92	101.59	10.86
% of Calories											13.9%	70.7%	17.0%
Nutrient Guideline			450-600		640								

Tue - 05/16/2017													
BREAKFAST 9-12	Total	325											
EGGO MINIS PANCAKES	1 EACH	190	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0
CEREAL ASSORED WG TOAST	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT CANNED	1 CUP	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVYmid	SERVINGS	55	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOASTjel 8	1 EACH	15	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			478	14	553	4.74	4.40	433.8	1043	66.82	13.45	90.12	7.17
% of Calories											11.3%	75.4%	13.5%
Nutrient Guideline			450-600		640								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 7

Generated on: 4/11/2017 11:14:23 AM

	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 - 05/17/2017													
BREAKFAST 9-12	Total	325											
SAUSAGE,EGG/MUFFIN	1 EACH	175	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
CEREAL ASSORED WG TOAST	BOWL	95	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT CANNED	1 CUP	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	30	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>tel 8</sup>	1 EACH	25	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			571	97	664	3.25	4.79	470.6	908	67.46	18.60	88.67	16.36
% of Calories											13.0%	62.1%	25.8%
Nutrient Guideline			450-600		640								

Thu - 05/18/2017													
BREAKFAST 9-12	Total	325											
DONUT LONG JOHN WG	1 EACH	190	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
CEREAL ASSORED WG TOAST	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	55	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>tel 8</sup>	1 EACH	15	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			497	8	572	5.28	2.45	414.2	776	84.31	14.34	86.39	11.32
% of Calories											11.6%	69.6%	20.5%
Nutrient Guideline			450-600		640								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 8

Generated on: 4/11/2017 11:14:23 AM

	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													
BREAKFAST 9-12	Total	325											
MUFFIN SQUARES, FRUITED	3 OZ	185	281	0	350	2.27	5.12	43.1	8	2.58	3.67	57.85	4.51
CEREAL ASSORED WG TOAST	BOWL	75	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	45	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>tel 8</sup>	1 EACH	20	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			515	8	554	4.93	4.67	434.6	798	86.00	13.71	104.69	5.98
% of Calories											10.6%	81.3%	10.4%
Nutrient Guideline			450-600		640								

Mon - 05/22/2017													
BREAKFAST 9-12	Total	325											
PANCAKE, WGBLUE&SAUS ON STIC	EACH	185	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
SYRUP, PANCAKE	1 OZ	185	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
CEREAL ASSORED WG TOAST	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	EACH	310	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	310	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>tel 8</sup>	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			532	22	635	3.98	1.61	394.1	802	80.55	16.08	97.27	10.08
% of Calories											12.1%	73.2%	17.1%
Nutrient Guideline			450-600		640								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 9

Generated on: 4/11/2017 11:14:23 AM

	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													
BREAKFAST 9-12	Total	325											
BREAKFAST BURRITO	3.75 OZ	170	230	75	468	1.00	1.80	65.0	247	7.0	9.0	27.0	9.0
SALSA	TBSP	170	10	0	35	1.00	0.00	0.0	0	0.0	0.0	2.0	0.0
CEREAL ASSORED WG TOAST	BOWL	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	1 EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>el 8</sup>	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			491	47	649	4.74	2.78	437.0	927	88.27	16.53	87.87	8.62
% of Calories											13.5%	71.6%	15.8%
Nutrient Guideline			450-600		640								

	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													
BREAKFAST 9-12	Total	325											
PORK SAUSAGE/BUN	EACH	170	380	30	640	6.00	2.52	60.0	0	0.0	13.0	38.0	20.0
EGG PATTIE, GRILLED	EACH	170	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
CEREAL ASSORED WG TOAST	BOWL	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT CANNED	1 CUP	1	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>el 8</sup>	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			546	95	784	4.61	3.33	427.5	805	58.66	20.03	77.80	17.95
% of Calories											14.7%	57.0%	29.6%
Nutrient Guideline			450-600		640								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 10

Generated on: 4/11/2017 11:14:23 AM

	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													
BREAKFAST 9-12	Total	325											
BAGEL WHOLE WHEAT	BAGEL	185	120	0	170	3.00	1.08	40.0	15	0.0	5.0	24.0	1.0
CHEESE, CREAM 1 OZ	1 OZ	185	100	35	105	0.00	0.00	20.0	300	0.0	2.0	1.0	9.0
CEREAL ASSORED WG TOAST	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>jel 8</sup>	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			480	28	530	5.22	2.23	429.3	955	84.31	15.54	84.77	9.51
% of Calories											12.9%	70.6%	17.8%
Nutrient Guideline			450-600		640								

Fri - 05/26/2017													
BREAKFAST 9-12	Total	325											
EGGO MINIS WAFFLES	1 EACH	185	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
CEREAL ASSORED WG TOAST	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
FRUIT FRESH	EACH	325	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	325	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE BISCUITS & GRAVY <sup>mid</sup>	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
ALTERNATE YOGURT & TOAST <sup>jel 8</sup>	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			469	8	499	5.79	3.15	452.1	1060	84.31	13.83	90.46	6.67
% of Calories											11.8%	77.2%	12.8%
Nutrient Guideline			450-600		640								

Tue - 05/30/2017													
BREAKFAST 9-12	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

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

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			450-600		640								

Wed - 05/31/2017													
BREAKFAST 9-12	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			450-600		640								

Thu - 06/01/2017													
BREAKFAST 9-12	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			450-600		640								

Fri - 06/02/2017													
BREAKFAST 9-12	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			450-600		640								

Mon - 06/05/2017													
BREAKFAST 9-12	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			450-600		640								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 12

Generated on: 4/11/2017 11:14:23 AM

	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 - 06/06/2017													
BREAKFAST 9-12	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			450-600		640								

Weighted Average			517	35	629	4.92	3.41	446.3	936	79.08	16.46 12.7%	91.38 70.7%	10.33 18.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	517		450 - 600	100%				
Cholesterol (mg)	35							
Sodium (mg)	629		640					
Fiber (g)	4.92							
Iron (mg)	3.41							
Calcium (mg)	446.3							
Vitamin A (IU)	936							
Vitamin C (mg)	79.08							
Protein (g)	16.46	12.73%						
Carbohydrate (g)	91.38	70.65%						
Total Fat (g)	10.33	17.97%						

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