

Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/02/2017													
BREAKFAST 6-8	Total	650											
SAUSAGE,EGG, ON A BUN	1 EACH	425	460	165	765	6.00	3.24	80.0	200	0.0	17.0	39.0	27.0
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			704	116	779	7.16	3.75	471.7	869	61.74	22.64	110.22	19.68
% of Calories											12.9%	62.6%	25.2%
Nutrient Guideline			400-550		600								

Tue - 10/03/2017													
BREAKFAST 6-8	Total	650											
Eggo mini waffles	1 EACH	425	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate biscuits & gravy mid	SERVINGS	85	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			518	8	467	5.72	3.30	445.5	1044	61.55	13.19	101.57	6.58
% of Calories											10.2%	78.4%	11.4%
Nutrient Guideline			400-550		600								

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

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

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

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													
BREAKFAST 6-8	Total	650											
Donut long john WG	1 EACH	425	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			573	8	519	4.40	5.10	444.1	740	44.19	14.49	103.94	10.37
% of Calories											10.1%	72.6%	16.3%
Nutrient Guideline			400-550		600								

	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													
BREAKFAST 6-8	Total	650											
Omelet, colby cheese wrap	1 EACH	425	205	193	451	0.50	17.45	639.4	397	0.0	10.44	16.29	10.34
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate biscuits & gravy mid	SERVINGS	85	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			522	134	619	3.43	12.95	798.2	977	61.55	17.40	89.33	10.07
% of Calories											13.3%	68.5%	17.4%
Nutrient Guideline			400-550		600								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/06/2017													
BREAKFAST 6-8	Total	650											
Breakfast burrito	3.75 OZ	425	236	43	332	4.29	1.93	107.1	536	16.07	10.71	26.79	9.64
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			557	36	496	6.04	2.89	489.4	1089	72.25	18.53	102.24	8.33
% of Calories											13.3%	73.4%	13.5%
Nutrient Guideline			400-550		600								

Mon - 10/09/2017													
BREAKFAST 6-8	Total	650											
Breakfast pizza	3.2 OZ.	425	230	15	590	2.00	1.80	150.0	200	0.0	9.0	25.0	10.0
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
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			516	17	635	4.25	2.66	472.4	852	61.59	16.11	93.69	8.11
% of Calories											12.5%	72.7%	14.2%
Nutrient Guideline			400-550		600								

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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/10/2017													
BREAKFAST 6-8	Total	650											
EGGO MINIS PANCAKES	1 EACH	425	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate biscuits & gravy mid	SERVINGS	85	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			525	14	533	5.72	3.30	419.4	1044	61.55	13.19	101.57	7.23
% of Calories											10.1%	77.4%	12.4%
Nutrient Guideline			400-550		600								

Wed - 10/11/2017													
BREAKFAST 6-8	Total	650											
SAUSAGE, EGG/MUFFIN	1 EACH	425	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			658	116	666	3.09	6.04	496.4	871	44.19	19.72	103.28	18.22
% of Calories											12.0%	62.8%	24.9%
Nutrient Guideline			400-550		600								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/12/2017													
BREAKFAST 6-8	Total	650											
Donut long john WG	1 EACH	425	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate biscuits & gravy mid	SERVINGS	85	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			551	8	559	5.07	2.48	393.2	717	61.55	13.85	96.99	11.81
% of Calories											10.1%	70.4%	19.3%
Nutrient Guideline			400-550		600								

	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 - 10/13/2017													
BREAKFAST 6-8	Total	650											
Muffin squares, fruited	3 OZ	425	281	0	350	2.27	5.12	43.1	8	2.58	3.67	57.85	4.51
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			587	8	508	4.72	4.98	447.5	744	63.43	13.92	122.55	4.97
% of Calories											9.5%	83.5%	7.6%
Nutrient Guideline			400-550		600								

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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/16/2017													
BREAKFAST 6-8	Total	650											
Pancake, WG blue&saus on stick	EACH	425	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
Syrup, pancake	1 OZ	425	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, WG toast	BOWL	165	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate yogurt & toast jel 8	1 EACH	60	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			606	24	578	3.93	1.75	408.6	790	61.93	16.48	116.06	9.12
% of Calories											10.9%	76.6%	13.5%
Nutrient Guideline			400-550		600								

Tue - 10/17/2017													
BREAKFAST 6-8	Total	650											
Breakfast burrito	3.75 OZ	425	236	43	332	4.29	1.93	107.1	536	16.07	10.71	26.79	9.64
Salsa	TBSP	425	10	0	35	1.00	0.00	0.0	0	0.0	0.0	2.0	0.0
Cereal assorted, WG toast	BOWL	165	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			547	35	549	6.64	2.95	451.0	1086	72.30	17.58	98.25	9.14
% of Calories											12.9%	71.9%	15.1%
Nutrient Guideline			400-550		600								

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Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/18/2017													
BREAKFAST 6-8	Total	650											
Pork sausage/bun	EACH	425	380	30	640	6.00	2.52	60.0	0	0.0	13.0	38.0	20.0
Egg pattie, grilled	1 EACH	425	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
Cereal assorted, WG toast	BOWL	145	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate yogurt & toast jel 8	1 EACH	80	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			709	116	784	6.37	6.30	481.2	874	44.23	22.28	110.92	19.51
% of Calories											12.6%	62.6%	24.8%
Nutrient Guideline			400-550		600								

	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 6-8	Total	650											
Bagel wheat 1/2	1/2 BAGEL	445	60	0	85	1.50	0.54	20.0	8	0.0	2.5	12.0	0.5
Cheese, cream 1 oz	1 OZ	425	100	35	105	0.00	0.00	20.0	300	0.0	2.0	1.0	9.0
Cereal assorted, WG toast	BOWL	120	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate biscuits & gravy mid	SERVINGS	85	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			487	31	442	4.01	1.76	401.7	904	61.35	13.42	86.11	9.47
% of Calories											11.0%	70.7%	17.5%
Nutrient Guideline			400-550		600								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/20/2017													
BREAKFAST 6-8	Total	650											
Eggo mini waffles	1 EACH	445	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
Cereal assorted, WG toast	BOWL	120	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			533	8	422	5.85	3.33	482.6	1066	61.54	14.08	107.24	5.38
% of Calories											10.6%	80.4%	9.1%
Nutrient Guideline			400-550		600								

Mon - 10/23/2017													
BREAKFAST 6-8	Total	650											
French toast WG	SLICE	425	120	37	210	2.00	1.35	40.0	50	0.0	4.5	20.5	2.5
Syrup, pancake	1 OZ	425	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, WG toast	BOWL	120	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate yogurt & toast jel 8	1 EACH	105	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			552	33	424	4.51	2.41	454.1	801	61.59	14.69	114.97	3.73
% of Calories											10.6%	83.3%	6.1%
Nutrient Guideline			400-550		600								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/24/2017													
BREAKFAST 6-8	Total	650											
Hot ham & cheese/bun	1 EACH	425	377	31	807	6.00	3.31	216.0	272	0.0	23.39	37.45	14.9
Cereal assorted, WG toast	BOWL	120	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate biscuits & gravy mid	SERVINGS	105	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			635	28	863	6.97	3.58	520.7	881	61.35	25.87	102.57	13.43
% of Calories											16.3%	64.6%	19.0%
Nutrient Guideline			400-550		600								

Wed - 10/25/2017													
BREAKFAST 6-8	Total	650											
Cinnamon roll, 2.25oz frozen	1 EACH	425	190	15	290	3.00	1.80	40.0	100	0.0	5.0	34.0	5.0
Cereal assorted, WG toast	BOWL	120	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate yogurt & toast jel 8	1 EACH	105	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			539	18	475	4.36	5.24	465.8	796	44.04	14.71	108.69	5.22
% of Calories											10.9%	80.7%	8.7%
Nutrient Guideline			400-550		600								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/26/2017													
BREAKFAST 6-8	Total	650											
Sausage, egg & cheese sliders	2 SLIDERS	425	150	35	280	2.00	1.80	100.0	100	0.0	8.0	21.0	4.5
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate biscuits & gravy mid	SERVINGS	85	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			486	31	507	4.41	2.71	445.5	783	61.55	15.81	92.41	6.25
% of Calories											13.0%	76.1%	11.6%
Nutrient Guideline			400-550		600								

Fri - 10/27/2017													
BREAKFAST 6-8	Total	650											
Eggo mini french toast	POUCH	425	210	0	260	4.00	2.70	100.0	500	0.0	5.0	35.0	6.0
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			540	8	449	5.85	3.40	484.7	1066	61.74	14.79	107.61	5.95
% of Calories											10.9%	79.6%	9.9%
Nutrient Guideline			400-550		600								

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

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)
Mon - 10/30/2017													
BREAKFAST 6-8	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
Alternate yogurt & toast jel 8	1 EACH	40	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			639	10	419	7.20	4.00	576.2	878	63.21	19.09	130.73	5.15
% of Calories											12.0%	81.9%	7.3%
Nutrient Guideline			400-550		600								

Tue - 10/31/2017													
BREAKFAST 6-8	Total	650											
Biscuit, whole grain	1 EACH	425	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
Gravy, sausage - Signature	OZ	425	35	4	115	0.00	0.00	0.0	0	0.0	0.89	1.77	2.66
Cereal assorted, WG toast	BOWL	140	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
Milk, white 1%	1 CUP	200	100	10	125	0.00	0.00	300.0	500	2.4	8.0	12.0	2.5
Milk, chocolate fat free	1 CUP	450	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			544	11	570	4.55	2.57	471.7	1393	61.74	14.72	102.88	8.34
% of Calories											10.8%	75.6%	13.8%
Nutrient Guideline			400-550		600								

Weighted Average			569	37	557	5.19	3.98	478.3	921	59.55	16.66	104.72	9.37
											11.7%	73.6%	14.8%

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Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

BREAKFAST 6-8

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	569		400 - 550	104%					19	Correction Required - Calories too High				
Cholesterol (mg)	37													
Sodium (mg)	557		600											
Fiber (g)	5.19													
Iron (mg)	3.98													
Calcium (mg)	478.3													
Vitamin A (IU)	921													
Vitamin C (mg)	59.55													
Protein (g)	16.66	11.70%												
Carbohydrate (g)	104.72	73.56%												
Total Fat (g)	9.37	14.80%												

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