

# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 9-12

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													
Lunch 9-12	Total	2500											
CHICKEN NUGGETS	SERVING	800	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
PORK PATTIES SANDWICH	1 EACH	600	536	40	1058	23.00	2.70	460.0	5	0.0	24.0	55.56	24.54
SALAD, CHOPPED ROMAINE	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
SWEET POTATO CHOPPED WEDGE	.75 CUP	2000	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
DINNER ROLL 100 % WHEAT 2	2 EACH	800	220	0	360	6.00	2.88	120.0	0	0.0	12.0	38.0	3.0
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA	SERVINGS	800	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR SALAD sec	1 EACH	300	606	36	920	15.81	13.02	435.5	16253	24.12	25.39	69.11	23.35
Weighted Daily Average			804	41	1129	17.25	7.40	713.9	10946	35.62	34.00	106.22	26.72
% of Calories											16.9%	52.9%	29.9%
Nutrient Guideline			750-850		1420								

	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 9-12	Total	2500											
SOFT SHELL TACO sec	2 EACH	1000	379	54	611	2.15	35.84	1208.6	534	4.67	22.1	35.51	15.58
CORN DOG - WHOLE GRAIN	1 EACH	200	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
TOMATOES, DICEDsec	2 OZ	2500	14	0	7	0.47	0.00	187.4	937	4.22	0.23	2.81	0.0
REFRIED BEANS	1/2 CUP	2500	119	0	140	5.20	27.18	430.0	137	0.0	6.03	26.85	0.47
GREEN BEANS: canned,cooked	1 CUP	2500	40	0	191	2.01	0.72	40.2	201	0.0	2.01	10.04	0.0
FRUIT FRESH	1 EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA	SERVINGS	600	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR SALAD sec	1 EACH	700	606	36	920	15.81	13.02	435.5	16253	24.12	25.39	69.11	23.35
Weighted Daily Average			761	45	1205	16.32	47.00	1702.2	6802	41.53	38.37	118.99	16.82
% of Calories											20.2%	62.5%	19.9%
Nutrient Guideline			750-850		1420								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 9-12

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)
Wed - 05/03/2017													
Lunch 9-12	Total	2500											
POTATOES AU GRATIN & HAM	1 CUP	300	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	800	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
CARROTS, BABY CUP	1 CUP	2500	48	0	61	2.72	0.00	27.2	6807	1.63	1.36	8.17	0.0
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT CANNED 2	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
BREAD STICK WHOLE WHEAT 2	2 OZ	500	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA	SERVINGS	700	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR SALAD sec	1 EACH	700	606	36	920	15.81	13.02	435.5	16253	24.12	25.39	69.11	23.35
Weighted Daily Average			719	42	1049	12.82	9.28	1088.9	12915	29.65	31.97	107.87	15.70
% of Calories											17.8%	60.0%	19.6%
Nutrient Guideline			750-850		1420								

	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													
Lunch 9-12	Total	2500											
COUNTRY FRIED STEAK	EACH	950	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
HOT POCKET-PEPPERONI	1 EACH	300	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	1500	160	0	230	2.00	0.00	40.0	0	60.0	4.0	36.0	1.0
GRAVY,CHICKEN,FROM DEHYDR & WA	1 CUP	1500	65	0	1047	0.00	0.00	7.1	0	0.0	0.0	13.0	4.33
CARROTS, RAW, COIN .50 CUP	1 CUP	2500	50	0	84	3.42	0.37	40.3	20381	7.2	1.13	11.69	0.29
CAULIFLOWER,raw: fresh CUP	1 CUP	2500	25	0	30	2.50	0.36	20.0	12	46.2	2.0	5.3	0.1
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
DINNER ROLL 100 % WHEAT	1 EACH	1500	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
MILK, CHOCOLATE FAT FREE	1 CUP	1100	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	400	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA	SERVINGS	750	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR SALAD sec	1 EACH	500	606	36	920	15.81	13.02	435.5	16253	24.12	25.39	69.11	23.35
Weighted Daily Average			779	42	1741	15.59	6.99	550.1	24223	105.10	33.93	117.87	21.59
% of Calories											17.4%	60.5%	24.9%
Nutrient Guideline			750-850		1420								

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Fri - 05/05/2017													
Lunch 9-12	Total	2500											
WAFFLE 2 WHOLE GRAIN	3 WAFFLES	900	200	0	480	3.00	3.60	100.0	0	0.0	5.0	32.0	6.0
BREAD STICK MOZZARELLA	2 EACH	700	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
SPAGHETTI SAUCE LOW SODIUM	1/4 CUP	700	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
BLUEBERRIES FRESH & SYRUP <sup>sec</sup>	.50 CUP	900	56	0	3	0.01	1.09	0.0	152	1.82	0.0	14.11	0.0
SAUSAGE, PORK LINK	2 EACH	900	227	40	336	0.00	0.71	0.0	0	0.0	7.9	1.98	20.74
CORN: CANNED YELLOW cup	1 CUP	2500	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
FRUIT FRESH	1 EACH	2500	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	2500	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA	SERVINGS	480	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR SALAD <sup>sec</sup>	1 EACH	420	606	36	920	15.81	13.02	435.5	16253	24.12	25.39	69.11	23.35
Weighted Daily Average			794	37	1261	11.25	8.49	610.4	3879	99.98	29.45	114.95	23.54
% of Calories											14.8%	57.9%	26.7%
Nutrient Guideline			750-850		1420								

Mon - 05/08/2017													
Lunch 9-12	Total	2500											
CHICKEN MANDARIN ORANGE- ASIA	3.92 OZ	1000	210	55	280	0.00	0.72	0.0	100	0.0	13.0	20.0	8.0
BREAD STICK MOZZARELLA	2 EACH	400	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
SPAGHETTI SAUCE LOW SODIUM	1/4 CUP	400	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
RICE, BROWN	1 CUP	400	216	0	10	4.00	0.00	0.0	0	0.0	6.0	44.0	2.0
SALAD, CHOPPED ROMAINE	2 CUP	2100	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
PEAS, FROZEN, GREEN	1 CUP	2500	126	0	360	7.19	1.94	0.0	719	10.79	8.99	21.57	0.0
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR BREAKFAST	SERVING	400	566	60	770	3.25	2.47	86.9	212	16.29	12.78	73.6	24.84
ALTERNATE DOMINO'S PIZZA	SERVINGS	700	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			793	54	1153	14.27	7.11	538.4	5183	67.23	35.19	115.62	20.54
% of Calories											17.7%	58.3%	23.3%
Nutrient Guideline			750-850		1420								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch 9-12	Total	2500											
CHILI WHITE	1 CUP	600	256	54	395	6.23	2.67	136.9	154	5.8	21.0	28.53	6.3
HOT POCKET-PEPPERONI	1 EACH	400	300	40	680	3.00	0.00	0.0	0	0.0	18.0	32.0	11.0
TORTILLA, WHOLE WHEAT	2 EACH	600	192	0	486	1.00	33.48	1120.0	0	0.0	5.0	30.6	4.8
CARROT AND CELERY STICKS	1 CUP	2500	27	0	67	1.92	1.98	230.2	3160	10.81	0.89	4.71	0.1
FRUIT CANNED	1 CUP	2000	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT CANNED	1 CUP	2000	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
CHOCOLATE CHIP COOKIES	1 EACH	2500	133	13	39	0.85	2.33	9.8	118	0.0	1.57	16.68	6.86
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR BREAKFAST	SERVING	300	566	60	770	3.25	2.47	86.9	212	16.29	12.78	73.6	24.84
ALTERNATE DOMINO'S PIZZA	SERVINGS	1200	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			741	57	982	8.61	16.67	1093.4	4287	31.64	31.20	108.35	19.43
% of Calories											16.8%	58.5%	23.6%
Nutrient Guideline			750-850		1420								

	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													
Lunch 9-12	Total	2500											
CHICKEN & GRAVY	SERVINGS	850	216	57	593	4.05	0.98	27.0	1754	7.29	18.87	21.53	5.83
HOT DOG & BUN	1 EACH	450	300	30	540	4.00	2.16	40.0	0	0.0	13.0	28.0	13.5
POTATO PEARLS LOW SODIUM	2/3 CUP	850	213	0	307	2.67	0.00	53.4	0	80.04	5.34	48.02	1.33
CRANBERRY SAUCE: canned,swtnd	1/3 CUP	2500	133	0	47	1.33	0.00	0.0	0	0.0	0.0	34.63	0.0
CORN: CANNED YELLOW cup	1 CUP	2500	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
FRUIT FRESH	1 EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
BISCUIT WHOLE GRAIN 2	1 EACH	850	360	0	660	4.00	2.88	160.0	2000	0.0	8.0	52.0	14.0
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR BREAKFAST	SERVING	500	566	60	770	3.25	2.47	86.9	212	16.29	12.78	73.6	24.84
ALTERNATE DOMINO'S PIZZA	SERVINGS	700	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			948	49	1450	13.43	3.88	551.8	2109	69.04	34.06	158.00	20.89
% of Calories											14.4%	66.7%	19.8%
Nutrient Guideline			750-850		1420								

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Base Menu Spreadsheet

Lunch 9-12

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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 9-12	Total	2500											
BREAD STICK MOZZARELLA	2 EACH	900	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
CORN DOG - WHOLE GRAIN	1 EACH	225	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	900	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
SALAD, CHOPPED ROMAINE	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
SWEET POTATO CHOPPED WEDGE	.75 CUP	2500	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	1 EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR BREAKFAST	SERVING	500	566	60	770	3.25	2.47	86.9	212	16.29	12.78	73.6	24.84
ALTERNATE DOMINO'S PIZZA	SERVINGS	875	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			834	43	1046	12.50	8.53	685.0	10583	68.47	27.36	120.30	26.92
% of Calories											13.1%	57.7%	29.0%
Nutrient Guideline			750-850		1420								

Fri - 05/12/2017													
Lunch 9-12	Total	2500											
ALTERNATE DOMINO'S PIZZA	SERVINGS	700	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BURRITO BEEF BEAN GRE CHILE W	1 EACH	600	294	19	414	7.92	3.60	80.0	403	4.8	16.28	39.49	9.13
CHEESE CHEDDAR YELLOW REDU	1 OZ	600	81	20	202	0.00	0.00	0.0	0	0.0	7.09	1.01	6.08
CED													
CARROTS, RAW, COIN	1 CUP	2500	47	0	61	2.66	0.00	26.6	3988	1.6	1.33	7.98	0.0
CAULIFLOWER,raw: fresh	1 CUP	2500	25	0	30	2.00	7.56	220.0	0	289.2	1.92	4.97	0.28
FRUIT FRESH	1 EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	400	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE CORN DOG stix-1	1 EACH	400	335	20	874	6.49	3.06	150.0	0	2.39	10.0	48.45	11.49
BAR BREAKFAST	SERVING	800	566	60	770	3.25	2.47	86.9	212	16.29	12.78	73.6	24.84
Weighted Daily Average			708	43	957	12.82	12.09	740.7	4956	334.63	28.18	111.79	16.76
% of Calories											15.9%	63.2%	21.3%
Nutrient Guideline			750-850		1420								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Mon - 05/15/2017													
Lunch 9-12	Total	2500											
CHICKEN NUGGETS	SERVING	1095	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
PORK PATTIES SANDWICH	1 EACH	300	536	40	1058	23.00	2.70	460.0	5	0.0	24.0	55.56	24.54
POTATO PEARLS LOW SODIUM	2/3 CUP	1095	213	0	307	2.67	0.00	53.4	0	80.04	5.34	48.02	1.33
GRAVY,CHICKEN, DEHYDR & WA.50	1/2 CUP	1095	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
MIXED VEGETABLES, FROZEN CUP	1 CUP	2500	118	0	64	8.00	27.00	460.0	7784	34.8	5.2	23.82	0.28
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	1 EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
BREAD STICK WHOLE WHEAT 2	2 OZ	1095	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR POTATO HIGH	SERVINGS	180	920	53	1319	18.12	11.08	436.5	5186	153.74	28.17	116.23	39.63
ALTERNATE DOMINO'S PIZZA	SERVINGS	925	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			862	32	1350	19.44	32.09	1089.3	9083	119.80	37.13	143.05	17.45
% of Calories											17.2%	66.4%	18.2%
Nutrient Guideline			750-850		1420								

Tue - 05/16/2017													
Lunch 9-12	Total	2500											
MACARONI & CHEESE WHOLE GRAI	1 CUP	1200	387	40	1307	2.67	1.44	533.6	1001	0.0	22.68	41.36	14.68
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 CUP	1 CUP	2500	50	0	40	6.00	1.44	80.0	3500	72.0	6.0	10.0	0.0
BREAD STICK WHOLE WHEAT	1 OZ	1200	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR POTATO HIGH	SERVINGS	300	920	53	1319	18.12	11.08	436.5	5186	153.74	28.17	116.23	39.63
ALTERNATE DOMINO'S PIZZA	SERVINGS	500	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			717	41	1357	13.44	6.56	813.6	5312	102.03	38.23	102.46	18.73
% of Calories											21.3%	57.2%	23.5%
Nutrient Guideline			750-850		1420								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Wed - 05/17/2017													
Lunch 9-12	Total	2500											
DUG OUT sec	SERVING	900	604	38	899	7.39	3.94	106.6	1045	11.7	23.85	58.14	30.48
JOE CHEESER - HAM L	1 EACH	500	240	45	730	0.00	0.00	0.0	0	0.0	15.0	31.0	6.0
SALAD, CHOPPED ROMAINE	2 CUP	1540	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
CARROTS, RAW, COIN	1 CUP	2500	47	0	61	2.66	0.00	26.6	3988	1.6	1.33	7.98	0.0
FRUIT FRESH	1 EACH	1540	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR POTATO HIGH	SERVINGS	220	920	53	1319	18.12	11.08	436.5	5186	153.74	28.17	116.23	39.63
ALTERNATE DOMINO'S PIZZA	SERVINGS	880	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			770	46	1089	11.45	5.18	598.6	8159	57.44	31.94	102.34	24.85
% of Calories											16.6%	53.2%	29.0%
Nutrient Guideline			750-850		1420								

	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 - 05/18/2017													
Lunch 9-12	Total	2500											
NACHOS WITH GROUND BEEF sec	SERVINGS	1000	454	52	186	6.31	1.82	1448.7	515	1.08	25.64	44.12	18.76
BURRITO BEEF BEAN GRE CHILE W	1 EACH	450	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	1000	60	0	470	0.00	0.00	40.0	0	0.0	2.0	6.0	3.5
REFRIED BEANS	1/2 CUP	1000	119	0	140	5.20	27.18	430.0	137	0.0	6.03	26.85	0.47
TOMATOES, DICEDsec	2 OZ	2500	14	0	7	0.47	0.00	187.4	937	4.22	0.23	2.81	0.0
CAULIFLOWER,raw: fresh CUP	1 CUP	2500	25	0	30	2.50	0.36	20.0	12	46.2	2.0	5.3	0.1
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR POTATO HIGH	SERVINGS	250	920	53	1319	18.12	11.08	436.5	5186	153.74	28.17	116.23	39.63
ALTERNATE DOMINO'S PIZZA	SERVINGS	800	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			771	43	931	15.11	16.17	1510.4	2691	104.66	36.83	118.07	18.50
% of Calories											19.1%	61.2%	21.6%
Nutrient Guideline			750-850		1420								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 9-12

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 9-12	Total	2500											
BBQ PORK (SHREDDED) ON WG BU	1 EACH	775	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	775	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
CARROT AND CELERY STICKS	1 CUP	2500	27	0	67	1.92	1.98	230.2	3160	10.81	0.89	4.71	0.1
SALAD, CHOPPED ROMAINE	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	1 EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR POTATO HIGH	SERVINGS	450	920	53	1319	18.12	11.08	436.5	5186	153.74	28.17	116.23	39.63
ALTERNATE DOMINO'S PIZZA	SERVINGS	500	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			811	56	1181	15.06	8.80	1344.1	15349	93.19	34.53	112.25	25.25
% of Calories											17.0%	55.4%	28.0%
Nutrient Guideline			750-850		1420								

	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 - 05/22/2017													
Lunch 9-12	Total	2500											
SALISBURY STEAK	1 EACH	900	158	43	303	1.00	0.36	450.0	2000	0.6	14.0	5.0	9.0
CHICKEN PATTY/WHOLEGRAIN BUN	1 EACH	800	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	900	160	0	230	2.00	0.00	40.0	0	60.0	4.0	36.0	1.0
GRAVY - BROWN	.50 CUP	900	14	0	178	0.00	0.00	0.0	0	0.0	0.57	2.29	0.57
FRUIT FRESH	1 EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
CARROTS, BABY	1 CUP	2500	83	0	139	6.11	0.50	55.6	24028	11.67	0.19	19.17	0.06
DINNER ROLL 100 % WHEAT 2	2 EACH	900	220	0	360	6.00	2.88	120.0	0	0.0	12.0	38.0	3.0
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA	SERVINGS	500	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR NACHO mid	SERVING	300	679	72	1012	12.18	4.17	1537.7	1106	17.05	34.31	74.92	26.88
Weighted Daily Average			802	41	1225	17.63	5.56	914.2	25688	72.50	35.05	130.95	15.91
% of Calories											17.5%	65.3%	17.9%
Nutrient Guideline			750-850		1420								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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 - 05/23/2017													
Lunch 9-12	Total	2500											
CHICKEN FAJITA TORTILLAS sec	SERVING	1000	474	114	1494	1.00	33.48	1120.0	0	0.0	37.07	34.61	20.82
HOT DOG & BUN	1 EACH	200	300	30	540	4.00	2.16	40.0	0	0.0	13.0	28.0	13.5
VEGETABLE FAJITA BLENDsec	1 CUP	1000	33	0	7	0.00	0.00	0.0	20	0.0	0.0	6.65	0.0
SALAD, CHOPPED ROMAINE	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH 2	1 EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR NACHO mid	SERVING	550	679	72	1012	12.18	4.17	1537.7	1106	17.05	34.31	74.92	26.88
ALTERNATE DOMINO'S PIZZA	SERVINGS	750	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			797	85	1313	9.24	17.48	1273.7	5128	58.02	39.70	97.52	27.34
% of Calories											19.9%	48.9%	30.9%
Nutrient Guideline			750-850		1420								

	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 9-12	Total	2500											
PANCAKES WHOLE GRAIN- 2	SERVING	1000	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0
BAR CHEESE STICK	2 STICKS	400	360	20	842	2.50	10.08	325.0	1048	14.7	14.5	37.0	16.0
STRAWBERRIES FROZEN sec	1/2 CUP	1000	122	0	4	2.40	0.75	14.0	31	52.8	0.98	33.05	0.17
SAUSAGE, PORK LINK	2 EACH	1000	227	40	336	0.00	0.71	0.0	0	0.0	7.9	1.98	20.74
CORN: CANNED YELLOW cup	1 CUP	2500	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
FRUIT FRESH	1 EACH	2500	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	2500	62	0	5	0.00	0.00	5.0	71	55.5	0.0	16.0	0.0
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA	SERVINGS	700	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR NACHO mid	SERVING	400	679	72	1012	12.18	4.17	1537.7	1106	17.05	34.31	74.92	26.88
Weighted Daily Average			803	46	1167	11.19	4.55	754.1	1219	117.79	31.18	120.59	23.12
% of Calories											15.5%	60.1%	25.9%
Nutrient Guideline			750-850		1420								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Thu - 05/25/2017													
Lunch 9-12	Total	2500											
CHICKEN ROASTED DRUMSTICK	1 EACH	800	130	45	330	0.00	0.36	0.0	0	0.0	13.0	2.0	8.0
BBQ PORK RIB ON A BUN	SERVING	500	364	51	801	6.98	23.40	92.7	136	1.22	21.4	44.86	12.97
SWEET POTATO CHOPPED WEDGE	.75 CUP	2500	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
CAULIFLOWER,raw: fresh	CUP	2500	25	0	30	2.50	0.36	20.0	12	46.2	2.0	5.3	0.1
FRUIT FRESH	EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
BREAD STICK WHOLE WHEAT 2	2 OZ	800	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR NACHO mid	SERVING	500	679	72	1012	12.18	4.17	1537.7	1106	17.05	34.31	74.92	26.88
ALTERNATE DOMINO'S PIZZA	SERVINGS	700	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			727	52	977	14.55	8.50	821.6	6303	84.92	34.94	108.64	18.53
% of Calories											19.2%	59.8%	22.9%
Nutrient Guideline			750-850		1420								

	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 - 05/26/2017													
Lunch 9-12	Total	2500											
CHILI CON CARNE & BEANS	CUP	800	324	50	483	7.19	5.25	64.5	1393	15.6	25.85	34.47	9.09
HOT POCKET-PEPPERONI	1 EACH	400	300	40	680	3.00	0.00	0.0	0	0.0	18.0	32.0	11.0
GREEN BEANS: canned,cooked	1 CUP	2500	40	0	191	2.01	0.72	40.2	201	0.0	2.01	10.04	0.0
FRUIT CANNED	1 CUP	2500	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH 2	1 EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
BREAD, MINI GARLIC TOAST WGsec	2 SLICES	800	137	0	186	1.95	1.41	0.0	0	0.0	3.91	21.51	4.89
CINNAMON ROLL 2.25 OZ,FROZEN	1 EACH	800	190	15	290	3.00	1.80	40.0	100	0.0	5.0	34.0	5.0
MILK, CHOCOLATE FAT FREE	1 CUP	1800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	700	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
BAR NACHO mid	SERVING	400	679	72	1012	12.18	4.17	1537.7	1106	17.05	34.31	74.92	26.88
ALTERNATE DOMINO'S PIZZA	SERVINGS	900	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
Weighted Daily Average			751	53	1161	12.75	6.63	815.3	1773	45.49	37.67	117.57	16.19
% of Calories											20.1%	62.7%	19.4%
Nutrient Guideline			750-850		1420								

	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 - 05/29/2017													
Lunch 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

\*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 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			750-850		1420								

Tue - 05/30/2017													
Lunch 9-12	Total	2500											
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 % 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			750-850		1420								

Wed - 05/31/2017													
Lunch 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			750-850		1420								

Thu - 06/01/2017													
Lunch 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			750-850		1420								

Fri - 06/02/2017													
Lunch 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			750-850		1420								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 9-12

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 - 06/05/2017													
Lunch 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			750-850		1420								

Tue - 06/06/2017													
Lunch 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			750-850		1420								

Weighted Average			785	47	1186	13.74	11.95	910.5	8329	86.94	34.05	116.67	20.74
											17.4%	59.5%	23.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	785		750 - 850	100%				
Cholesterol (mg)	47							
Sodium (mg)	1186		1420					
Fiber (g)	13.74							
Iron (mg)	11.95							
Calcium (mg)	910.5							
Vitamin A (IU)	8329							
Vitamin C (mg)	86.94							
Protein (g)	34.05	17.36%						
Carbohydrate (g)	116.67	59.48%						
Total Fat (g)	20.74	23.79%						

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