

Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch 9-12	Total	2500											
Chicken nuggets	SERVING	800	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
Pork patties sandwich	1 EACH	600	517	40	1420	23.00	2.16	460.0	5	0.0	26.29	57.17	22.29
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 potato chopped wedge	.75 CUP	2000	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Dinner roll 100 % wheat 2	2 EACH	800	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, Pizza Hut Pizza	SLICES	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	300	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			785	44	1193	16.72	8.75	693.0	9014	39.97	35.33	101.42	27.03
% of Calories											18.0%	51.7%	31.0%
Nutrient Guideline			750-850		1420								

	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 9-12	Total	2500											
Soft shell taco sec	2 EACH	1000	379	54	605	2.00	35.38	1203.0	294	1.22	21.92	35.48	15.5
Corn dog - whole grain	1 EACH	200	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced sec	2 OZ	2500	12	0	7	0.47	0.00	0.0	47	8.43	0.47	2.34	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	1 CUP	2500	32	0	280	4.00	0.00	0.0	0	0.0	2.0	6.0	0.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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, Pizza Hut Pizza	SLICES	600	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	700	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			693	47	1192	16.38	46.24	1439.2	1173	57.69	38.27	101.25	16.59
% of Calories											22.1%	58.5%	21.6%
Nutrient Guideline			750-850		1420								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 2

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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 - 10/04/2017													
Lunch 9-12	Total	2500											
Potatoes au gratin & ham	1 CUP	300	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	800	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
Carrots, baby cup	CUP	2500	48	0	61	2.72	0.00	27.2	6807	1.63	1.36	8.17	0.0
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
FRUIT CANNED 2	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	2 OZ	500	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
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, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	700	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			665	44	954	11.29	10.77	1067.6	8492	42.71	31.91	96.06	15.57
% of Calories											19.2%	57.8%	21.1%
Nutrient Guideline			750-850		1420								

	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 - 10/05/2017													
Lunch 9-12	Total	2500											
Country fried steak	EACH	950	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	300	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	1500	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy, chicken,from dehydr &WA	1 CUP	1500	65	0	1047	0.00	0.00	7.1	0	0.0	0.0	13.0	4.33
Carrots, raw, coin .50 cup	.50 CUP	2500	23	0	31	1.33	0.00	13.3	1994	0.8	0.66	3.99	0.0
Cauliflower,raw: fresh cup	1 CUP	2500	25	0	30	2.00	7.56	220.0	0	289.2	1.92	4.97	0.28
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Dinner roll 100 % wheat	1 EACH	1500	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
Milk, chocolate fat free	1 CUP	1100	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	400	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate, Pizza Hut Pizza	SLICES	750	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	500	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			718	41	1607	12.09	16.07	732.0	2694	350.41	33.38	100.26	22.44
% of Calories											18.6%	55.8%	28.1%
Nutrient Guideline			750-850		1420								

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Base Menu Spreadsheet

Lunch 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													
Lunch 9-12	Total	2500											
Bread stick mozzarella	2 STIXS	900	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Burrito beef/bean gre chile WG	1 EACH	900	294	19	414	7.92	3.60	80.0	403	4.8	16.28	39.49	9.13
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
Corn: canned yellow cup	1 CUP	2500	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	2500	67	0	4	0.00	0.00	5.0	16	16.5	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, Pizza Hut Pizza	SLICES	480	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	420	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			720	32	1121	11.97	7.94	593.5	1232	69.65	31.80	105.58	18.47
% of Calories											17.7%	58.6%	23.1%
Nutrient Guideline			750-850		1420								

	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 9-12	Total	2500											
Chicken Mandarin orange- Asian	3.92 OZ	1200	210	55	280	0.00	0.72	0.0	100	0.0	13.0	20.0	8.0
Bread stick mozzarella	2 STIXS	400	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	400	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Rice, brown	1 CUP	400	216	0	10	4.00	0.00	0.0	0	0.0	6.0	44.0	2.0
Peas, frozen, green	1 CUP	2500	124	0	116	8.00	0.00	0.0	0	0.0	8.0	22.0	0.0
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	200	934	58	1060	18.65	15.36	636.4	3683	271.38	28.0	110.53	44.66
Weighted Daily Average			717	49	843	14.63	6.99	544.5	1304	59.23	35.35	109.52	15.03
% of Calories											19.7%	61.1%	18.9%
Nutrient Guideline			750-850		1420								

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Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/10/2017													
Lunch 9-12	Total	2500											
Chili White	1 CUP	600	256	54	395	6.22	2.75	136.9	154	5.8	20.99	28.53	6.33
Hot pocket - pepperoni	1 EACH	400	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Tortilla, whole wheat	2 EACH	600	192	0	486	1.00	33.48	1120.0	0	0.0	5.0	30.6	4.8
Carrot and celery sticks	1 CUP	2500	27	0	67	1.92	1.98	230.2	3160	10.81	0.89	4.71	0.1
Fruit, canned	1 CUP	2000	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	1 EACH	2000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Chocolate chip cookies	1 EACH	2500	133	13	39	0.85	2.60	213.0	118	0.0	1.58	16.66	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, Pizza Hut Pizza	SLICES	1200	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	300	934	58	1060	18.65	15.36	636.4	3683	271.38	28.0	110.53	44.66
Weighted Daily Average			800	56	1035	11.56	19.25	1367.9	4681	73.21	34.69	111.57	24.10
% of Calories											17.3%	55.8%	27.1%
Nutrient Guideline			750-850		1420								

	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 - 10/11/2017													
Lunch 9-12	Total	2500											
Chicken & gravy	1 SERVINGS	900	253	57	532	8.00	27.00	460.0	7784	34.8	20.02	29.16	6.11
Hot dog & bun	1 EACH	400	300	30	540	4.00	2.16	40.0	0	0.0	13.0	28.0	13.5
Cranberry sauce: canned,swtnd	1/3 CUP	2500	139	0	26	0.66	0.24	0.0	0	1.98	0.0	35.64	0.0
Corn: canned yellow cup	1 CUP	2500	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Biscuit whole grain 2	1 EACH	850	360	0	660	4.00	2.88	160.0	2000	0.0	8.0	52.0	14.0
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, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	300	934	58	1060	18.65	15.36	636.4	3683	271.38	28.0	110.53	44.66
Weighted Daily Average			901	47	1302	14.72	14.94	718.8	4638	81.40	34.68	142.11	22.15
% of Calories											15.4%	63.1%	22.1%
Nutrient Guideline			750-850		1420								

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Base Menu Spreadsheet

Lunch 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)
Thu - 10/12/2017													
Lunch 9-12	Total	2500											
Nachos with ground beef sec	SERVINGS	1000	291	59	253	0.31	0.13	476.1	1038	2.4	26.5	19.47	11.9
Burrito beef/bean gre chile WG	1 EACH	450	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	1000	60	0	470	0.00	0.00	40.0	0	0.0	2.0	6.0	3.5
Refried beans	1/2 CUP	1000	119	0	140	5.20	27.18	430.0	137	0.0	6.03	26.85	0.47
Tomatoes, diced sec	2 OZ	2500	12	0	7	0.47	0.00	0.0	47	8.43	0.47	2.34	0.0
Cauliflower,raw: fresh cup	1 CUP	2500	25	0	30	2.00	7.56	220.0	0	289.2	1.92	4.97	0.28
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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 potato high	SERVINGS	250	934	58	1060	18.65	15.36	636.4	3683	271.38	28.0	110.53	44.66
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			710	49	960	12.20	24.57	1132.7	1771	361.76	38.48	103.84	18.01
% of Calories											21.7%	58.5%	22.8%
Nutrient Guideline			750-850		1420								

	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 9-12	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
Corn dog - whole grain	1 EACH	800	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Blueberries, fresh & syrup	.25 CUP	800	28	0	1	0.00	0.55	0.0	76	0.91	0.0	7.06	0.0
Sausage, pork link	2 EACH	800	230	40	340	0.00	0.72	0.0	0	0.0	8.0	2.0	21.0
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	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	2500	67	0	4	0.00	0.00	5.0	16	16.5	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, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	1	934	58	1060	18.65	15.36	636.4	3683	271.38	28.0	110.53	44.66
Weighted Daily Average			650	34	1032	8.51	4.06	501.3	756	49.42	25.36	95.79	18.13
% of Calories											15.6%	59.0%	25.1%
Nutrient Guideline			750-850		1420								

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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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 - 10/16/2017													
Lunch 9-12	Total	2500											
Chicken nuggets	SERVING	1095	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
Pork patties sandwich	1 EACH	300	517	40	1420	23.00	2.16	460.0	5	0.0	26.29	57.17	22.29
POTATO PEARLS LOW SODIUM	2/3 CUP	1095	213	0	293	2.67	0.96	53.3	0	79.99	5.33	45.33	2.67
Gravy, chicken dehydr & WA.50c	1/2 CUP	1095	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
MIXED VEGETABLES, FROZEN CUP	1 CUP	2500	118	0	64	8.00	27.00	460.0	7784	34.8	5.2	23.82	0.28
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Bread stick whole wheat 2	2 OZ	1095	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
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, Pizza Hut Pizza	SLICES	925	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	180	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			839	35	1373	18.29	33.28	1038.2	8638	106.42	37.58	135.45	18.47
% of Calories											17.9%	64.5%	19.8%
Nutrient Guideline			750-850		1420								

Tue - 10/17/2017													
Lunch 9-12	Total	2500											
Macaroni & cheese whole grain	CUP	1200	378	40	1314	1.80	1.62	540.0	900	0.0	21.6	41.4	14.4
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 cup	1 CUP	2500	50	0	40	4.00	0.72	40.0	2000	60.0	4.0	8.0	0.0
Bread stick whole wheat	EACH	1200	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
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, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	300	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			670	42	1299	9.34	6.27	728.0	3135	70.77	34.46	93.44	17.69
% of Calories											20.6%	55.8%	23.8%
Nutrient Guideline			750-850		1420								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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 - 10/18/2017													
Lunch 9-12	Total	2500											
Dug out sec	SERVING	900	607	39	905	8.08	1.73	115.1	196	7.26	21.83	58.79	31.64
Joe Cheeser - ham L	1 EACH	500	270	55	420	0.00	3.60	60.0	0	2.4	19.0	30.0	8.0
Salad, chopped Romaine	2 CUP	1540	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Carrots, raw, coin	1 CUP	2500	47	0	61	2.66	0.00	26.6	3988	1.6	1.33	7.98	0.0
Fruit, fresh	1 EACH	1540	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
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, Pizza Hut Pizza	SLICES	880	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	220	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			752	51	1003	10.40	5.80	559.9	7341	40.83	31.88	95.88	26.00
% of Calories											17.0%	51.0%	31.1%
Nutrient Guideline			750-850		1420								

	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 - 10/19/2017													
Lunch 9-12	Total	2500											
Bread stick mozzarella	2 STIXS	900	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Corn dog - whole grain	1 EACH	225	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	900	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 potato chopped wedge	.75 CUP	2500	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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	500	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Alternate, Pizza Hut Pizza	SLICES	875	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			832	44	1055	12.35	9.95	660.7	10500	63.68	28.37	115.41	28.55
% of Calories											13.6%	55.5%	30.9%
Nutrient Guideline			750-850		1420								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch 9-12	Total	2500											
BBQ pork (shredded) on WG bun	1 EACH	775	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	775	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
Carrot and celery sticks	1 CUP	2500	27	0	67	1.92	1.98	230.2	3160	10.81	0.89	4.71	0.1
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	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	500	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			747	59	1093	12.24	8.64	1272.5	14407	64.73	32.39	100.65	24.05
% of Calories											17.4%	53.9%	29.0%
Nutrient Guideline			750-850		1420								

	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													
Lunch 9-12	Total	2500											
Salisbury steak	1 EACH	900	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	800	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	900	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy - brown	.50 CUP	900	14	0	178	0.00	0.00	0.0	0	0.0	0.57	2.29	0.57
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
CARROTS, BABY	1 CUP	2500	83	0	139	6.11	0.50	55.6	24028	11.67	0.19	19.17	0.06
Dinner roll 100 % wheat 2	2 EACH	900	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, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar nacho mid	SERVING	300	493	59	979	6.36	27.98	955.0	1767	15.96	35.18	57.11	16.02
Weighted Daily Average			777	41	1234	16.81	10.06	834.2	25715	70.56	35.80	124.69	16.01
% of Calories											18.4%	64.2%	18.5%
Nutrient Guideline			750-850		1420								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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 - 10/24/2017													
Lunch 9-12	Total	2500											
Chicken fajita tortilla sec	SERVING	1000	474	114	1494	1.00	33.48	1120.0	0	0.0	37.07	34.61	20.82
Hot dog & bun	1 EACH	200	300	30	540	4.00	2.16	40.0	0	0.0	13.0	28.0	13.5
Vegetable fajita blend sec	1 CUP	1000	33	0	7	0.00	0.00	0.0	20	0.0	0.0	6.65	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	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit fresh 2	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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 nacho mid	SERVING	550	493	59	979	6.36	27.98	955.0	1767	15.96	35.18	57.11	16.02
Alternate, Pizza Hut Pizza	SLICES	750	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			760	84	1332	7.89	24.15	1126.2	5201	55.47	40.97	90.54	26.43
% of Calories											21.6%	47.7%	31.3%
Nutrient Guideline			750-850		1420								

	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 9-12	Total	2500											
Pancakes whole grain- 2	SERVING	1000	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0
Bar mozzarella cheese stixs	2 STICKS	400	360	20	842	2.50	10.08	325.0	1048	14.7	14.5	37.0	16.0
Strawberries frozen sec	1/2 CUP	1000	122	0	4	2.40	0.75	14.0	31	52.8	0.98	33.05	0.17
Sausage, pork link	2 EACH	1000	230	40	340	0.00	0.72	0.0	0	0.0	8.0	2.0	21.0
Corn: canned yellow cup	1 CUP	2500	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	2500	67	0	4	0.00	0.00	5.0	16	16.5	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, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar nacho mid	SERVING	400	493	59	979	6.36	27.98	955.0	1767	15.96	35.18	57.11	16.02
Weighted Daily Average			789	46	1187	10.12	8.49	631.4	1193	76.85	32.45	116.02	22.86
% of Calories											16.4%	58.8%	26.1%
Nutrient Guideline			750-850		1420								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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)
Thu - 10/26/2017													
Lunch 9-12	Total	2500											
Chicken roasted drumstick	1 EACH	800	130	45	330	0.00	0.36	0.0	0	0.0	13.0	2.0	8.0
BBQ pork rib on a bun	SERVING	500	364	51	801	6.98	23.40	92.7	136	1.22	21.4	44.86	12.97
Harvest apple crisp	SERVINGS	2500	208	0	46	5.81	7.55	83.5	3710	23.66	1.87	41.39	4.9
Cauliflower,raw: fresh cup	1 CUP	2500	25	0	30	2.00	7.56	220.0	0	289.2	1.92	4.97	0.28
Fruit, fresh	EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Bread stick whole wheat 2	2 OZ	800	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
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
Bar nacho mid	SERVING	500	493	59	979	6.36	27.98	955.0	1767	15.96	35.18	57.11	16.02
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			773	52	980	14.05	27.05	929.0	4804	344.19	36.50	118.90	19.81
% of Calories											18.9%	61.6%	23.1%
Nutrient Guideline			750-850		1420								

	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 - 10/27/2017													
Lunch 9-12	Total	2500											
Chili con carne & beans	CUP	800	329	49	494	8.11	2.31	73.5	262	9.68	23.1	32.38	11.52
Hot pocket - pepperoni	1 EACH	400	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Green beans: canned,cooked	1 CUP	2500	32	0	280	4.00	0.00	0.0	0	0.0	2.0	6.0	0.0
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit fresh 2	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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
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 nacho mid	SERVING	400	493	59	979	6.36	27.98	955.0	1767	15.96	35.18	57.11	16.02
Alternate, Pizza Hut Pizza	SLICES	900	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			661	45	1166	13.26	10.09	687.1	1263	40.81	36.18	96.42	15.38
% of Calories											21.9%	58.3%	20.9%
Nutrient Guideline			750-850		1420								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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 - 10/30/2017													
Lunch 9-12	Total	2500											
Chicken nuggets	SERVING	800	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
Pork patties sandwich	1 EACH	600	517	40	1420	23.00	2.16	460.0	5	0.0	26.29	57.17	22.29
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 potato chopped wedge	.75 CUP	2000	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
Fruit, canned	1 CUP	2500	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Dinner roll 100 % wheat 2	2 EACH	800	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, Pizza Hut Pizza	SLICES	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	300	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			785	44	1193	16.72	8.75	693.0	9014	39.97	35.33	101.42	27.03
% of Calories											18.0%	51.7%	31.0%
Nutrient Guideline			750-850		1420								

	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 - 10/31/2017													
Lunch 9-12	Total	2500											
Soft shell taco sec	2 EACH	1000	379	54	605	2.00	35.38	1203.0	294	1.22	21.92	35.48	15.5
Corn dog - whole grain	1 EACH	200	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced sec	2 OZ	2500	12	0	7	0.47	0.00	0.0	47	8.43	0.47	2.34	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	1 CUP	2500	32	0	280	4.00	0.00	0.0	0	0.0	2.0	6.0	0.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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, Pizza Hut Pizza	SLICES	600	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	700	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			693	47	1192	16.38	46.24	1439.2	1173	57.69	38.27	101.25	16.59
% of Calories											22.1%	58.5%	21.6%
Nutrient Guideline			750-850		1420								

Weighted Average			747	47	1152	13.09	16.29	881.4	5824	100.79	34.52	107.16	20.75
											18.5%	57.4%	25.0%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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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)
Calories	747	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Cholesterol (mg)	47		750 - 850	100%		3		Correction Required - Calories are Low						
Sodium (mg)	1152		1420											
Fiber (g)	13.09													
Iron (mg)	16.29													
Calcium (mg)	881.4													
Vitamin A (IU)	5824													
Vitamin C (mg)	100.79													
Protein (g)	34.52	18.48%												
Carbohydrate (g)	107.16	57.37%												
Total Fat (g)	20.75	24.99%												

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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