

Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

BREAKFAST 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)
Fri - 12/01/2017													
BREAKFAST 9-12	Total	325											
Eggo mini french toast	POUCH	185	210	0	260	4.00	2.70	100.0	500	0.0	5.0	35.0	6.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	310	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	310	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	210	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			475	8	493	6.30	2.91	438.2	990	53.60	14.13	87.40	7.70
% of Calories											11.9%	73.7%	14.6%
Nutrient Guideline			450-600		640								

	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 - 12/04/2017													
BREAKFAST 9-12	Total	325											
Breakfast pizza sec	6.4 OZ.	50	460	30	1180	4.00	3.60	300.0	400	0.0	18.0	50.0	20.0
Cereal assorted, WG toast	BOWL	200	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	250	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	75	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	50	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toast jel 8	1 EACH	25	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			532	13	632	6.55	3.91	531.9	1005	58.74	17.05	99.02	7.87
% of Calories											12.8%	74.4%	13.3%
Nutrient Guideline			450-600		640								

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Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

BREAKFAST 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)
Tue - 12/05/2017													
BREAKFAST 9-12	Total	325											
EGGO MINIS PANCAKES	1 EACH	190	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 cup	325	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	250	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	75	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	55	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toast jel 8	1 EACH	15	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			550	14	548	5.64	2.99	436.2	1416	34.94	13.87	106.69	7.13
% of Calories											10.1%	77.7%	11.7%
Nutrient Guideline			450-600		640								

Wed - 12/06/2017													
BREAKFAST 9-12	Total	325											
SAUSAGE, EGG/MUFFIN	1 EACH	100	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
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, canned	1 cup	325	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	250	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	75	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	30	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toast jel 8	1 EACH	30	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			608	59	584	4.85	3.75	493.5	1342	36.99	17.48	110.25	11.06
% of Calories											11.5%	72.5%	16.4%
Nutrient Guideline			450-600		640								

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Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

BREAKFAST 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)
Thu - 12/07/2017													
BREAKFAST 9-12	Total	325											
Donut long john WG	1 EACH	190	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	250	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	75	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	55	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toast jel 8	1 EACH	15	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			510	8	556	5.93	2.22	415.3	736	56.02	14.48	86.37	11.61
% of Calories											11.4%	67.8%	20.5%
Nutrient Guideline			450-600		640								

	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 9-12	Total	325											
Muffin squares, fruited	3 OZ	185	275	0	351	1.28	0.83	3.3	0	0.0	3.33	57.27	4.44
Cereal assorted, WG toast	BOWL	75	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	250	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	75	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	45	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
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			525	8	538	5.01	1.99	413.0	753	56.24	13.65	104.33	6.23
% of Calories											10.4%	79.5%	10.7%
Nutrient Guideline			450-600		640								

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Base Menu Spreadsheet

BREAKFAST 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 - 12/11/2017													
BREAKFAST 9-12	Total	325											
Pancake, WG blue&saus on stick	EACH	115	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
Syrup, pancake	1 OZ	150	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	310	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	310	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	250	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	75	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	45	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			473	17	492	4.29	1.34	388.2	756	53.56	14.22	87.82	7.33
% of Calories											12.0%	74.2%	13.9%
Nutrient Guideline			450-600		640								

	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 - 12/12/2017													
BREAKFAST 9-12	Total	325											
Breakfast burrito	3.50 OZ	170	220	40	310	4.00	1.80	100.0	500	15.0	10.0	25.0	9.0
Salsa	TBSP	170	10	0	35	1.00	0.00	0.0	0	0.0	0.0	2.0	0.0
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	325	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	250	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	75	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
TOAST & JELLY	1 EACH	170	110	0	105	1.50	0.72	125.0	48	0.0	3.5	22.0	1.25
Weighted Daily Average			556	29	605	7.75	2.92	521.7	1044	64.16	19.02	98.31	9.57
% of Calories											13.7%	70.8%	15.5%
Nutrient Guideline			450-600		640								

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Base Menu Spreadsheet

BREAKFAST 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)
Wed - 12/13/2017													
BREAKFAST 9-12	Total	325											
Pork sausage/bun	EACH	170	320	30	450	3.00	1.08	310.0	0	0.0	12.0	28.0	18.5
Egg pattie, grilled	EACH	170	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
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, 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	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	250	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	75	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			556	95	674	3.66	2.38	563.2	903	24.43	19.75	80.26	17.16
% of Calories											14.2%	57.7%	27.8%
Nutrient Guideline			450-600		640								

Thu - 12/14/2017													
BREAKFAST 9-12	Total	325											
Bagel whole wheat	BAGEL	185	120	0	170	3.00	1.08	40.0	15	0.0	5.0	24.0	1.0
Cheese, cream 1 oz	1 OZ	185	100	35	105	0.00	0.00	20.0	300	0.0	2.0	1.0	9.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	250	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	75	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			493	28	514	5.86	2.00	430.3	914	56.02	15.68	84.75	9.81
% of Calories											12.7%	68.7%	17.9%
Nutrient Guideline			450-600		640								

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Base Menu Spreadsheet

BREAKFAST 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)
Fri - 12/15/2017													
BREAKFAST 9-12	Total	325											
Eggo mini waffles	1 EACH	185	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
Cereal assorted, WG toast	BOWL	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	325	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	250	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	75	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			482	8	483	6.43	2.92	453.1	1019	56.02	13.97	90.44	6.96
% of Calories											11.6%	75.1%	13.0%
Nutrient Guideline			450-600		640								

Mon - 12/18/2017													
BREAKFAST 9-12	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			450-600		640								

Tue - 12/19/2017													
BREAKFAST 9-12	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			450-600		640								

Weighted Average			524	26	556	5.66	2.67	462.2	989	50.07	15.75	94.15	9.31
											12.0%	71.9%	16.0%

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Base Menu Spreadsheet

BREAKFAST 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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	524		450 - 600	100%										
Cholesterol (mg)	26													
Sodium 1 (mg)	556		640											
Sodium 2 (mg)	556		570											
Fiber (g)	5.66													
Iron (mg)	2.67													
Calcium (mg)	462.2													
Vitamin A (IU)	989													
Vitamin C (mg)	50.07													
Protein (g)	15.75	12.04%												
Carbohydrate (g)	94.15	71.93%												
Total Fat (g)	9.31	16.01%												

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.