

# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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)
Mon - 10/02/2017													
Lunch 6-8	Total	2500											
Chicken nuggets	SERVING	1900	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
Pork patties sandwich	1 EACH	50	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 pot chopwedg & sauc el	.50 CUP	2500	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
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	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	1900	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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	100	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	50	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			775	32	925	12.31	7.31	483.5	8495	57.11	27.50	109.53	26.17
% of Calories											14.2%	56.5%	30.4%
Nutrient Guideline			600-700		1360								

Tue - 10/03/2017													
Lunch 6-8	Total	2500											
Soft shell taco el	1 EACH	1000	200	29	328	1.00	17.69	633.5	169	0.61	11.16	17.81	8.71
Corn dog - whole grain	1 EACH	500	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced canned	1 OZ	2500	6	0	4	0.23	0.00	0.0	23	4.22	0.23	1.17	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	.50 CUP	2500	16	0	140	2.00	0.00	0.0	0	0.0	1.0	3.0	0.0
Fruit, fresh	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
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	200	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			638	34	970	13.85	39.75	1202.3	1092	45.81	31.78	104.47	12.30
% of Calories											19.9%	65.5%	17.4%
Nutrient Guideline			600-700		1360								

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

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch 6-8	Total	2500											
Potatoes au gratin & ham	1 CUP	500	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 3/4 cup	3/4 CUP	2500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	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
Fruit, canned	1 CUP	2500	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	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	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	400	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			625	43	990	10.65	8.26	1030.5	6740	50.73	31.05	92.07	14.50
% of Calories											19.9%	58.9%	20.9%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
Country fried steak	EACH	1050	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	200	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	1050	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	1050	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	2500	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	2500	23	0	31	1.33	0.00	13.3	1994	0.8	0.66	3.99	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
Dinner roll 100 % wheat	1 EACH	1050	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	250	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			679	44	1199	9.53	10.88	707.6	2863	187.90	34.18	91.09	20.18
% of Calories											20.2%	53.7%	26.8%
Nutrient Guideline			600-700		1360								

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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 6-8

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)
Fri - 10/06/2017													
Lunch 6-8	Total	2500											
Bread stick mozzarella	2 STIXS	1050	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	1050	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	450	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	2500	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	2500	13	0	15	1.00	3.78	110.0	0	144.6	0.96	2.49	0.14
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	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
Bar Salad sec	1 EACH	550	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
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			688	38	1033	11.45	15.64	849.6	3498	204.60	33.79	95.49	18.89
% of Calories											19.6%	55.5%	24.7%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
Chicken Mandarin orange- Asian	3.92 OZ	800	210	55	280	0.00	0.72	0.0	100	0.0	13.0	20.0	8.0
Bread stick mozzarella	2 STIXS	1200	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	1200	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Rice, brown	1/4 CUP	800	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Peas, frozen, green	3/4 CUP	2500	93	0	87	6.00	0.00	0.0	0	0.0	6.0	16.5	0.0
Fruit, fresh	EACH	2200	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	CUP	2200	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	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	500	934	58	1060	18.65	15.36	636.4	3683	271.38	28.0	110.53	44.66
Weighted Daily Average			832	54	1163	14.65	11.60	720.1	2046	92.46	38.20	115.74	23.87
% of Calories											18.4%	55.6%	25.8%
Nutrient Guideline			600-700		1360								

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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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)
Tue - 10/10/2017													
Lunch 6-8	Total	2500											
Chili white el	3/4 CUP	500	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	500	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	2500	25	0	56	1.70	1.49	175.2	3003	8.26	0.8	4.29	0.07
Fruit, canned	CUP	2200	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	1 EACH	2200	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	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	500	934	58	1060	18.65	15.36	636.4	3683	271.38	28.0	110.53	44.66
Weighted Daily Average			818	52	977	12.52	15.26	1182.0	4795	94.63	32.82	115.05	25.63
% of Calories											16.1%	56.3%	28.2%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
Chicken & gravy	SERVINGS	1000	253	57	532	8.00	27.00	460.0	7784	34.8	20.02	29.16	6.11
Hot dog & bun	1 EACH	700	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	2500	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	2500	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
Fruit, fresh	EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Biscuit, whole grain	1 EACH	900	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
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	600	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			775	49	1137	12.83	14.87	676.3	4463	69.65	32.68	119.43	18.70
% of Calories											16.9%	61.7%	21.7%
Nutrient Guideline			600-700		1360								

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Base Menu Spreadsheet

Lunch 6-8

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 6-8	Total	2500											
Nachos with ground beef ele	SERVINGS	775	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	750	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	775	60	0	470	0.00	0.00	40.0	0	0.0	2.0	6.0	3.5
Refried beans	1/2 CUP	2000	119	0	140	5.20	27.18	430.0	137	0.0	6.03	26.85	0.47
TOMATOES, DICED	2 OZ	2500	10	0	3	0.68	0.15	5.7	472	7.2	0.5	2.22	0.11
Fruit, canned	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	875	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	100	934	58	1060	18.65	15.36	636.4	3683	271.38	28.0	110.53	44.66
Weighted Daily Average			699	38	899	13.31	27.58	973.2	1839	55.12	35.33	109.34	16.09
% of Calories											20.2%	62.6%	20.7%
Nutrient Guideline			600-700		1360								

Fri - 10/13/2017													
Lunch 6-8	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			600-700		1360								

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Base Menu Spreadsheet

Lunch 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													
Lunch 6-8	Total	2500											
Chicken nuggets	SERVING	1200	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	1/2 CUP	100	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	1000	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	2500	88	0	48	6.00	20.25	345.0	5838	26.1	3.9	17.87	0.21
Fruit, canned	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
Dinner roll 100 % wheat	1 EACH	1000	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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	750	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	250	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			685	35	1175	15.45	26.06	903.8	6664	64.17	33.06	106.15	15.72
% of Calories											19.3%	62.0%	20.7%
Nutrient Guideline			600-700		1360								

	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													
Lunch 6-8	Total	2500											
Macaroni & cheese whole grain	3/4 CUP	1335	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	400	430	20	870	9.00	3.60	100.0	0	0.0	21.0	52.0	16.0
Broccoli,raw: fresh .75	.75 CUP	2500	38	0	30	3.00	0.54	30.0	1500	45.0	3.0	6.0	0.0
Fruit, canned	CUP	2200	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	1 EACH	2200	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Bread stick whole wheat	EACH	1335	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
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	615	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	150	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			638	36	1147	9.47	5.67	691.7	2632	77.07	31.96	94.04	15.37
% of Calories											20.0%	59.0%	21.7%
Nutrient Guideline			600-700		1360								

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

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch 6-8	Total	2500											
Dug Out el	SERVING	600	447	39	745	7.08	1.73	95.1	196	7.26	19.83	42.79	21.64
Joe Cheeser - ham L	1 EACH	600	270	55	420	0.00	3.60	60.0	0	2.4	19.0	30.0	8.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Carrots, raw, coin .50 cup	1/2 CUP	2500	23	0	31	1.33	0.00	13.3	1994	0.8	0.66	3.99	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
Fruit, canned	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	1100	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	200	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			710	54	930	9.51	6.21	573.3	6930	55.49	31.63	90.40	24.45
% of Calories											17.8%	51.0%	31.0%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
Bread stick mozzarella	2 STIXS	1050	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Corn dog - whole grain	1 EACH	400	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	800	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 pot chopwedg & sauc el	.50 CUP	2200	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
Fruit, canned	CUP	2200	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit, fresh	1 EACH	2200	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	1050	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	250	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			868	44	1155	10.53	8.88	678.0	8547	56.31	29.65	114.95	32.46
% of Calories											13.7%	53.0%	33.7%
Nutrient Guideline			600-700		1360								

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch 6-8	Total	2500											
BBQ pork (shredded) on WG bun	1 EACH	1000	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	1000	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	2500	25	0	56	1.70	1.49	175.2	3003	8.26	0.8	4.29	0.07
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	CUP	2000	57	0	5	1.16	2.71	25.6	80	8.04	0.28	13.58	0.07
Fruit fresh 2	1 EACH	2000	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	300	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	200	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			698	58	1090	12.04	7.69	1343.4	16025	55.11	32.97	92.63	21.97
% of Calories											18.9%	53.1%	28.3%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
Salisbury steak	1 EACH	1025	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	775	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	1000	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy - brown	.50 CUP	1000	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	2500	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	1000	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	550	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar nacho mid	SERVING	150	493	59	979	6.36	27.98	955.0	1767	15.96	35.18	57.11	16.02
Weighted Daily Average			705	40	1132	12.09	7.47	769.1	6765	54.87	35.98	106.33	15.72
% of Calories											20.4%	60.4%	20.1%
Nutrient Guideline			600-700		1360								

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 6-8

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 6-8	Total	2500											
Chicken fajita tortillas el	SERVING	1000	237	57	747	0.50	16.74	560.0	0	0.0	18.54	17.3	10.41
Hot dog & bun	1 EACH	300	300	30	540	4.00	2.16	40.0	0	0.0	13.0	28.0	13.5
Vegetable fajita blend	.75 CUP	2500	25	0	5	0.00	0.00	0.0	15	0.0	0.0	5.0	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	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
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
Bar nacho mid	SERVING	200	493	59	979	6.36	27.98	955.0	1767	15.96	35.18	57.11	16.02
Weighted Daily Average			705	61	1091	6.68	13.42	978.7	5277	47.47	36.19	89.13	22.35
% of Calories											20.5%	50.6%	28.5%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
Pancakes whole grain- 2	SERVING	775	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0
Bread stick mozzarella	2 EACH	700	640	40	1560	4.00	0.00	400.0	0	0.0	28.0	64.0	28.0
Strawberries frozen el	1/4 CUP	775	61	0	2	1.20	0.38	7.0	16	26.4	0.49	16.52	0.09
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
Sausage, pork link	2 EACH	775	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	2500	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
Fruit, fresh	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	825	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar nacho mid	SERVING	200	493	59	979	6.36	27.98	955.0	1767	15.96	35.18	57.11	16.02
Weighted Daily Average			807	46	1335	8.87	7.15	664.8	1194	62.60	34.18	111.38	25.04
% of Calories											16.9%	55.2%	27.9%
Nutrient Guideline			600-700		1360								

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 6-8

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 6-8	Total	2500											
Chicken roasted drumstick	1 EACH	850	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	450	413	51	1092	7.24	23.58	102.0	199	1.39	21.63	56.42	13.15
Harvest apple crisp	SERVINGS	2000	208	0	46	5.81	7.55	83.5	3710	23.66	1.87	41.39	4.9
Cauliflower,raw: fresh.75cup	.75 CUP	2500	19	0	23	1.50	5.67	165.0	0	216.9	1.44	3.73	0.21
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	1000	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	1025	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar nacho mid	SERVING	175	493	59	979	6.36	27.98	955.0	1767	15.96	35.18	57.11	16.02
Weighted Daily Average			724	48	985	12.09	20.01	780.4	3904	265.28	34.55	109.70	18.75
% of Calories											19.1%	60.6%	23.3%
Nutrient Guideline			600-700		1360								

	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 6-8	Total	2500											
Chili con carne & beans	3/4 CUP	800	305	50	456	7.38	3.76	78.8	238	8.8	24.76	29.44	8.9
Hot pocket - pepperoni	1 EACH	500	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	800	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	2500	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, canned	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	1700	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0
Milk, white 1%	1 CUP	500	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
Bar nacho mid	SERVING	200	493	59	979	6.36	27.98	955.0	1767	15.96	35.18	57.11	16.02
Weighted Daily Average			618	41	1037	11.81	8.50	601.0	1090	39.02	34.00	90.13	14.04
% of Calories											22.0%	58.3%	20.4%
Nutrient Guideline			600-700		1360								

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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 6-8

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 6-8	Total	2500											
Chicken nuggets	SERVING	1900	180	20	450	2.00	1.80	40.0	0	0.0	13.0	14.0	8.0
Pork patties sandwich	1 EACH	50	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 pot chopwedg & sauc el	.50 CUP	2500	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
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	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	1900	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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	100	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	50	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			775	32	925	12.31	7.31	483.5	8495	57.11	27.50	109.53	26.17
% of Calories											14.2%	56.5%	30.4%
Nutrient Guideline			600-700		1360								

Tue - 10/31/2017													
Lunch 6-8	Total	2500											
Soft shell taco el	1 EACH	1000	200	29	328	1.00	17.69	633.5	169	0.61	11.16	17.81	8.71
Corn dog - whole grain	1 EACH	500	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced canned	1 OZ	2500	6	0	4	0.23	0.00	0.0	23	4.22	0.23	1.17	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	.50 CUP	2500	16	0	140	2.00	0.00	0.0	0	0.0	1.0	3.0	0.0
Fruit, fresh	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
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	200	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			638	34	970	13.85	39.75	1202.3	1092	45.81	31.78	104.47	12.30
% of Calories											19.9%	65.5%	17.4%
Nutrient Guideline			600-700		1360								

Weighted Average			716	43	1059	11.56	14.24	818.0	4782	81.26	32.55	103.04	19.95
											18.2%	57.6%	25.1%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Natrona County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch 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)
<b>Nutrient</b>	<b>Menu AVG</b>	<b>% of Cals</b>	<b>Weekly Target</b>	<b>% of Target</b>	<b>Miss Data</b>	<b>Shortfall</b>	<b>Overage</b>	<b>Error Messages (if any)</b>					
Calories	716		600 - 700	102%			16	Correction Required - Calories too High					
Cholesterol (mg)	43												
Sodium (mg)	1059		1360										
Fiber (g)	11.56												
Iron (mg)	14.24												
Calcium (mg)	818.0												
Vitamin A (IU)	4782												
Vitamin C (mg)	81.26												
Protein (g)	32.55	18.19%											
Carbohydrate (g)	103.04	57.58%											
Total Fat (g)	19.95	25.08%											

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