

Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/02/2017													
BREAKFAST K-5	Total	100											
SAUSAGE,EGG, ON A BUN	1 EACH	45	460	165	765	6.00	3.24	80.0	200	0.0	17.0	39.0	27.0
Cereal assorted, WG toast	BOWL	55	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			636	80	677	6.92	4.50	453.4	969	63.57	19.41	109.62	14.01
% of Calories											12.2%	68.9%	19.8%
Nutrient Guideline			350-500		540								

Tue - 10/03/2017													
BREAKFAST K-5	Total	100											
Eggo mini waffles	1 EACH	60	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
Cereal assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			517	6	427	6.00	3.96	451.9	1106	62.61	13.29	106.03	4.55
% of Calories											10.3%	82.1%	7.9%
Nutrient Guideline			350-500		540								

Wed - 10/04/2017													
BREAKFAST K-5	Total	100											
Donut long john WG	1 EACH	50	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	100	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			550	6	505	4.71	6.06	430.6	857	45.70	13.68	104.63	8.11
% of Calories											10.0%	76.1%	13.3%
Nutrient Guideline			350-500		540								

Thu - 10/05/2017													
BREAKFAST K-5	Total	100											
Omelet, colby cheese wrap	1 EACH	50	205	193	451	0.50	17.45	639.4	397	0.0	10.44	16.29	10.34
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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	CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			521	103	546	4.26	11.54	728.6	1053	63.25	16.69	97.87	6.93
% of Calories											12.8%	75.1%	12.0%
Nutrient Guideline			350-500		540								

Fri - 10/06/2017													
BREAKFAST K-5	Total	100											
Breakfast burrito	3.75 OZ	50	236	43	332	4.29	1.93	107.1	536	16.07	10.71	26.79	9.64
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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	CUP	80	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Weighted Daily Average			536	27	486	6.16	3.78	462.5	1123	71.29	16.83	103.11	6.58
% of Calories											12.5%	76.9%	11.0%
Nutrient Guideline			350-500		540								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/09/2017													
BREAKFAST K-5	Total	100											
Breakfast pizza	3.2 OZ.	40	230	15	590	2.00	1.80	150.0	200	0.0	9.0	25.0	10.0
Cereal assorted, WG toast	BOWL	60	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			532	12	582	5.22	4.00	485.9	984	63.90	15.65	104.41	5.97
% of Calories											11.8%	78.5%	10.1%
Nutrient Guideline			350-500		540								

Tue - 10/10/2017													
BREAKFAST K-5	Total	100											
EGGO MINIS PANCAKES	1 EACH	60	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0
Cereal assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			523	12	487	6.00	3.96	427.9	1106	62.61	13.29	106.03	5.15
% of Calories											10.2%	81.1%	8.9%
Nutrient Guideline			350-500		540								

Wed - 10/11/2017													
BREAKFAST K-5	Total	100											
SAUSAGE,EGG/MUFFIN	1 EACH	50	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	100	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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

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Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			615	89	617	3.71	6.78	470.6	957	45.70	17.68	104.13	14.11
% of Calories											11.5%	67.8%	20.7%
Nutrient Guideline			350-500		540								

Thu - 10/12/2017													
BREAKFAST K-5	Total	100											
Donut long john WG	1 EACH	60	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
Cereal assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			547	6	511	5.40	3.21	403.9	806	62.61	13.89	101.83	9.35
% of Calories											10.2%	74.5%	15.4%
Nutrient Guideline			350-500		540								

Fri - 10/13/2017													
BREAKFAST K-5	Total	100											
Muffin squares, fruited	3 OZ	60	281	0	350	2.27	5.12	43.1	8	2.58	3.67	57.85	4.51
Cereal assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			566	6	505	4.97	5.42	417.7	811	64.16	13.10	119.74	4.26
% of Calories											9.3%	84.7%	6.8%
Nutrient Guideline			350-500		540								

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Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/16/2017													
BREAKFAST K-5	Total	100											
Pancake, WG blue&saus on stick	1 EACH	60	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
Syrup, pancake	1 OZ	60	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			589	21	571	4.20	2.34	391.9	842	62.61	15.69	114.73	8.15
% of Calories											10.7%	77.9%	12.5%
Nutrient Guideline			350-500		540								

Tue - 10/17/2017													
BREAKFAST K-5	Total	100											
Breakfast burrito	3.75 OZ	60	236	43	332	4.29	1.93	107.1	536	16.07	10.71	26.79	9.64
Cereal assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			538	32	494	6.17	3.50	456.2	1128	72.25	17.32	101.10	7.34
% of Calories											12.9%	75.1%	12.3%
Nutrient Guideline			350-500		540								

Wed - 10/18/2017													
BREAKFAST K-5	Total	100											
Pork sausage/bun	EACH	60	380	30	640	6.00	2.52	60.0	0	0.0	13.0	38.0	20.0
Egg pattie, grilled	1 EACH	60	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	100	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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

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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			679	105	759	6.40	6.82	451.6	928	45.06	20.80 12.3%	109.34 64.4%	17.60 23.3%
Nutrient Guideline			350-500		540								

Thu - 10/19/2017													
BREAKFAST K-5	Total	1040											
Bagel wheat 1/2	1/2 BAGEL	60	60	0	85	1.50	0.54	20.0	8	0.0	2.5	12.0	0.5
Cheese, cream 1 oz	1 OZ	60	100	35	105	0.00	0.00	20.0	300	0.0	2.0	1.0	9.0
Cereal assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average % of Calories			47	3	39	0.43	0.26	40.0	95	6.02	1.31 11.0%	8.93 75.3%	0.70 13.2%
Nutrient Guideline			350-500		540								

Fri - 10/20/2017													
BREAKFAST K-5	Total	100											
Eggo mini waffles	1 EACH	60	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
Cereal assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average % of Calories			517	6	427	6.00	3.96	451.9	1106	62.61	13.29 10.3%	106.03 82.1%	4.55 7.9%
Nutrient Guideline			350-500		540								

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BREAKFAST K-5

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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 - 10/23/2017													
BREAKFAST K-5	Total	100											
French toast WG	SLICE	50	120	37	210	2.00	1.35	40.0	50	0.0	4.5	20.5	2.5
Syrup, pancake	1 OZ	50	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	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
Weighted Daily Average			461	25	426	5.01	3.49	423.9	894	46.75	13.72	96.22	3.01
% of Calories											11.9%	83.5%	5.9%
Nutrient Guideline			350-500		540								

Tue - 10/24/2017													
BREAKFAST K-5	Total	100											
Hot ham & cheese/bun	1 EACH	50	377	31	807	6.00	3.31	216.0	272	0.0	23.39	37.45	14.9
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	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
Weighted Daily Average			540	21	720	7.01	4.47	511.9	975	46.75	23.17	92.45	9.21
% of Calories											17.2%	68.5%	15.4%
Nutrient Guideline			350-500		540								

Wed - 10/25/2017													
BREAKFAST K-5	Total	100											
Cinnamon roll, 2.25oz frozen	1 EACH	60	190	15	290	3.00	1.80	40.0	100	0.0	5.0	34.0	5.0
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	100	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	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
Weighted Daily Average			449	15	470	4.60	5.95	422.6	852	28.56	13.60	90.34	4.40
% of Calories											12.1%	80.4%	8.8%
Nutrient Guideline			350-500		540								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/26/2017													
BREAKFAST K-5	Total	100											
Sausage, egg & cheese sliders	2 SLIDERS	60	150	35	280	2.00	1.80	100.0	100	0.0	8.0	21.0	4.5
Cereal assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			487	27	463	4.80	3.42	451.9	866	62.61	15.69	97.63	4.25
% of Calories											12.9%	80.2%	7.9%
Nutrient Guideline			350-500		540								

Fri - 10/27/2017													
BREAKFAST K-5	Total	100											
Eggo mini french toast	POUCH	60	210	0	260	4.00	2.70	100.0	500	0.0	5.0	35.0	6.0
Cereal assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			523	6	451	6.00	3.96	451.9	1106	62.61	13.89	106.03	5.15
% of Calories											10.6%	81.1%	8.9%
Nutrient Guideline			350-500		540								

Mon - 10/30/2017													
BREAKFAST K-5	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 assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			487	6	299	6.00	3.42	396.2	809	62.61	13.89	101.23	3.35
% of Calories											11.4%	83.2%	6.2%
Nutrient Guideline			350-500		540								

Tue - 10/31/2017													
BREAKFAST K-5	Total	100											
Biscuit, whole grain	1 EACH	60	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
Gravy, sausage - Signature	1 OZ	60	35	4	115	0.00	0.00	0.0	0	0.0	0.89	1.77	2.66
Cereal assorted, 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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	100	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			526	9	562	4.80	3.21	439.9	1406	62.61	13.83	101.69	7.34
% of Calories											10.5%	77.3%	12.6%
Nutrient Guideline			350-500		540								

Weighted Average			518	28	501	5.22	4.46	437.4	944	55.75	14.99	99.23	7.00
											11.6%	76.7%	12.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	518		350 - 500	104%			18	Correction Required - Calories too High
Cholesterol (mg)	28							
Sodium (mg)	501		540					
Fiber (g)	5.22							
Iron (mg)	4.46							
Calcium (mg)	437.4							
Vitamin A (IU)	944							
Vitamin C (mg)	55.75							
Protein (g)	14.99	11.58%						
Carbohydrate (g)	99.23	76.69%						
Total Fat (g)	7.00	12.18%						

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