

# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/01/2017													
Lunch 6-8	Total	2500											
CHICKEN NUGGETS	SERVING	1900	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
PORK PATTIES SANDWICH	1 EACH	50	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 POT CHOPWEDG & SAUC e	.50 CUP	2500	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
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	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	1900	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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	100	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR SALAD sec	1 EACH	50	606	36	920	15.81	13.02	435.5	16253	24.12	25.39	69.11	23.35
Weighted Daily Average			794	32	923	12.62	6.03	479.2	8827	57.07	27.58	114.25	25.99
% of Calories											13.9%	57.6%	29.5%
Nutrient Guideline			600-700		1360								

Tue - 05/02/2017													
Lunch 6-8	Total	2500											
SOFT SHELL TACO el	1 EACH	1000	200	29	331	1.08	17.93	636.3	289	2.33	11.26	17.82	8.75
CORN DOG - WHOLE GRAIN	1 EACH	500	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
TOMATOES, DICED CANNED	1 OZ	2500	7	0	4	0.23	0.00	93.7	469	2.11	0.12	1.41	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	.50 CUP	2500	20	0	95	1.00	0.36	20.1	100	0.0	1.0	5.02	0.0
FRUIT FRESH	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	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	200	606	36	920	15.81	13.02	435.5	16253	24.12	25.39	69.11	23.35
Weighted Daily Average			657	32	933	13.44	38.75	1340.6	3012	42.54	30.86	112.98	11.14
% of Calories											18.8%	68.8%	15.3%
Nutrient Guideline			600-700		1360								

\*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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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch 6-8	Total	2500											
POTATOES AU GRATIN & HAM	1 CUP	500	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 3/4 CUP	3/4 CUP	2500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	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
FRUIT CANNED	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	EACH	500	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
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	400	606	36	920	15.81	13.02	435.5	16253	24.12	25.39	69.11	23.35
Weighted Daily Average			639	41	1007	11.49	6.65	1055.9	9316	44.40	29.95	98.75	13.22
% of Calories											18.7%	61.8%	18.6%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
COUNTRY FRIED STEAK	EACH	1050	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
HOT POCKET-PEPPERONI	1 EACH	200	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	1050	160	0	230	2.00	0.00	40.0	0	60.0	4.0	36.0	1.0
GRAVY,CHICKEN, DEHYDR & WA.50	1/2 CUP	1050	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
CAULIFLOWER,raw: fresh.50CUP	1/2 CUP	2500	13	0	15	1.00	3.78	110.0	0	144.6	0.96	2.49	0.14
CARROTS, RAW, COIN .50 CUP	1/2 CUP	2500	23	0	31	1.33	0.00	13.3	1994	0.8	0.66	3.99	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
DINNER ROLL 100 % WHEAT	1 EACH	1050	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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	1000	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR SALAD sec	1 EACH	250	606	36	920	15.81	13.02	435.5	16253	24.12	25.39	69.11	23.35
Weighted Daily Average			683	43	1221	9.83	8.84	715.3	4467	185.01	33.22	95.95	18.46
% of Calories											19.5%	56.2%	24.3%
Nutrient Guideline			600-700		1360								

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch 6-8	Total	2500											
WAFFLE 2 WHOLE GRAIN	WAFFLES	800	200	0	480	3.00	3.60	100.0	0	0.0	5.0	32.0	6.0
BREAD STICK MOZZARELLA	2 EACH	800	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
BLUEBERRIES FRESH & SYRUP	.25 CUP	800	28	0	1	0.00	0.55	0.0	76	0.91	0.0	7.06	0.0
SPAGHETTI SAUCE LOW SODIUM	1/4 CUP	800	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
SAUSAGE, PORK LINK	2 EACH	800	227	40	336	0.00	0.71	0.0	0	0.0	7.9	1.98	20.74
CORN: canned, yellow .75 CUP	.75 CUP	2500	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
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 SALAD sec	1 EACH	200	606	36	920	15.81	13.02	435.5	16253	24.12	25.39	69.11	23.35
Weighted Daily Average			721	35	1161	9.11	7.33	621.3	2521	96.72	28.01	104.28	21.09
% of Calories											15.5%	57.9%	26.3%
Nutrient Guideline			600-700		1360								

Mon - 05/08/2017													
Lunch 6-8	Total	2500											
CHICKEN MANDARIN ORANGE- ASIA	3.92 OZ	800	210	55	280	0.00	0.72	0.0	100	0.0	13.0	20.0	8.0
BREAD STICK MOZZARELLA	2 EACH	800	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	800	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
RICE, BROWN	1/4 CUP	800	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
PEAS, FROZEN, GREEN	3/4 CUP	2500	94	0	270	5.39	1.46	0.0	539	8.09	6.74	16.18	0.0
FRUIT FRESH	EACH	2200	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	CUP	2200	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
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 BREAKFAST	SERVING	200	566	60	770	3.25	2.47	86.9	212	16.29	12.78	73.6	24.84
Weighted Daily Average			630	42	1036	10.23	7.30	566.3	1766	47.34	31.03	95.92	12.99
% of Calories											19.7%	60.9%	18.6%
Nutrient Guideline			600-700		1360								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 4

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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 - 05/09/2017													
Lunch 6-8	Total	2500											
CHILI WHITE el	3/4 CUP	1000	202	29	308	6.01	2.32	119.3	121	4.83	14.91	27.04	3.88
HOT POCKET-PEPPERONI	1 EACH	300	300	40	680	3.00	0.00	0.0	0	0.0	18.0	32.0	11.0
TORTILLA, WHOLE WHEAT	1 EACH	1000	96	0	243	0.50	16.74	560.0	0	0.0	2.5	15.3	2.4
CARROT AND CELERY STICKS el	3/4 CUP	2500	24	0	56	1.68	1.49	175.0	2958	8.25	0.79	4.24	0.07
FRUIT CANNED	CUP	2200	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	1 EACH	2200	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
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
ALTERNATE DOMINO'S PIZZA	SERVINGS	1050	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR BREAKFAST	SERVING	150	566	60	770	3.25	2.47	86.9	212	16.29	12.78	73.6	24.84
Weighted Daily Average			693	49	869	9.90	14.02	981.1	4076	45.09	29.48	105.87	16.83
% of Calories											17.0%	61.1%	21.8%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
CHICKEN & GRAVY	SERVINGS	900	216	57	593	4.05	0.98	27.0	1754	7.29	18.87	21.53	5.83
HOT DOG & BUN	1 EACH	488	300	30	540	4.00	2.16	40.0	0	0.0	13.0	28.0	13.5
CRANBERRY SAUCE: canned,swt el	1/4 CUP	2500	100	0	35	1.00	0.00	0.0	0	0.0	0.0	26.0	0.0
CORN: canned, yellow .75 CUP	.75 CUP	2500	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
FRUIT FRESH	EACH	2500	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
BISCUIT WHOLE GRAIN	1 EACH	900	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
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	812	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR BREAKFAST	SERVING	300	566	60	770	3.25	2.47	86.9	212	16.29	12.78	73.6	24.84
Weighted Daily Average			730	47	1142	10.57	3.18	522.7	1838	39.09	30.40	116.51	16.19
% of Calories											16.7%	63.8%	19.9%
Nutrient Guideline			600-700		1360								

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Base Menu Spreadsheet

Lunch 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)
Thu - 05/11/2017													
Lunch 6-8	Total	2500											
BREAD STICK MOZZARELLA	2 EACH	800	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
CORN DOG - WHOLE GRAIN	1 EACH	400	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	800	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 POT CHOPWEDG & SAUC e	.50 CUP	2200	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
FRUIT CANNED	CUP	2200	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	1 EACH	2200	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	1050	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR BREAKFAST	SERVING	250	566	60	770	3.25	2.47	86.9	212	16.29	12.78	73.6	24.84
Weighted Daily Average			827	39	1051	10.37	7.56	689.7	8643	60.23	26.76	114.92	29.10
% of Calories											13.0%	55.6%	31.7%
Nutrient Guideline			600-700		1360								

	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 - 05/12/2017													
Lunch 6-8	Total	2500											
ALTERNATE DOMINO'S PIZZA	SERVINGS	1000	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	450	294	19	414	7.92	3.60	80.0	403	4.8	16.28	39.49	9.13
CARROTS, RAW, COIN .50 CUP	1/2 CUP	2500	23	0	31	1.33	0.00	13.3	1994	0.8	0.66	3.99	0.0
CAULIFLOWER,raw: fresh.50CUP	1/2 CUP	2500	13	0	15	1.00	3.78	110.0	0	144.6	0.96	2.49	0.14
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	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 BREAKFAST	SERVING	550	566	60	770	3.25	2.47	86.9	212	16.29	12.78	73.6	24.84
ALTERNATE CORN DOG stix-1	1 EACH	500	335	20	874	6.49	3.06	150.0	0	2.39	10.0	48.45	11.49
Weighted Daily Average			637	36	880	10.31	8.18	700.8	3059	188.29	26.33	102.27	13.96
% of Calories											16.5%	64.3%	19.7%
Nutrient Guideline			600-700		1360								

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

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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 - 05/15/2017													
Lunch 6-8	Total	2500											
CHICKEN NUGGETS	SERVING	1200	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	1/2 CUP	100	160	0	230	2.00	0.00	40.0	0	60.0	4.0	36.0	1.0
GRAVY,CHICKEN, DEHYDR & WA.50	1/2 CUP	1000	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	2500	88	0	48	6.00	20.25	345.0	5838	26.1	3.9	17.87	0.21
FRUIT CANNED	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
DINNER ROLL 100 % WHEAT	1 EACH	1000	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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	750	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR POTATO HIGH	SERVINGS	250	920	53	1319	18.12	11.08	436.5	5186	153.74	28.17	116.23	39.63
Weighted Daily Average			723	33	1172	17.05	25.54	958.3	7234	81.35	33.38	114.36	15.99
% of Calories											18.5%	63.2%	19.9%
Nutrient Guideline			600-700		1360								

	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													
Lunch 6-8	Total	2500											
MACARONI & CHEESE WHOLE GRAI	2/3 CUP	1335	290	30	980	2.00	1.08	400.0	750	0.0	17.0	31.0	11.0
CHICKEN PATTY/WHOLEGRAIN BUN	1 EACH	400	430	20	870	9.00	3.60	100.0	0	0.0	21.0	52.0	16.0
BROCCOLI,raw: fresh el	3/4 CUP	2500	38	0	30	3.00	0.54	30.0	1500	45.0	3.0	6.0	0.0
FRUIT CANNED	CUP	2200	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	1 EACH	2200	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
BREAD STICK WHOLE WHEAT	EACH	1335	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
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	615	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR POTATO HIGH	SERVINGS	150	920	53	1319	18.12	11.08	436.5	5186	153.74	28.17	116.23	39.63
Weighted Daily Average			663	34	1162	10.81	4.87	725.6	3031	87.93	32.52	99.93	15.17
% of Calories											19.6%	60.3%	20.6%
Nutrient Guideline			600-700		1360								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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 - 05/17/2017													
Lunch 6-8	Total	2500											
DUG OUT	SERVING	600	444	38	729	6.39	3.94	86.6	1045	11.7	21.85	43.14	20.48
JOE CHEESER - HAM L	1 EACH	600	240	45	730	0.00	0.00	0.0	0	0.0	15.0	31.0	6.0
SALAD, CHOPPED ROMAINE	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
CARROTS, RAW, COIN .50 CUP	1/2 CUP	2500	23	0	31	1.33	0.00	13.3	1994	0.8	0.66	3.99	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
FRUIT CANNED	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
ALTERNATE DOMINO'S PIZZA	SERVINGS	1100	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR POTATO HIGH	SERVINGS	250	920	53	1319	18.12	11.08	436.5	5186	153.74	28.17	116.23	39.63
Weighted Daily Average			739	49	1040	10.94	5.30	626.0	7736	73.94	31.37	99.85	23.59
% of Calories											17.0%	54.0%	28.7%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
NACHOS WITH GROUND BEEF ele	SERVINGS	775	366	50	135	4.70	1.72	1056.2	260	0.84	21.99	31.89	16.09
BURRITO BEEF BEAN GRE CHILE W	1 EACH	750	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	775	60	0	470	0.00	0.00	40.0	0	0.0	2.0	6.0	3.5
REFRIED BEANS	1/2 CUP	2000	119	0	140	5.20	27.18	430.0	137	0.0	6.03	26.85	0.47
TOMATOES, DICEDEL	2 OZ	2500	10	0	3	0.68	0.15	5.7	472	7.2	0.5	2.22	0.11
FRUIT CANNED	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
ALTERNATE DOMINO'S PIZZA	SERVINGS	875	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR POTATO HIGH	SERVINGS	100	920	53	1319	18.12	11.08	436.5	5186	153.74	28.17	116.23	39.63
Weighted Daily Average			705	38	866	13.79	26.47	1222.1	1902	52.77	34.74	113.27	14.86
% of Calories											19.7%	64.3%	19.0%
Nutrient Guideline			600-700		1360								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch 6-8	Total	2500											
BBQ PORK (SHREDDED) ON WG BU	1 EACH	1000	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	1000	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
CARROT AND CELERY STICKS el	3/4 CUP	2500	24	0	56	1.68	1.49	175.0	2958	8.25	0.79	4.24	0.07
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	CUP	2000	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH 2	1 EACH	2000	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	300	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR POTATO HIGH	SERVINGS	200	920	53	1319	18.12	11.08	436.5	5186	153.74	28.17	116.23	39.63
Weighted Daily Average			735	57	1132	13.36	7.31	1375.6	16411	68.24	33.96	99.64	22.53
% of Calories											18.5%	54.2%	27.6%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
SALISBURY STEAK	1 EACH	1025	158	43	303	1.00	0.36	450.0	2000	0.6	14.0	5.0	9.0
CHICKEN PATTY/WHOLEGRAIN BUN	1 EACH	775	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	1000	160	0	230	2.00	0.00	40.0	0	60.0	4.0	36.0	1.0
GRAVY - BROWN	.50 CUP	1000	14	0	178	0.00	0.00	0.0	0	0.0	0.57	2.29	0.57
FRUIT FRESH	EACH	2000	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
FRUIT CANNED	CUP	2000	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
CARROTS, BABY 3/4 CUP	3/4 CUP	2500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
DINNER ROLL 100 % WHEAT 2	2 EACH	1000	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	550	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR NACHO mid	SERVING	150	679	72	1012	12.18	4.17	1537.7	1106	17.05	34.31	74.92	26.88
Weighted Daily Average			714	40	1118	12.51	4.62	817.6	6779	56.68	35.15	110.72	14.87
% of Calories											19.7%	62.0%	18.7%
Nutrient Guideline			600-700		1360								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 6-8

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 6-8	Total	2500											
CHICKEN FAJITA TORTILLAS e1	SERVING	1000	237	57	747	0.50	16.74	560.0	0	0.0	18.54	17.3	10.41
HOT DOG & BUN	1 EACH	300	300	30	540	4.00	2.16	40.0	0	0.0	13.0	28.0	13.5
VEGETABLE FAJITA BLEND	.75 CUP	2500	25	0	5	0.00	0.00	0.0	15	0.0	0.0	5.0	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	CUP	2000	64	0	5	1.10	1.42	13.6	72	8.48	0.38	14.98	0.04
FRUIT FRESH	1 EACH	2000	60	0	1	2.23	0.21	17.4	98	25.97	0.68	15.35	0.09
MILK, CHOCOLATE FAT FREE	1 CUP	2800	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	1200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA	SERVINGS	1000	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR NACHO mid	SERVING	200	679	72	1012	12.18	4.17	1537.7	1106	17.05	34.31	74.92	26.88
Weighted Daily Average			706	59	1058	7.14	10.29	1055.6	5315	50.20	34.57	92.47	21.32
% of Calories											19.6%	52.4%	27.2%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
PANCAKES WHOLE GRAIN- 2	SERVING	775	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0
BREAD STICK MOZZARELLA	2 EACH	700	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
STRAWBERRIES FROZEN e1	1/4 CUP	775	61	0	2	1.20	0.38	7.0	16	26.4	0.49	16.52	0.09
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
SAUSAGE, PORK LINK	2 EACH	775	227	40	336	0.00	0.71	0.0	0	0.0	7.9	1.98	20.74
CORN: canned, yellow .75 CUP	.75 CUP	2500	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
FRUIT FRESH	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	825	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR NACHO mid	SERVING	200	679	72	1012	12.18	4.17	1537.7	1106	17.05	34.31	74.92	26.88
Weighted Daily Average			713	39	1091	8.90	5.09	689.6	1283	103.70	28.85	105.40	20.32
% of Calories											16.2%	59.1%	25.7%
Nutrient Guideline			600-700		1360								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Thu - 05/25/2017													
Lunch 6-8	Total	2500											
CHICKEN ROASTED DRUMSTICK	1 EACH	850	130	45	330	0.00	0.36	0.0	0	0.0	13.0	2.0	8.0
BBQ PORK RIB ON WHEAT BUN	1 EACH	450	413	51	1092	7.24	23.58	102.0	199	1.39	21.63	56.42	13.15
HARVEST APPLE CRISP	SERVINGS	2000	208	0	46	5.81	7.55	83.5	3710	23.66	1.87	41.39	4.9
CAULIFLOWER,raw: fresh.75CUP	.75 CUP	2500	19	0	23	1.88	0.27	15.0	9	34.65	1.5	3.98	0.08
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	EACH	1000	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
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	1025	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR NACHO mid	SERVING	175	679	72	1012	12.18	4.17	1537.7	1106	17.05	34.31	74.92	26.88
Weighted Daily Average			682	46	903	12.55	12.46	712.7	3970	85.04	31.69	106.89	16.43
% of Calories											18.6%	62.7%	21.7%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
CHILI CON CARNE & BEANS	3/4 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	500	300	40	680	3.00	0.00	0.0	0	0.0	18.0	32.0	11.0
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
GREEN BEANS: canned,cooked	3/4 CUP	2500	30	0	143	1.51	0.54	30.1	151	0.0	1.51	7.53	0.0
FRUIT CANNED	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	1700	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
MILK, WHITE 1%	1 CUP	500	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
ALTERNATE DOMINO'S PIZZA	SERVINGS	1000	277	23	576	3.05	1.80	457.5	688	4.95	19.75	29.6	8.95
BAR NACHO mid	SERVING	200	679	72	1012	12.18	4.17	1537.7	1106	17.05	34.31	74.92	26.88
Weighted Daily Average			635	44	972	10.55	5.59	651.8	1570	44.08	33.37	98.73	13.04
% of Calories											21.0%	62.2%	18.5%
Nutrient Guideline			600-700		1360								

	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 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

\*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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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
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			600-700		1360								

Tue - 05/30/2017													
Lunch 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 % 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			600-700		1360								

Wed - 05/31/2017													
Lunch 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 % 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			600-700		1360								

Thu - 06/01/2017													
Lunch 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 % 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			600-700		1360								

Fri - 06/02/2017													
Lunch 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 % 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			600-700		1360								

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# Natrona County School District

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

Lunch 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)
Mon - 06/05/2017													
Lunch 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			600-700		1360								

Tue - 06/06/2017													
Lunch 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			600-700		1360								

Weighted Average			701	42	1037	11.27	10.77	825.4	5138	75.49	31.16	105.15	17.85
											17.8%	60.0%	22.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	701		600 - 700	100%			1	Correction Required - Calories too High
Cholesterol (mg)	42							
Sodium (mg)	1037		1360					
Fiber (g)	11.27							
Iron (mg)	10.77							
Calcium (mg)	825.4							
Vitamin A (IU)	5138							
Vitamin C (mg)	75.49							
Protein (g)	31.16	17.77%						
Carbohydrate (g)	105.15	59.97%						
Total Fat (g)	17.85	22.91%						

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