

# Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
Wed - 11/01/2017													
BREAKFAST 9-12	Total	325											
Breakfast pizza sec	6.4 OZ.	150	460	30	1180	4.00	3.60	300.0	400	0.0	18.0	50.0	20.0
Cereal assorted, WG toast	BOWL	30	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 yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			578	21	777	4.35	2.47	489.9	1255	34.26	18.50	100.85	10.12
% of Calories											12.8%	69.8%	15.8%
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)
Thu - 11/02/2017													
BREAKFAST 9-12	Total	325											
Muffin squares, fruited	3 OZ	185	281	0	350	2.27	5.12	43.1	8	2.58	3.67	57.85	4.51
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	1 EACH	325	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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
Weighted Daily Average			488	8	541	4.44	4.17	405.1	699	46.32	12.89	94.45	6.42
% of Calories											10.6%	77.4%	11.8%
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 - 11/03/2017													
BREAKFAST 9-12	Total	1											
NO SCHOOL TODAY	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								

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Nov 1, 2017 thru Nov 30, 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)
Mon - 11/06/2017													
BREAKFAST 9-12	Total	325											
SAUSAGE,CHEESE,EGG/BUN	1 EACH	160	535	180	1055	6.00	6.48	2950.0	4700	0.0	23.0	41.0	31.5
Cereal assorted, WG toast	BOWL	100	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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	200	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			589	96	784	6.30	4.90	1838.3	3068	45.83	22.54	85.25	17.45
% of Calories											15.3%	57.9%	26.7%
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 - 11/07/2017													
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	80	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	325	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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	200	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			434	8	432	5.49	2.96	436.1	1001	45.34	12.99	80.84	6.30
% of Calories											12.0%	74.5%	13.1%
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)
Wed - 11/08/2017													
BREAKFAST 9-12	Total	325											
Donut long john WG	1 EACH	185	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
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	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	200	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0

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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)
Weighted Daily Average			540	8	469	4.84	2.35	389.0	1145	35.44	13.93	99.85	9.00
% of Calories											10.3%	74.0%	15.0%
Nutrient Guideline			450-600		640								

Thu - 11/09/2017													
BREAKFAST 9-12	Total	325											
Omelet, colby cheese wrap sec	1 EACH	185	249	193	528	1.00	2.15	179.4	397	0.0	11.94	22.99	10.94
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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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	200	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate biscuits & gravy mid	SERVINGS	40	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
TOAST & JELLY	1 EACH	185	110	0	105	1.50	0.72	125.0	48	0.0	3.5	22.0	1.25
Weighted Daily Average			525	118	667	4.64	3.06	552.5	969	45.34	19.50	86.52	10.39
% of Calories											14.9%	66.0%	17.8%
Nutrient Guideline			450-600		640								

Fri - 11/10/2017													
BREAKFAST 9-12	Total	325											
Cereal assorted, WG toast	BOWL	100	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	325	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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	200	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate yogurt & toastjel 8	EACH	25	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Breakfast burrito	3.50 OZ	160	220	40	310	4.00	1.80	100.0	500	15.0	10.0	25.0	9.0
Weighted Daily Average			440	27	422	5.35	2.62	438.9	1002	53.23	16.36	78.54	6.40
% of Calories											14.9%	71.4%	13.1%
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 - 11/13/2017													
BREAKFAST 9-12	Total	325											
Breakfast pizza sec	6.4 OZ.	130	460	30	1180	4.00	3.60	300.0	400	0.0	18.0	50.0	20.0
Cereal assorted, WG toast	BOWL	150	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	325	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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 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			550	19	785	5.69	3.89	552.0	993	46.66	19.45	94.37	10.10
% of Calories											14.2%	68.7%	16.5%
Nutrient Guideline			450-600		640								

Tue - 11/14/2017													
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
Weighted Daily Average			532	13	535	5.50	2.92	415.5	1408	34.87	13.27	103.29	6.92
% of Calories											10.0%	77.7%	11.7%
Nutrient Guideline			450-600		640								

Wed - 11/15/2017													
BREAKFAST 9-12	Total	325											
SAUSAGE,EGG/MUFFIN	1 EACH	175	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
Cereal assorted, WG toast	BOWL	95	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	4 FL.OZ.O	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	0.0
	R 1/2C												
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 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

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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)
Weighted Daily Average			687	96	604	3.97	3.32	464.2	1296	52.08	18.49	118.70	14.99
% of Calories											10.8%	69.2%	19.7%
Nutrient Guideline			450-600		640								

Thu - 11/16/2017													
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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	4 FL.OZ.O R 1/2C	325	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			537	8	546	4.87	2.08	395.0	710	61.35	13.63	93.46	11.23
% of Calories											10.1%	69.6%	18.8%
Nutrient Guideline			450-600		640								

Fri - 11/17/2017													
BREAKFAST 9-12	Total	325											
Muffin squares, fruited	3 OZ	185	281	0	350	2.27	5.12	43.1	8	2.58	3.67	57.85	4.51
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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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 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			470	7	449	4.39	4.27	410.3	723	46.62	12.80	95.35	4.12
% of Calories											10.9%	81.2%	7.9%
Nutrient Guideline			450-600		640								

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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 - 11/20/2017													
BREAKFAST 9-12	Total	325											
Pancake, WG blue&saus on stick	EACH	185	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
Syrup, pancake	1 OZ	185	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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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 yogurt & toast 1/8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			474	21	501	3.35	1.18	363.1	729	42.98	14.91	86.78	7.56
% of Calories											12.6%	73.2%	14.3%
Nutrient Guideline			450-600		640								

Tue - 11/21/2017													
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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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
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			516	29	589	6.74	2.79	506.1	1003	53.00	18.13	89.31	9.31
% of Calories											14.1%	69.3%	16.3%
Nutrient Guideline			450-600		640								

Wed - 11/22/2017													
BREAKFAST 9-12	Total	1											
NO SCHOOL TODAY	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								

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 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 - 11/23/2017													
BREAKFAST 9-12	Total	1											
NO SCHOOL TODAY	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								

Fri - 11/24/2017													
BREAKFAST 9-12	Total	1											
NO SCHOOL TODAY	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								

Mon - 11/27/2017													
BREAKFAST 9-12	Total	325											
Omelet, colby cheese wrap	1 EACH	150	205	193	451	0.50	17.45	639.4	397	0.0	10.44	16.29	10.34
Cereal assorted, WG toast	BOWL	135	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
TOAST & JELLY	1 EACH	150	110	0	105	1.50	0.72	125.0	48	0.0	3.5	22.0	1.25
Fruit, fresh	EACH	325	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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 yogurt & toast <sup>1</sup>	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			496	96	556	4.71	10.60	757.1	1012	46.34	18.28	88.87	7.13
% of Calories											14.7%	71.7%	12.9%
Nutrient Guideline			450-600		640								

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 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 - 11/28/2017													
BREAKFAST 9-12	Total	325											
Hot ham & cheese/bun	EACH	170	377	31	807	6.00	3.31	216.0	272	0.0	23.39	37.45	14.9
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	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	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			662	94	856	6.52	3.68	514.0	1385	35.16	25.62	105.53	15.18
% of Calories											15.5%	63.7%	20.6%
Nutrient Guideline			450-600		640								

Wed - 11/29/2017													
BREAKFAST 9-12	Total	325											
Cinnamon rolls/frosted sec	1 EACH	185	251	1	200	2.43	1.36	139.0	139	0.2	4.7	43.73	6.69
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 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			526	7	369	4.30	2.07	445.2	1200	35.05	13.28	106.55	4.89
% of Calories											10.1%	81.1%	8.4%
Nutrient Guideline			450-600		640								

Thu - 11/30/2017													
BREAKFAST 9-12	Total	325											
Sausage, egg & cheese sliders	2 SLIDERS	185	150	35	280	2.00	1.80	100.0	100	0.0	8.0	21.0	4.5
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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
Weighted Daily Average			401	28	489	4.20	2.27	422.8	724	42.95	14.96	70.69	6.60
% of Calories											14.9%	70.5%	14.8%
Nutrient Guideline			450-600		640								

Weighted Average			525	39	576	4.98	3.42	544.2	1129	44.60	16.64	93.29	9.12
											12.7%	71.1%	15.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	525		450 - 600	100%				
Cholesterol (mg)	39							
Sodium (mg)	576		640					
Fiber (g)	4.98							
Iron (mg)	3.42							
Calcium (mg)	544.2							
Vitamin A (IU)	1129							
Vitamin C (mg)	44.60							
Protein (g)	16.64	12.69%						
Carbohydrate (g)	93.29	71.13%						
Total Fat (g)	9.12	15.64%						

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