

Natrona County School District

Dec 1, 2017 thru Dec 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 - 12/01/2017													
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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			491	8	433	6.77	3.21	484.3	1083	56.34	15.04	94.65	6.11
% of Calories											12.2%	77.1%	11.2%
Nutrient Guideline			400-550		600								

Mon - 12/04/2017													
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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			466	17	619	5.16	2.48	472.0	870	56.19	16.35	80.73	8.28
% of Calories											14.0%	69.2%	16.0%
Nutrient Guideline			400-550		600								

Tue - 12/05/2017													
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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

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Natrona County School District

Dec 1, 2017 thru Dec 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)
Weighted Daily Average			476	14	517	6.63	3.12	418.9	1062	56.14	13.44	88.61	7.40
% of Calories											11.3%	74.5%	14.0%
Nutrient Guideline			400-550		600								

Wed - 12/06/2017													
BREAKFAST 6-8	Total	650											
SAUSAGE,EGG/MUFFIN	1 EACH	300	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
Cereal assorted, WG toast	BOWL	265	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	650	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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			635	84	597	4.53	3.71	495.3	1330	36.49	18.86	109.47	13.74
% of Calories											11.9%	69.0%	19.5%
Nutrient Guideline			400-550		600								

Thu - 12/07/2017													
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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			502	8	543	5.98	2.29	392.7	735	56.14	14.09	84.03	11.97
% of Calories											11.2%	67.0%	21.5%
Nutrient Guideline			400-550		600								

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Natrona County School District

Dec 1, 2017 thru Dec 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 - 12/08/2017													
BREAKFAST 6-8	Total	650											
Muffin squares, fruited	3 OZ	425	275	0	351	1.28	0.83	3.3	0	0.0	3.33	57.27	4.44
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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			534	8	492	4.99	1.99	421.1	756	56.34	13.95	109.21	5.10
% of Calories											10.4%	81.8%	8.6%
Nutrient Guideline			400-550		600								

Mon - 12/11/2017													
BREAKFAST 6-8	Total	650											
Pancake, WG blue&saus on stick	EACH	350	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
Syrup, pancake	1 OZ	350	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, WG toast	BOWL	240	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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			545	21	538	5.20	2.11	427.7	857	57.27	16.47	102.80	8.26
% of Calories											12.1%	75.4%	13.6%
Nutrient Guideline			400-550		600								

Tue - 12/12/2017													
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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

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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)
Weighted Daily Average			497	35	533	7.56	2.77	450.5	1104	66.90	17.83	85.29	9.31
% of Calories											14.3%	68.6%	16.8%
Nutrient Guideline			400-550		600								

Wed - 12/13/2017													
BREAKFAST 6-8	Total	650											
Pork sausage/bun	EACH	245	320	30	450	3.00	1.08	310.0	0	0.0	12.0	28.0	18.5
Egg pattie, grilled	1 EACH	245	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
Cereal assorted, WG toast	BOWL	325	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	650	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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			627	70	565	5.55	3.48	585.8	1357	37.08	19.33	111.70	11.97
% of Calories											12.3%	71.2%	17.2%
Nutrient Guideline			400-550		600								

Thu - 12/14/2017													
BREAKFAST 6-8	Total	650											
Bagel whole wheat	BAGEL	445	120	0	170	3.00	1.08	40.0	15	0.0	5.0	24.0	1.0
Cheese, cream 1 oz	1 OZ	445	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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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			482	32	488	5.95	1.95	415.5	936	55.94	15.44	81.39	10.26
% of Calories											12.8%	67.5%	19.1%
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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/15/2017													
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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			484	8	406	6.76	3.15	482.1	1084	56.14	14.33	94.28	5.55
% of Calories											11.8%	77.9%	10.3%
Nutrient Guideline			400-550		600								

Mon - 12/18/2017													
BREAKFAST 6-8	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			400-550		600								

Tue - 12/19/2017													
BREAKFAST 6-8	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			400-550		600								

Weighted Average			522	28	521	5.92	2.75	458.7	1016	53.72	15.92	94.74	8.90
											12.2%	72.6%	15.4%

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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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	522		400 - 550	100%										
Cholesterol (mg)	28													
Sodium 1 (mg)	521		600											
Sodium 2 (mg)	521		535											
Fiber (g)	5.92													
Iron (mg)	2.75													
Calcium (mg)	458.7													
Vitamin A (IU)	1016													
Vitamin C (mg)	53.72													
Protein (g)	15.92	12.20%												
Carbohydrate (g)	94.74	72.62%												
Total Fat (g)	8.90	15.36%												

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