

# Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch K-5

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)
Fri - 12/01/2017													
Lunch K-5	Total	4000											
Bread stick mozzarella	2 STIXS	2700	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	2700	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	300	380	25	460	5.00	1.44	100.0	400	1.2	16.0	40.0	15.0
Peas, frozen, green -el	3/4 CUP	3000	93	0	87	6.00	0.00	0.0	0	0.0	6.0	16.5	0.0
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	1800	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	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
Weighted Daily Average			639	29	1004	10.40	7.78	637.8	1569	47.18	30.40	90.13	16.36
% of Calories											19.0%	56.4%	23.0%
Nutrient Guideline			550-650		1230								

Mon - 12/04/2017													
Lunch K-5	Total	4000											
Chicken Mandarin orange- Asian	2.50 oz	3000	174	46	336	0.00	0.00	0.0	0	0.0	12.0	21.0	4.0
Sun butter sandwich	SANDWICH	1000	310	0	310	5.00	5.40	20.0	55	0.0	9.0	33.0	15.0
Rice, brown	1/4 CUP	3500	41	0	0	0.26	0.00	0.0	0	0.0	1.02	8.94	0.38
Peas, frozen, green -el	3/4 CUP	3500	93	0	87	6.00	0.00	0.0	0	0.0	6.0	16.5	0.0
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Weighted Daily Average			566	41	578	10.11	1.69	328.1	831	40.48	26.46	95.11	8.17
% of Calories											18.7%	67.2%	13.0%
Nutrient Guideline			550-650		1230								

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

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# Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch 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)
Tue - 12/05/2017													
Lunch K-5	Total	4000											
Chili white el	3/4 CUP	3000	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	3000	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	3000	21	0	59	1.58	1.98	226.8	2302	10.61	0.72	3.68	0.1
Fruit, canned	1/2 CUP	1800	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Chocolate chip cookies	1 EACH	3800	133	13	39	0.85	2.60	213.0	118	0.0	1.58	16.66	6.86
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	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
Weighted Daily Average			634	46	815	9.84	19.13	1272.5	2714	36.83	28.60	94.21	15.32
% of Calories											18.0%	59.5%	21.8%
Nutrient Guideline			550-650		1230								

	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													
Lunch K-5	Total	4000											
Chicken & gravy ele	SERVINGS	3035	129	21	363	4.00	13.50	230.0	3892	17.4	8.08	17.25	2.86
Hot dog & bun	1 EACH	500	290	30	540	3.00	2.52	20.0	0	0.0	13.0	29.0	13.0
Cranberry sauce:cannedswt.25cu	1/4 CUP	3100	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	2000	90	0	211	3.01	0.54	0.0	0	5.41	3.01	13.54	2.26
Carrots, baby 3/4 cup	.75 CUP	2000	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Biscuit, whole grain	1 EACH	3000	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	465	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			634	30	977	10.74	12.54	605.7	6910	51.34	24.29	104.60	12.81
% of Calories											15.3%	66.0%	18.2%
Nutrient Guideline			550-650		1230								

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# Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch K-5

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)
Thu - 12/07/2017													
Lunch K-5	Total	4000											
Nachos with ground beef ele	SERVINGS	2200	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	1000	380	25	460	5.00	1.44	100.0	400	1.2	16.0	40.0	15.0
Cheese sauce 2007 1/4 cup	1/4 CUP	2000	60	0	470	0.00	0.00	40.0	0	0.0	2.0	6.0	3.5
Refried beans	1/2 CUP	2035	120	0	540	6.00	1.80	20.0	0	0.0	6.0	18.0	2.5
Tomatoes, diced sec	2 OZ	3500	12	0	7	0.47	0.00	0.0	47	8.43	0.47	2.34	0.0
Fruit, canned	1/2 CUP	1800	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	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
Weighted Daily Average			630	42	1029	9.22	1.98	609.5	1197	33.75	32.75	82.55	18.07
% of Calories											20.8%	52.5%	25.8%
Nutrient Guideline			550-650		1230								

	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 - 12/08/2017													
Lunch K-5	Total	4000											
Sandwich, Grilled Cheese - el	1 EACH	2000	155	15	428	2.00	1.00	222.5	223	0.0	10.09	16.03	7.53
Pizza, Toni pepperoni	SLICE	1000	290	15	620	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Tomato Soup	1 cup	2000	80	0	414	1.00	0.36	3.6	400	6.0	1.0	16.0	1.0
Corn: canned, yellow .75 cup	3/4 CUP	2000	90	0	211	3.01	0.54	0.0	0	5.41	3.01	13.54	2.26
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	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
Weighted Daily Average			642	32	1098	9.67	3.05	603.8	4849	60.89	27.02	90.27	20.01
% of Calories											16.8%	56.2%	28.1%
Nutrient Guideline			550-650		1230								

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# Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch 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)
Mon - 12/11/2017													
Lunch K-5	Total	4000											
Chicken nuggets	SERVING	3600	200	25	240	3.00	1.80	40.0	0	0.0	17.0	15.0	8.0
Pork patties sandwich	1 EACH	400	412	40	574	20.00	0.80	710.4	5	0.0	23.0	39.17	19.2
Potato pearls low sodium	1/2 CUP	3550	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	3550	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	2000	88	0	48	6.00	20.25	345.0	5838	26.1	3.9	17.87	0.21
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Dinner roll 100 % wheat	1 EACH	3500	70	0	90	1.00	0.00	20.0	0	0.0	3.0	12.0	0.5
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Weighted Daily Average			649	33	1205	10.85	12.54	639.7	3544	71.76	33.92	99.29	14.11
% of Calories											20.9%	61.2%	19.6%
Nutrient Guideline			550-650		1230								

Tue - 12/12/2017													
Lunch K-5	Total	4000											
Macaroni & cheese whole grain	3/4 CUP	1500	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	1500	370	20	680	6.00	2.16	350.0	0	0.0	20.0	42.0	14.5
Peas, frozen, green -el	3/4 CUP	3500	93	0	87	6.00	0.00	0.0	0	0.0	6.0	16.5	0.0
Fruit, canned	1/2 CUP	1800	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Bread stick whole wheat	EACH	1500	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
Milk, chocolate fat free	1 CUP	3000	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	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
Weighted Daily Average			640	33	1090	11.28	2.32	702.9	1073	25.75	34.99	91.95	14.73
% of Calories											21.9%	57.5%	20.7%
Nutrient Guideline			550-650		1230								

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Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch 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 - 12/13/2017													
Lunch K-5	Total	4000											
Dug Out el	SERVING	800	447	39	745	7.08	1.73	95.1	196	7.26	19.83	42.79	21.64
Joe Cheeser - ham L	1 EACH	2200	270	55	420	0.00	3.60	60.0	0	2.4	19.0	30.0	8.0
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Peas, frozen, green -el	3/4 CUP	3500	93	0	87	6.00	0.00	0.0	0	0.0	6.0	16.5	0.0
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	1800	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	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
Weighted Daily Average			697	59	869	11.90	3.69	476.9	4371	54.64	35.71	91.42	20.60
% of Calories											20.5%	52.4%	26.6%
Nutrient Guideline			550-650		1230								

Thu - 12/14/2017													
Lunch K-5	Total	4000											
Bread stick mozzarella	2 STIXS	700	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Corn dog - whole grain	1 EACH	2000	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	700	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Salad, chopped Romaine	2 CUP	3500	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	1500	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	1800	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1300	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			635	36	946	8.48	4.83	584.7	5935	42.03	24.96	82.59	22.57
% of Calories											15.7%	52.0%	32.0%
Nutrient Guideline			550-650		1230								

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Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch K-5

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)
Fri - 12/15/2017													
Lunch K-5	Total	4000											
BBQ pork (shredded) on WG bun	1 EACH	1300	310	44	757	5.00	0.54	680.0	18550	3.0	24.0	40.0	7.5
Cheeseburger/wheat bun 1.60oz	1 EACH	1400	298	48	435	3.00	3.06	1745.0	2250	0.0	20.0	28.0	11.75
Carrot and celery sticks el	3/4 CUP	3000	21	0	59	1.58	1.98	226.8	2302	10.61	0.72	3.68	0.1
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1300	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			555	47	830	7.90	3.78	1440.2	9471	43.85	32.07	80.70	12.01
% of Calories											23.1%	58.2%	19.5%
Nutrient Guideline			550-650		1230								

Mon - 12/18/2017													
Lunch 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
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			550-650		1230								

Tue - 12/19/2017													
Lunch 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
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			550-650		1230								

Weighted Average			629	39	949	10.04	6.67	718.4	3860	46.23	30.11	91.17	15.89
											19.1%	58.0%	22.7%

\*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

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch K-5

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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	629		550 - 650	100%										
Cholesterol (mg)	39													
Sodium 1 (mg)	949		1230											
Sodium 2 (mg)	949		935					14	Correction Required - Sodium too High					
Fiber (g)	10.04													
Iron (mg)	6.67													
Calcium (mg)	718.4													
Vitamin A (IU)	3860													
Vitamin C (mg)	46.23													
Protein (g)	30.11	19.14%												
Carbohydrate (g)	91.17	57.97%												
Total Fat (g)	15.89	22.73%												

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