

# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/02/2017													
BREAKFAST 9-12	Total	325											
SAUSAGE,CHEESE,EGG/BUN	1 EACH	160	535	180	1055	6.00	6.48	2950.0	4700	0.0	23.0	41.0	31.5
Cereal assorted, WG toast	BOWL	100	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	200	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	125	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			691	97	877	6.55	5.21	1861.7	3085	62.33	23.25	106.72	19.21
% of Calories											13.5%	61.8%	25.0%
Nutrient Guideline			450-600		640								

Tue - 10/03/2017													
BREAKFAST 9-12	Total	325											
Eggo mini waffles	1 EACH	185	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
Cereal assorted, WG toast	BOWL	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	325	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	200	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	125	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			460	9	463	5.62	3.27	450.9	1010	45.43	13.85	87.57	6.42
% of Calories											12.0%	76.1%	12.6%
Nutrient Guideline			450-600		640								

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

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													
BREAKFAST 9-12	Total	325											
Donut long john WG	1 EACH	185	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
Cereal assorted, WG toast	BOWL	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	325	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	200	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	125	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			495	9	547	4.25	5.08	417.1	727	27.88	14.12	84.50	10.83
% of Calories											11.4%	68.3%	19.7%
Nutrient Guideline			450-600		640								

	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													
BREAKFAST 9-12	Total	325											
Omelet, colby cheese wrap sec	1 EACH	185	249	193	528	1.00	2.15	179.4	397	0.0	11.94	22.99	10.94
Cereal assorted, WG toast	BOWL	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	325	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	200	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	125	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			488	119	638	3.91	2.96	496.1	951	45.43	18.37	80.74	9.80
% of Calories											15.0%	66.1%	18.1%
Nutrient Guideline			450-600		640								

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/06/2017													
BREAKFAST 9-12	Total	325											
Cereal assorted, WG toast	BOWL	100	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	325	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	200	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	125	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	25	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Breakfast burrito	3.50 OZ	160	220	40	310	4.00	1.80	100.0	500	15.0	10.0	25.0	9.0
Weighted Daily Average			474	28	511	5.59	2.93	457.4	1004	53.23	17.07	84.01	8.17
% of Calories											14.4%	70.9%	15.5%
Nutrient Guideline			450-600		640								

Mon - 10/09/2017													
BREAKFAST 9-12	Total	325											
Breakfast pizza sec	6.4 OZ.	130	460	30	1180	4.00	3.60	300.0	400	0.0	18.0	50.0	20.0
Cereal assorted, WG toast	BOWL	150	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	20	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toast jel 8	1 EACH	25	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			639	19	843	5.81	4.22	566.2	1010	63.16	19.81	114.92	10.98
% of Calories											12.4%	72.0%	15.5%
Nutrient Guideline			450-600		640								

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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/10/2017													
BREAKFAST 9-12	Total	325											
EGGO MINIS PANCAKES	1 EACH	190	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	55	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toast jel 8	1 EACH	15	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			543	14	556	4.80	5.69	450.8	1012	43.88	13.35	104.71	7.20
% of Calories											9.8%	77.1%	11.9%
Nutrient Guideline			450-600		640								

	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													
BREAKFAST 9-12	Total	325											
SAUSAGE,EGG/MUFFIN	1 EACH	175	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
Cereal assorted, WG toast	BOWL	95	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	30	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toast jel 8	1 EACH	25	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			637	97	667	3.31	6.09	487.6	877	44.52	18.50	103.27	16.38
% of Calories											11.6%	64.9%	23.2%
Nutrient Guideline			450-600		640								

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Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/12/2017													
BREAKFAST 9-12	Total	325											
Donut long john WG	1 EACH	190	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	55	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toast jel 8	1 EACH	15	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			560	8	574	5.01	2.43	415.7	718	61.42	14.23	99.72	11.44
% of Calories											10.2%	71.2%	18.4%
Nutrient Guideline			450-600		640								

Fri - 10/13/2017													
BREAKFAST 9-12	Total	325											
Muffin squares, fruited	3 OZ	185	281	0	350	2.27	5.12	43.1	8	2.58	3.67	57.85	4.51
Cereal assorted, WG toast	BOWL	75	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	45	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toast jel 8	1 EACH	20	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			579	8	556	4.66	4.65	436.1	740	63.12	13.60	118.01	6.10
% of Calories											9.4%	81.6%	9.5%
Nutrient Guideline			450-600		640								

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Mon - 10/16/2017													
BREAKFAST 9-12	Total	325											
Pancake, WG blue&saus on stick	EACH	185	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
Syrup, pancake	1 OZ	185	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	310	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	310	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			592	22	637	3.72	1.59	395.6	746	58.72	15.97	109.98	10.20
% of Calories											10.8%	74.3%	15.5%
Nutrient Guideline			450-600		640								

	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 - 10/17/2017													
BREAKFAST 9-12	Total	325											
Breakfast burrito	3.75 OZ	170	236	43	332	4.29	1.93	107.1	536	16.07	10.71	26.79	9.64
Salsa	TBSP	170	10	0	35	1.00	0.00	0.0	0	0.0	0.0	2.0	0.0
Cereal assorted, WG toast	BOWL	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			557	31	579	6.20	2.82	460.6	1020	70.13	17.32	101.08	9.09
% of Calories											12.4%	72.6%	14.7%
Nutrient Guideline			450-600		640								

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/18/2017													
BREAKFAST 9-12	Total	325											
Pork sausage/bun	EACH	170	380	30	640	6.00	2.52	60.0	0	0.0	13.0	38.0	20.0
Egg pattie, grilled	EACH	170	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
Cereal assorted, WG toast	BOWL	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	1	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			619	95	787	4.61	3.33	432.5	766	36.16	20.03	93.80	17.95
% of Calories											13.0%	60.7%	26.1%
Nutrient Guideline			450-600		640								

	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													
BREAKFAST 9-12	Total	325											
Bagel whole wheat	BAGEL	185	120	0	170	3.00	1.08	40.0	15	0.0	5.0	24.0	1.0
Cheese, cream 1 oz	1 OZ	185	100	35	105	0.00	0.00	20.0	300	0.0	2.0	1.0	9.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			544	28	532	4.95	2.21	430.8	897	61.42	15.43	98.09	9.64
% of Calories											11.3%	72.2%	16.0%
Nutrient Guideline			450-600		640								

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/20/2017													
BREAKFAST 9-12	Total	325											
Eggo mini waffles	1 EACH	185	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			532	8	501	5.52	3.13	453.6	1002	61.42	13.72	103.79	6.79
% of Calories											10.3%	78.0%	11.5%
Nutrient Guideline			450-600		640								

	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 9-12	Total	325											
French toast WG, 2 slices	SLICE	150	240	75	420	4.00	2.70	80.0	100	0.0	9.0	41.0	5.0
Syrup, pancake	1 OZ	150	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, WG toast	BOWL	135	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	20	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			596	42	555	5.76	3.78	455.4	897	62.84	16.35	121.97	4.97
% of Calories											11.0%	81.8%	7.5%
Nutrient Guideline			450-600		640								

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/24/2017													
BREAKFAST 9-12	Total	325											
Hot ham & cheese/bun	EACH	170	377	31	807	6.00	3.31	216.0	272	0.0	23.39	37.45	14.9
Egg pattie, grilled	EACH	170	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
Cereal assorted, WG toast	BOWL	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			674	95	879	5.77	6.45	539.7	988	44.17	25.74	107.05	15.35
% of Calories											15.3%	63.6%	20.5%
Nutrient Guideline			450-600		640								

	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													
BREAKFAST 9-12	Total	325											
Cinnamon rolls/frosted sec	1 EACH	185	251	1	200	2.43	1.36	139.0	139	0.2	4.7	43.73	6.69
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			567	9	494	3.82	4.90	487.5	798	43.99	13.82	109.66	7.61
% of Calories											9.7%	77.3%	12.1%
Nutrient Guideline			450-600		640								

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/26/2017													
BREAKFAST 9-12	Total	325											
Sausage, egg & cheese sliders	2 SLIDERS	185	150	35	280	2.00	1.80	100.0	100	0.0	8.0	21.0	4.5
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	310	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	310	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	210	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	100	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			487	28	519	4.29	2.57	438.6	746	58.76	15.60	91.72	6.69
% of Calories											12.8%	75.3%	12.4%
Nutrient Guideline			450-600		640								

Fri - 10/27/2017													
BREAKFAST 9-12	Total	325											
Eggo mini french toast	POUCH	185	210	0	260	4.00	2.70	100.0	500	0.0	5.0	35.0	6.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	310	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	310	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	210	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	100	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			521	8	508	5.43	3.08	438.6	974	58.76	13.90	99.69	7.54
% of Calories											10.7%	76.5%	13.0%
Nutrient Guideline			450-600		640								

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/30/2017													
BREAKFAST 9-12	Total	325											
Hot cereal - 1 2/3 cup	1.66 CUP	195	300	0	12	8.00	3.60	11.9	10	0.0	10.0	54.0	6.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	310	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	310	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	210	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	100	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate biscuits & gravy mid	SERVINGS	50	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			574	8	347	7.89	3.68	384.2	695	58.76	16.87	111.32	7.29
% of Calories											11.8%	77.6%	11.4%
Nutrient Guideline			450-600		640								

Tue - 10/31/2017													
BREAKFAST 9-12	Total	325											
Biscuit, whole grain	1 EACH	220	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
Gravy, sausage - Signature	2 OZ	220	71	9	230	0.00	0.00	0.0	0	0.0	1.77	3.54	5.32
Cereal assorted, WG toast	BOWL	85	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	325	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	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	250	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	75	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			560	13	657	3.68	5.25	445.3	1424	44.27	14.35	102.57	9.62
% of Calories											10.3%	73.3%	15.5%
Nutrient Guideline			450-600		640								

Weighted Average			563	36	601	5.05	3.88	518.3	1004	53.17	16.60	101.59	9.97
											11.8%	72.2%	15.9%

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**Natrona County School District**

**Oct 2, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

BREAKFAST 9-12

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	563		450 - 600	100%										
Cholesterol (mg)	36													
Sodium (mg)	601		640											
Fiber (g)	5.05													
Iron (mg)	3.88													
Calcium (mg)	518.3													
Vitamin A (IU)	1004													
Vitamin C (mg)	53.17													
Protein (g)	16.60	11.79%												
Carbohydrate (g)	101.59	72.16%												
Total Fat (g)	9.97	15.93%												

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