

Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

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 6-8 | 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 |
| ALTERNATE YOGURT & TOAST ¹ | 1 EACH | 40 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 575 | 10 | 417 | 7.47 | 4.02 | 574.7 | 936 | 86.09 | 19.20 | 117.41 | 5.02 |
| % of Calories | | | | | | | | | | | 13.4% | 81.6% | 7.9% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

| | 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 6-8 | Total | 650 | | | | | | | | | | | |
| BISCUIT WHOLE GRAIN | 1 EACH | 425 | 180 | 0 | 330 | 2.00 | 1.44 | 80.0 | 1000 | 0.0 | 4.0 | 26.0 | 7.0 |
| GRAVY, SAUSAGE - SIGNATURE | OZ | 425 | 35 | 4 | 115 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.89 | 1.77 | 2.66 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE YOGURT & TOAST ¹ | 1 EACH | 85 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 480 | 11 | 568 | 4.81 | 2.59 | 470.2 | 1450 | 84.62 | 14.83 | 89.56 | 8.21 |
| % of Calories | | | | | | | | | | | 12.3% | 74.6% | 15.4% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

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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May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

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 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| BREAKFAST PIZZA | 3.2 OZ. | 425 | 230 | 15 | 590 | 2.00 | 1.80 | 150.0 | 200 | 0.0 | 9.0 | 25.0 | 10.0 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT CANNED | 1 CUP | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE YOGURT & TOAST ¹ | 1 EACH | 85 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 495 | 18 | 667 | 3.68 | 4.04 | 512.1 | 902 | 67.13 | 17.21 | 87.38 | 8.39 |
| % of Calories | | | | | | | | | | | 13.9% | 70.7% | 15.3% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

| | 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 6-8 | Total | 650 | | | | | | | | | | | |
| MUFFIN SQUARES, FRUITED | 3 OZ | 425 | 281 | 0 | 350 | 2.27 | 5.12 | 43.1 | 8 | 2.58 | 3.67 | 57.85 | 4.51 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE BISCUITS & GRAVY ^{mid} | SERVINGS | 85 | 261 | 9 | 640 | 2.00 | 0.72 | 150.0 | 10 | 0.0 | 5.77 | 27.54 | 14.32 |
| Weighted Daily Average | | | 508 | 8 | 550 | 4.86 | 4.91 | 406.8 | 781 | 86.12 | 13.09 | 103.19 | 6.13 |
| % of Calories | | | | | | | | | | | 10.3% | 81.3% | 10.9% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

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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Base Menu Spreadsheet

BREAKFAST 6-8

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 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| PANCAKE, WGBLUE&SAUS ON STIC | 1 EACH | 425 | 220 | 25 | 450 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 8.0 | 25.0 | 11.0 |
| SYRUP, PANCAKE | 1 OZ | 425 | 100 | 0 | 10 | 0.00 | 0.00 | 0.0 | 60 | 0.0 | 0.0 | 24.5 | 0.0 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE YOGURT & TOAST ¹ | 1 EACH | 85 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 549 | 24 | 578 | 4.16 | 1.65 | 417.9 | 836 | 84.62 | 16.86 | 103.77 | 9.09 |
| % of Calories | | | | | | | | | | | 12.3% | 75.6% | 14.9% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

| | | | | | | | | | | | | | |
|---------------------------------------|---------------------|-----|---------|-----|-----|------|------|-------|-----|-------|-------|-------|-------|
| Mon - 05/08/2017 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| SAUSAGE, EGG, ON A BUN | 1 EACH | 425 | 460 | 165 | 765 | 6.00 | 3.24 | 80.0 | 200 | 0.0 | 17.0 | 39.0 | 27.0 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE YOGURT & TOAST ¹ | 1 EACH | 85 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 640 | 116 | 777 | 7.43 | 3.77 | 470.2 | 927 | 84.62 | 22.75 | 96.90 | 19.55 |
| % of Calories | | | | | | | | | | | 14.2% | 60.5% | 27.5% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

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Base Menu Spreadsheet

BREAKFAST 6-8

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 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| EGGO MINIS WAFFLES | 1 EACH | 425 | 200 | 0 | 220 | 4.00 | 2.70 | 100.0 | 500 | 0.0 | 4.0 | 35.0 | 5.0 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE BISCUITS & GRAVYmid | SERVINGS | 85 | 261 | 9 | 640 | 2.00 | 0.72 | 150.0 | 10 | 0.0 | 5.77 | 27.54 | 14.32 |
| Weighted Daily Average | | | 455 | 8 | 465 | 5.99 | 3.32 | 444.0 | 1102 | 84.43 | 13.30 | 88.24 | 6.45 |
| % of Calories | | | | | | | | | | | 11.7% | 77.6% | 12.8% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

| | 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 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| DONUT LONG JOHN WG | 1 EACH | 425 | 250 | 0 | 360 | 3.00 | 1.44 | 20.0 | 0 | 0.0 | 5.0 | 28.0 | 13.0 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT CANNED | 1 CUP | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| ALTERNATE YOGURT & TOAST ¹ el 8 | 1 EACH | 85 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 508 | 8 | 516 | 4.34 | 3.80 | 427.1 | 771 | 67.13 | 14.59 | 89.34 | 10.35 |
| % of Calories | | | | | | | | | | | 11.5% | 70.4% | 18.3% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

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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 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| OMELET, COLBY CHEESE WRAP | 1 EACH | 425 | 205 | 193 | 451 | 0.50 | 17.45 | 639.4 | 397 | 0.0 | 10.44 | 16.29 | 10.34 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE BISCUITS & GRAVYmid | SERVINGS | 85 | 261 | 9 | 640 | 2.00 | 0.72 | 150.0 | 10 | 0.0 | 5.77 | 27.54 | 14.32 |
| Weighted Daily Average | | | 458 | 134 | 617 | 3.70 | 12.97 | 796.7 | 1035 | 84.43 | 17.51 | 76.01 | 9.94 |
| % of Calories | | | | | | | | | | | 15.3% | 66.4% | 19.5% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

| | 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 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| BREAKFAST BURRITO | 3.75 OZ | 425 | 230 | 75 | 468 | 1.00 | 1.80 | 65.0 | 247 | 7.0 | 9.0 | 27.0 | 9.0 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE YOGURT & TOAST ¹ el 8 | 1 EACH | 85 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 490 | 57 | 583 | 4.16 | 2.83 | 460.4 | 958 | 89.20 | 17.52 | 89.06 | 7.78 |
| % of Calories | | | | | | | | | | | 14.3% | 72.7% | 14.3% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

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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 6-8 | Total | 650 | | | | | | | | | | | |
| BREAKFAST PIZZA | 3.2 OZ. | 425 | 230 | 15 | 590 | 2.00 | 1.80 | 150.0 | 200 | 0.0 | 9.0 | 25.0 | 10.0 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE YOGURT & TOAST ¹ | 1 EACH | 20 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 452 | 17 | 633 | 4.51 | 2.68 | 470.9 | 910 | 84.47 | 16.22 | 80.37 | 7.99 |
| % of Calories | | | | | | | | | | | 14.4% | 71.1% | 15.9% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

| | 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 - 05/16/2017 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| EGGO MINIS PANCAKES | 1 EACH | 425 | 210 | 10 | 320 | 4.00 | 2.70 | 60.0 | 500 | 0.0 | 4.0 | 35.0 | 6.0 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE BISCUITS & GRAVY ^{mid} | SERVINGS | 85 | 261 | 9 | 640 | 2.00 | 0.72 | 150.0 | 10 | 0.0 | 5.77 | 27.54 | 14.32 |
| Weighted Daily Average | | | 461 | 14 | 531 | 5.99 | 3.32 | 417.9 | 1102 | 84.43 | 13.30 | 88.24 | 7.10 |
| % of Calories | | | | | | | | | | | 11.5% | 76.5% | 13.9% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

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 6-8

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 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| SAUSAGE,EGG/MUFFIN | 1 EACH | 425 | 380 | 165 | 585 | 1.00 | 2.88 | 100.0 | 200 | 0.0 | 13.0 | 27.0 | 25.0 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT CANNED | 1 CUP | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE YOGURT & TOAST ¹ | 1 EACH | 85 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 593 | 116 | 663 | 3.03 | 4.74 | 479.4 | 902 | 67.13 | 19.82 | 88.69 | 18.19 |
| % of Calories | | | | | | | | | | | 13.4% | 59.9% | 27.6% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

| | 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 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| DONUT LONG JOHN WG | 1 EACH | 425 | 250 | 0 | 360 | 3.00 | 1.44 | 20.0 | 0 | 0.0 | 5.0 | 28.0 | 13.0 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE BISCUITS & GRAVY ^{mid} | SERVINGS | 85 | 261 | 9 | 640 | 2.00 | 0.72 | 150.0 | 10 | 0.0 | 5.77 | 27.54 | 14.32 |
| Weighted Daily Average | | | 487 | 8 | 557 | 5.33 | 2.50 | 391.7 | 775 | 84.43 | 13.96 | 83.67 | 11.68 |
| % of Calories | | | | | | | | | | | 11.5% | 68.7% | 21.6% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

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 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| MUFFIN SQUARES, FRUITED | 3 OZ | 425 | 281 | 0 | 350 | 2.27 | 5.12 | 43.1 | 8 | 2.58 | 3.67 | 57.85 | 4.51 |
| CEREAL ASSORED WG TOAST | BOWL | 140 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE YOGURT & TOAST ¹ | 1 EACH | 85 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 524 | 8 | 506 | 4.99 | 5.00 | 446.0 | 802 | 86.31 | 14.03 | 109.23 | 4.85 |
| % of Calories | | | | | | | | | | | 10.7% | 83.5% | 8.3% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

| | 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 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| PANCAKE, WGBLUE&SAUS ON STIC | EACH | 425 | 220 | 25 | 450 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 8.0 | 25.0 | 11.0 |
| SYRUP, PANCAKE | 1 OZ | 425 | 100 | 0 | 10 | 0.00 | 0.00 | 0.0 | 60 | 0.0 | 0.0 | 24.5 | 0.0 |
| CEREAL ASSORED WG TOAST | BOWL | 165 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE YOGURT & TOAST ¹ | 1 EACH | 60 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 543 | 24 | 576 | 4.20 | 1.78 | 407.1 | 848 | 84.82 | 16.59 | 102.73 | 9.00 |
| % of Calories | | | | | | | | | | | 12.2% | 75.7% | 14.9% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

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 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| BREAKFAST BURRITO | 3.75 OZ | 425 | 230 | 75 | 468 | 1.00 | 1.80 | 65.0 | 247 | 7.0 | 9.0 | 27.0 | 9.0 |
| SALSA | TBSP | 425 | 10 | 0 | 35 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 2.0 | 0.0 |
| CEREAL ASSORED WG TOAST | BOWL | 165 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE BISCUITS & GRAVYmid | SERVINGS | 60 | 261 | 9 | 640 | 2.00 | 0.72 | 150.0 | 10 | 0.0 | 5.77 | 27.54 | 14.32 |
| Weighted Daily Average | | | 479 | 56 | 636 | 4.76 | 2.89 | 421.9 | 955 | 89.25 | 16.57 | 85.07 | 8.60 |
| % of Calories | | | | | | | | | | | 13.8% | 71.0% | 16.1% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

| | 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 6-8 | Total | 650 | | | | | | | | | | | |
| PORK SAUSAGE/BUN | EACH | 425 | 380 | 30 | 640 | 6.00 | 2.52 | 60.0 | 0 | 0.0 | 13.0 | 38.0 | 20.0 |
| EGG PATTIE, GRILLED | 1 EACH | 425 | 80 | 135 | 125 | 0.00 | 0.72 | 20.0 | 200 | 0.0 | 4.0 | 1.0 | 7.0 |
| CEREAL ASSORED WG TOAST | BOWL | 145 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT CANNED | 1 CUP | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE YOGURT & TOAST ¹ el 8 | 1 EACH | 80 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 644 | 116 | 781 | 6.31 | 5.01 | 464.2 | 904 | 67.17 | 22.38 | 96.33 | 19.48 |
| % of Calories | | | | | | | | | | | 13.9% | 59.9% | 27.2% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

| | 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 - 05/25/2017 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| BAGEL WHEAT 1/2 | 1/2 BAGEL | 445 | 60 | 0 | 85 | 1.50 | 0.54 | 20.0 | 8 | 0.0 | 2.5 | 12.0 | 0.5 |
| CHEESE, CREAM 1 OZ | 1 OZ | 425 | 100 | 35 | 105 | 0.00 | 0.00 | 20.0 | 300 | 0.0 | 2.0 | 1.0 | 9.0 |
| CEREAL ASSORED WG TOAST | BOWL | 120 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE BISCUITS & GRAVYmid | SERVINGS | 85 | 261 | 9 | 640 | 2.00 | 0.72 | 150.0 | 10 | 0.0 | 5.77 | 27.54 | 14.32 |
| Weighted Daily Average | | | 424 | 31 | 441 | 4.27 | 1.78 | 400.2 | 962 | 84.23 | 13.53 | 72.79 | 9.34 |
| % of Calories | | | | | | | | | | | 12.8% | 68.7% | 19.8% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

| | | | | | | | | | | | | | |
|---------------------------------------|---------------------|-----|---------|----|-----|------|------|-------|------|-------|-------|-------|-------|
| Fri - 05/26/2017 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | Total | 650 | | | | | | | | | | | |
| EGGO MINIS WAFFLES | 1 EACH | 445 | 200 | 0 | 220 | 4.00 | 2.70 | 100.0 | 500 | 0.0 | 4.0 | 35.0 | 5.0 |
| CEREAL ASSORED WG TOAST | BOWL | 120 | 218 | 0 | 255 | 4.10 | 4.68 | 170.0 | 488 | 6.45 | 5.8 | 46.9 | 2.08 |
| FRUIT FRESH | 1 EACH | 650 | 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 | 650 | 62 | 0 | 5 | 0.00 | 0.00 | 5.0 | 71 | 55.5 | 0.0 | 16.0 | 0.0 |
| MILK, WHITE 1% | 1 CUP | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 12.0 | 2.5 |
| MILK, CHOCOLATE FAT FREE | 1 CUP | 450 | 130 | 5 | 200 | 0.00 | 0.36 | 300.0 | 500 | 1.2 | 8.0 | 24.0 | 0.0 |
| ALTERNATE YOGURT & TOAST ¹ | 1 EACH | 85 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 470 | 8 | 420 | 6.11 | 3.36 | 481.1 | 1124 | 84.43 | 14.19 | 93.92 | 5.26 |
| % of Calories | | | | | | | | | | | 12.1% | 80.0% | 10.1% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | |

| | | | | | | | | | | | | | |
|------------------------|---------|---|---------|---|-----|------|------|-----|---|------|------|------|------|
| Mon - 05/29/2017 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | 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 | | | 400-550 | | 600 | | | | | | | | |

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Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

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 - 05/30/2017 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | 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 | | | 400-550 | | 600 | | | | | | | | |

| | | | | | | | | | | | | | |
|------------------------|---------|---|---------|---|-----|------|------|-----|---|------|------|------|------|
| Wed - 05/31/2017 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | 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 | | | 400-550 | | 600 | | | | | | | | |

| | | | | | | | | | | | | | |
|------------------------|---------|---|---------|---|-----|------|------|-----|---|------|------|------|------|
| Thu - 06/01/2017 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | 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 | | | 400-550 | | 600 | | | | | | | | |

| | | | | | | | | | | | | | |
|------------------------|---------|---|---------|---|-----|------|------|-----|---|------|------|------|------|
| Fri - 06/02/2017 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | 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 | | | 400-550 | | 600 | | | | | | | | |

| | | | | | | | | | | | | | |
|-------------------|---------|---|---|---|---|------|------|-----|---|-----|-----|-----|-----|
| Mon - 06/05/2017 | | | | | | | | | | | | | |
| BREAKFAST 6-8 | 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

BREAKFAST 6-8

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 | | | 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 | | | 400-550 | | 600 | | | | | | | | |

| Tue - 06/06/2017 | | | | | | | | | | | | | |
|------------------------|---------|---|---------|---|-----|------|------|-----|---|------|------|------|------|
| BREAKFAST 6-8 | 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 | | | 400-550 | | 600 | | | | | | | | |

| | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|------|-------|-----|-------|-------|-------|-------|
| Weighted Average | | | 512 | 39 | 574 | 5.00 | 3.85 | 468.0 | 949 | 81.75 | 16.37 | 92.09 | 9.62 |
| | | | | | | | | | | | 12.8% | 72.0% | 16.9% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 512 | | 400 - 550 | 100% | | | | |
| Cholesterol (mg) | 39 | | | | | | | |
| Sodium (mg) | 574 | | 600 | | | | | |
| Fiber (g) | 5.00 | | | | | | | |
| Iron (mg) | 3.85 | | | | | | | |
| Calcium (mg) | 468.0 | | | | | | | |
| Vitamin A (IU) | 949 | | | | | | | |
| Vitamin C (mg) | 81.75 | | | | | | | |
| Protein (g) | 16.37 | 12.80% | | | | | | |
| Carbohydrate (g) | 92.09 | 71.99% | | | | | | |
| Total Fat (g) | 9.62 | 16.92% | | | | | | |

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

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