

Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch K-5	Total	4000											
Chicken nuggets	SERVING	3600	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
Pork patties sandwich	1 EACH	400	517	40	1420	23.00	2.16	460.0	5	0.0	26.29	57.17	22.29
Salad, chopped Romaine	2 CUP	3550	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet pot chopwedg & sauc el	.50 CUP	3450	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
Fruit, canned	CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Dinner roll 100 % wheat	1 EACH	3500	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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
Weighted Daily Average			736	35	1058	11.75	6.85	488.3	7402	26.61	29.84	97.06	26.09
% of Calories											16.2%	52.7%	31.9%
Nutrient Guideline			550-650		1230								

	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 - 10/03/2017													
Lunch K-5	Total	4000											
Soft shell taco el	1 EACH	2200	200	29	328	1.00	17.69	633.5	169	0.61	11.16	17.81	8.71
Corn dog - whole grain	1 EACH	1000	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced canned	OZ	3500	6	0	4	0.23	0.00	0.0	23	4.22	0.23	1.17	0.0
Refried beans	1/2 CUP	4000	119	0	140	5.20	27.18	430.0	137	0.0	6.03	26.85	0.47
Green beans: canned,cooked	.50 CUP	3500	16	0	140	2.00	0.00	0.0	0	0.0	1.0	3.0	0.0
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1 CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
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, Pizza Hut Pizza	SLICES	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			592	33	909	12.38	40.84	1223.4	986	35.01	29.05	98.51	10.94
% of Calories											19.6%	66.6%	16.6%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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)
Wed - 10/04/2017													
Lunch K-5	Total	4000											
Potatoes au gratin & ham	1 CUP	1175	199	30	1099	2.50	2.62	50.0	0	7.5	10.83	30.83	5.21
Cheeseburger/wheat bun 1.60oz	1 EACH	1174	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	3500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit, fresh	1 EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1 CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Bread stick whole wheat 2	2 OZ	2349	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
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, Pizza Hut Pizza	SLICES	1651	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			658	42	1145	9.63	6.68	956.4	5966	35.67	32.44	98.99	14.88
% of Calories											19.7%	60.2%	20.4%
Nutrient Guideline			550-650		1230								

	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 - 10/05/2017													
Lunch K-5	Total	4000											
Country fried steak	EACH	1400	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	1650	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Potato pearls low sodium	1/2 CUP	1400	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy, chicken dehydr & WA.50c	1/2 CUP	1400	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	3500	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	3500	23	0	31	1.33	0.00	13.3	1994	0.8	0.66	3.99	0.0
Fruit, canned	1 CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Dinner roll 100 % wheat	1 EACH	1400	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
Milk, chocolate fat free	1 CUP	3000	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	1000	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			635	37	1128	8.37	9.03	667.8	2601	156.76	31.31	86.83	18.02
% of Calories											19.7%	54.7%	25.6%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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)
Fri - 10/06/2017													
Lunch K-5	Total	4000											
Bread stick mozzarella	2 STIXS	2300	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	2300	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Burrito beef/bean gre chile WG	1 EACH	700	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	3500	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	3500	13	0	15	1.00	3.78	110.0	0	144.6	0.96	2.49	0.14
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
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, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			591	29	946	8.47	13.10	734.5	3178	167.50	27.37	85.46	15.27
% of Calories											18.5%	57.8%	23.3%
Nutrient Guideline			550-650		1230								

	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													
Lunch K-5	Total	4000											
Chicken Mandarin orange- Asian	3.92 OZ	3500	210	55	280	0.00	0.72	0.0	100	0.0	13.0	20.0	8.0
Sun butter sandwich	SANDWICH	500	310	0	310	5.00	5.40	20.0	55	0.0	9.0	33.0	15.0
Rice, brown	1/4 CUP	3500	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Peas, frozen, green	3/4 CUP	3500	93	0	87	6.00	0.00	0.0	0	0.0	6.0	16.5	0.0
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
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
Weighted Daily Average			519	55	542	8.61	4.09	337.1	734	30.98	26.49	79.43	9.88
% of Calories											20.4%	61.2%	17.1%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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)
Tue - 10/10/2017													
Lunch K-5	Total	4000											
Chili white el	3/4 CUP	2500	202	29	308	6.00	2.38	119.3	121	4.83	14.9	27.04	3.89
Hot pocket - pepperoni	1 EACH	500	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Tortilla, whole wheat	1 EACH	2500	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	3500	25	0	56	1.70	1.49	175.2	3003	8.26	0.8	4.29	0.07
Fruit, canned	CUP	3000	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Chocolate chip cookies	1 EACH	3800	133	13	39	0.85	2.60	213.0	118	0.0	1.58	16.66	6.86
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, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			666	46	847	10.32	19.09	1234.0	3615	40.23	29.67	100.07	16.23
% of Calories											17.8%	60.1%	21.9%
Nutrient Guideline			550-650		1230								

	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 - 10/11/2017													
Lunch K-5	Total	4000											
Chicken & gravy ele	SERVINGS	3035	129	21	363	4.00	13.50	230.0	3892	17.4	8.08	17.25	2.86
Hot dog & bun	1 EACH	500	300	30	540	4.00	2.16	40.0	0	0.0	13.0	28.0	13.5
Cranberry sauce:cannedswt.25cu	1/4 CUP	3100	105	0	20	0.50	0.18	0.0	0	1.5	0.0	27.0	0.0
Corn: canned, yellow .75 cup	3/4 CUP	4000	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Biscuit, whole grain	1 EACH	3000	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
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, Pizza Hut Pizza	SLICES	465	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			647	30	1072	10.55	12.96	594.1	4328	43.71	25.06	105.83	13.85
% of Calories											15.5%	65.4%	19.3%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch K-5

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 - 10/12/2017													
Lunch K-5	Total	4000											
Nachos with ground beef ele	SERVINGS	1268	321	42	174	3.24	0.07	304.8	519	1.5	19.73	29.3	13.92
Burrito beef/bean gre chile WG	1 EACH	1750	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	2000	60	0	470	0.00	0.00	40.0	0	0.0	2.0	6.0	3.5
Refried beans	1/2 CUP	2035	119	0	140	5.20	27.18	430.0	137	0.0	6.03	26.85	0.47
Tomatoes, diced sec	2 OZ	3500	12	0	7	0.47	0.00	0.0	47	8.43	0.47	2.34	0.0
Fruit, canned	CUP	3300	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	EACH	3300	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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, Pizza Hut Pizza	SLICES	982	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			625	35	894	10.98	18.64	792.5	1201	39.26	32.46	95.42	14.67
% of Calories											20.8%	61.0%	21.1%
Nutrient Guideline			550-650		1230								

	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 - 10/13/2017													
Lunch K-5	Total	4000											
Waffle 2 whole grain	WAFFLES	2000	200	0	480	3.00	3.60	100.0	0	0.0	5.0	32.0	6.0
Pizza, Toni pepperoni	SLICE	1000	290	15	620	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Blueberries, fresh & syrup	.25 CUP	2000	28	0	1	0.00	0.55	0.0	76	0.91	0.0	7.06	0.0
Sausage, pork link	2 EACH	2000	230	40	340	0.00	0.72	0.0	0	0.0	8.0	2.0	21.0
Carrots, raw, coin .50 cup	1/2 CUP	3500	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	3500	13	0	15	1.00	3.78	110.0	0	144.6	0.96	2.49	0.14
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
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, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			634	38	954	8.14	9.78	646.1	2643	158.66	26.43	86.05	20.72
% of Calories											16.7%	54.3%	29.4%
Nutrient Guideline			550-650		1230								

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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch K-5	Total	4000											
Chicken nuggets	SERVING	3550	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
Pork patties sandwich	1 EACH	450	517	40	1420	23.00	2.16	460.0	5	0.0	26.29	57.17	22.29
Potato pearls low sodium	1/2 CUP	3550	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy, chicken dehydr & WA.50c	1/2 CUP	3550	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	2000	88	0	48	6.00	20.25	345.0	5838	26.1	3.9	17.87	0.21
Fruit, canned	CUP	2000	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Dinner roll 100 % wheat	1 EACH	3500	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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
Weighted Daily Average			679	29	1581	12.34	15.47	663.7	3460	71.88	33.38	107.55	15.51
% of Calories											19.7%	63.4%	20.6%
Nutrient Guideline			550-650		1230								

	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 - 10/17/2017													
Lunch K-5	Total	4000											
Macaroni & cheese whole grain	3/4 CUP	3035	283	30	985	1.35	1.21	404.8	675	0.0	16.19	31.03	10.79
Chicken patty/whole grain 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 .75	.75 CUP	3500	38	0	30	3.00	0.54	30.0	1500	45.0	3.0	6.0	0.0
Fruit, canned	CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	1 EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Bread stick whole wheat	EACH	3035	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
Milk, chocolate fat free	1 CUP	3000	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, Pizza Hut Pizza	SLICES	465	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			632	36	1243	8.67	5.46	737.8	2545	71.33	31.75	94.32	14.65
% of Calories											20.1%	59.7%	20.9%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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)
Wed - 10/18/2017													
Lunch K-5	Total	4000											
Dug Out el	SERVING	1000	447	39	745	7.08	1.73	95.1	196	7.26	19.83	42.79	21.64
Joe Cheeser - ham L	1 EACH	2000	270	55	420	0.00	3.60	60.0	0	2.4	19.0	30.0	8.0
Salad, chopped Romaine	2 CUP	4000	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	3500	23	0	31	1.33	0.00	13.3	1994	0.8	0.66	3.99	0.0
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
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, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			660	59	861	8.14	6.18	507.1	6554	51.50	31.10	83.25	22.26
% of Calories											18.8%	50.4%	30.3%
Nutrient Guideline			550-650		1230								

	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 - 10/19/2017													
Lunch K-5	Total	4000											
Bread stick mozzarella	2 STIXS	1100	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Corn dog - whole grain	1 EACH	1250	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	1100	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Salad, chopped Romaine	2 CUP	4000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet pot chopwedg & sauc el	.50 CUP	2900	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
Fruit, fresh	1 EACH	2000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1 CUP	2000	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
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, Pizza Hut Pizza	SLICES	1650	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			729	38	1038	9.02	7.37	636.9	7825	41.82	27.17	93.32	27.70
% of Calories											14.9%	51.2%	34.2%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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)
Fri - 10/20/2017													
Lunch K-5	Total	4000											
BBQ pork (shredded) on WG bun	1 EACH	1300	370	44	947	8.00	1.98	430.0	18550	3.0	25.0	50.0	9.0
Cheeseburger/wheat bun 1.60oz	1 EACH	1400	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	3000	25	0	56	1.70	1.49	175.2	3003	8.26	0.8	4.29	0.07
Salad, chopped Romaine	2 CUP	4000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, canned	CUP	3000	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	1 EACH	3000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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, Pizza Hut Pizza	SLICES	1300	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			669	55	1056	11.05	7.09	1258.6	13844	50.75	33.83	86.02	21.43
% of Calories											20.2%	51.4%	28.8%
Nutrient Guideline			550-650		1230								

Mon - 10/23/2017													
Lunch K-5	Total	4000											
Salisbury steak	1 EACH	2500	158	43	303	1.00	0.36	450.0	2000	0.6	14.0	5.0	9.0
Chicken patty/whole grain bun	1 EACH	500	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	2500	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy - brown	.50 CUP	2500	14	0	178	0.00	0.00	0.0	0	0.0	0.57	2.29	0.57
Fruit, fresh	EACH	2000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	CUP	2000	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Carrots, baby 3/4 cup	3/4 CUP	3800	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	2800	220	0	360	6.00	2.88	120.0	0	0.0	12.0	38.0	3.0
Milk, chocolate fat free	1 CUP	2700	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	1000	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Weighted Daily Average			616	35	1011	10.70	4.83	719.4	6642	57.26	31.43	97.05	12.10
% of Calories											20.4%	63.0%	17.7%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch K-5

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 - 10/24/2017													
Lunch K-5	Total	4000											
Chicken fajita tortillas el	SERVING	2400	237	57	747	0.50	16.74	560.0	0	0.0	18.54	17.3	10.41
Hot dog & bun	1 EACH	500	300	30	540	4.00	2.16	40.0	0	0.0	13.0	28.0	13.5
Vegetable fajita blend	.75 CUP	2349	25	0	5	0.00	0.00	0.0	15	0.0	0.0	5.0	0.0
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
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, Pizza Hut Pizza	SLICES	1100	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			585	59	962	5.89	14.24	789.8	4281	45.68	29.24	71.40	20.05
% of Calories											20.0%	48.8%	30.9%
Nutrient Guideline			550-650		1230								

	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 - 10/25/2017													
Lunch K-5	Total	4000											
Pancakes whole grain- 2	SERVING	2000	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0
Sun butter sandwich	SANDWICH	1000	310	0	310	5.00	5.40	20.0	55	0.0	9.0	33.0	15.0
Strawberries frozen el	1/4 CUP	2000	61	0	2	1.20	0.38	7.0	16	26.4	0.49	16.52	0.09
Sausage, pork link	2 EACH	2000	230	40	340	0.00	0.72	0.0	0	0.0	8.0	2.0	21.0
Corn: canned, yellow .75 cup	3/4 CUP	3000	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	3500	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
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, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			671	37	889	7.69	3.30	416.2	725	55.64	25.26	94.37	22.27
% of Calories											15.1%	56.3%	29.9%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch K-5

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 - 10/26/2017													
Lunch K-5	Total	4000											
Chicken roasted drumstick	1 EACH	2500	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	500	413	51	1092	7.24	23.58	102.0	199	1.39	21.63	56.42	13.15
Harvest apple crisp	SERVINGS	3400	208	0	46	5.81	7.55	83.5	3710	23.66	1.87	41.39	4.9
Cauliflower,raw: fresh.75cup	.75 CUP	3500	19	0	23	1.50	5.67	165.0	0	216.9	1.44	3.73	0.21
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Bread stick whole wheat	1 EACH	2500	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
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, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			634	49	821	10.37	15.99	631.4	3868	234.77	30.07	95.22	16.85
% of Calories											19.0%	60.1%	23.9%
Nutrient Guideline			550-650		1230								

Fri - 10/27/2017													
Lunch K-5	Total	4000											
Chili con carne & beans	3/4 CUP	1400	305	50	456	7.38	3.76	78.8	238	8.8	24.76	29.44	8.9
Hot pocket - pepperoni	1 EACH	1400	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Bread, mini garlic toast WGsec	2 SLICES	1500	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	3500	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, canned	CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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, Pizza Hut Pizza	SLICES	1200	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			603	38	988	11.12	6.27	559.1	1007	34.06	32.66	87.12	13.82
% of Calories											21.7%	57.8%	20.6%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch K-5

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 - 10/30/2017													
Lunch K-5	Total	4000											
Chicken nuggets	SERVING	3600	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
Pork patties sandwich	1 EACH	400	517	40	1420	23.00	2.16	460.0	5	0.0	26.29	57.17	22.29
Salad, chopped Romaine	2 CUP	3550	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet pot chopwedg & sauc el	.50 CUP	3450	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
Fruit, canned	CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Dinner roll 100 % wheat	1 EACH	3500	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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
Weighted Daily Average			736	35	1058	11.75	6.85	488.3	7402	26.61	29.84	97.06	26.09
% of Calories											16.2%	52.7%	31.9%
Nutrient Guideline			550-650		1230								

Tue - 10/31/2017													
Lunch K-5	Total	4000											
Soft shell taco el	1 EACH	2200	200	29	328	1.00	17.69	633.5	169	0.61	11.16	17.81	8.71
Corn dog - whole grain	1 EACH	1000	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced canned	OZ	3500	6	0	4	0.23	0.00	0.0	23	4.22	0.23	1.17	0.0
Refried beans	1/2 CUP	4000	119	0	140	5.20	27.18	430.0	137	0.0	6.03	26.85	0.47
Green beans: canned,cooked	.50 CUP	3500	16	0	140	2.00	0.00	0.0	0	0.0	1.0	3.0	0.0
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1 CUP	3500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
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, Pizza Hut Pizza	SLICES	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			592	33	909	12.38	40.84	1223.4	986	35.01	29.05	98.51	10.94
% of Calories											19.6%	66.6%	16.6%
Nutrient Guideline			550-650		1230								

Weighted Average			641	40	996	9.92	12.50	741.2	4172	68.67	29.77	92.67	17.46
											18.6%	57.8%	24.5%

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	641		550 - 650	100%										
Cholesterol (mg)	40													
Sodium (mg)	996		1230											
Fiber (g)	9.92													
Iron (mg)	12.50													
Calcium (mg)	741.2													
Vitamin A (IU)	4172													
Vitamin C (mg)	68.67													
Protein (g)	29.77	18.57%												
Carbohydrate (g)	92.67	57.81%												
Total Fat (g)	17.46	24.51%												

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