

# Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/01/2017													
BREAKFAST K-5	Total	100											
Eggo mini french toast	POUCH	60	210	0	260	4.00	2.70	100.0	500	0.0	5.0	35.0	6.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			472	6	432	6.91	3.74	451.4	1124	57.20	14.14	92.53	5.32
% of Calories											12.0%	78.5%	10.1%
Nutrient Guideline			350-500		540								

Mon - 12/04/2017													
BREAKFAST K-5	Total	100											
Breakfast pizza	3.2 OZ.	20	230	15	590	2.00	1.80	150.0	200	0.0	9.0	25.0	10.0
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	100	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			479	9	496	6.55	4.35	489.4	1059	59.78	15.26	95.29	4.55
% of Calories											12.8%	79.6%	8.5%
Nutrient Guideline			350-500		540								

Tue - 12/05/2017													
BREAKFAST K-5	Total	100											
EGGO MINIS PANCAKES	1 EACH	60	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	1	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			405	12	464	6.91	3.74	422.5	1108	40.87	13.54	76.69	5.32
% of Calories											13.4%	75.8%	11.8%
Nutrient Guideline			350-500		540								

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Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/06/2017													
BREAKFAST K-5	Total	100											
SAUSAGE,EGG/MUFFIN	1 EACH	30	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
Cereal assorted, WG toast	BOWL	70	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			588	56	543	5.17	4.43	470.0	1417	38.05	16.76	109.93	9.45
% of Calories											11.4%	74.8%	14.5%
Nutrient Guideline			350-500		540								

	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 - 12/07/2017													
BREAKFAST K-5	Total	100											
Donut long john WG	1 EACH	60	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			496	6	492	6.31	2.99	403.4	824	57.20	14.14	88.33	9.52
% of Calories											11.4%	71.3%	17.3%
Nutrient Guideline			350-500		540								

	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 - 12/08/2017													
BREAKFAST K-5	Total	100											
Muffin squares, fruited	3 OZ	60	275	0	351	1.28	0.83	3.3	0	0.0	3.33	57.27	4.44
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			511	6	487	5.28	2.62	393.4	824	57.20	13.14	105.89	4.38
% of Calories											10.3%	82.9%	7.7%
Nutrient Guideline			350-500		540								

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Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Mon - 12/11/2017</b>													
BREAKFAST K-5	Total	100											
Pancake, WG blue&saus on stick	1 EACH	30	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
Syrup, pancake	1 OZ	30	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, WG toast	BOWL	70	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			507	14	490	6.04	3.53	442.4	988	59.14	15.28	100.45	5.64
% of Calories											12.1%	79.3%	10.0%
Nutrient Guideline			350-500		540								

<b>Tue - 12/12/2017</b>													
BREAKFAST K-5	Total	100											
Breakfast burrito	3.50 OZ	60	220	40	310	4.00	1.80	100.0	500	15.0	10.0	25.0	9.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			478	30	462	6.91	3.20	451.4	1124	66.20	17.14	86.53	7.12
% of Calories											14.4%	72.5%	13.4%
Nutrient Guideline			350-500		540								

<b>Wed - 12/13/2017</b>													
BREAKFAST K-5	Total	100											
Pork sausage/bun	EACH	60	320	30	450	3.00	1.08	310.0	0	0.0	12.0	28.0	18.5
Egg pattie, grilled	1 EACH	60	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
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, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0

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Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			649	105	637	5.44	3.24	587.0	1331	36.12	20.72	105.16	16.63
% of Calories											12.8%	64.8%	23.1%
Nutrient Guideline			350-500		540								

Thu - 12/14/2017													
BREAKFAST K-5	Total	100											
Bagel wheat 1/2	1/2 BAGEL	60	60	0	85	1.50	0.54	20.0	8	0.0	2.5	12.0	0.5
Cheese, cream 1 oz	1 OZ	60	100	35	105	0.00	0.00	20.0	300	0.0	2.0	1.0	9.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			442	27	390	5.41	2.45	415.4	1008	57.20	13.84	79.33	7.42
% of Calories											12.5%	71.9%	15.1%
Nutrient Guideline			350-500		540								

Fri - 12/15/2017													
BREAKFAST K-5	Total	100											
Eggo mini waffles	1 EACH	60	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			466	6	408	6.91	3.74	451.4	1124	57.20	13.54	92.53	4.72
% of Calories											11.6%	79.5%	9.1%
Nutrient Guideline			350-500		540								

Mon - 12/18/2017													
BREAKFAST K-5	Total	1											
MANAGER'S SPECIAL	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0

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Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540								

Tue - 12/19/2017													
	Total												
BREAKFAST K-5	101												
MANAGER'S SPECIAL	SERVING 101		0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540								

Weighted Average			499	25	482	6.17	3.46	452.5	1084	53.29	15.23	93.88	7.28
											12.2%	75.2%	13.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	499		350 - 500	100%				
Cholesterol (mg)	25							
Sodium 1 (mg)	482		540					
Sodium 2 (mg)	482		485					
Fiber (g)	6.17							
Iron (mg)	3.46							
Calcium (mg)	452.5							
Vitamin A (IU)	1084							
Vitamin C (mg)	53.29							
Protein (g)	15.23	12.20%						
Carbohydrate (g)	93.88	75.25%						
Total Fat (g)	7.28	13.12%						

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