

Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
Wed - 11/01/2017													
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, 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			568	18	664	4.58	2.66	514.5	1275	35.25	17.63	104.34	8.34
% of Calories											12.4%	73.5%	13.2%
Nutrient Guideline			400-550		600								

	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 6-8	Total	650											
Muffin squares, fruited	3 OZ	425	281	0	350	2.27	5.12	43.1	8	2.58	3.67	57.85	4.51
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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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			500	8	536	4.59	4.64	403.3	706	46.73	12.98	98.05	6.26
% of Calories											10.4%	78.4%	11.3%
Nutrient Guideline			400-550		600								

	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 6-8	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			400-550		600								

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
Mon - 11/06/2017													
BREAKFAST 6-8	Total	650											
SAUSAGE,EGG, ON A BUN	1 EACH	425	460	165	765	6.00	3.24	80.0	200	0.0	17.0	39.0	27.0
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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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
Fruit juice assorted	.50 CUP	650	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			633	116	763	7.16	3.50	466.7	853	45.24	22.64	91.76	19.68
% of Calories											14.3%	58.0%	28.0%
Nutrient Guideline			400-550		600								

Tue - 11/07/2017													
BREAKFAST 6-8	Total	650											
Eggo mini waffles	1 EACH	425	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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			447	8	451	5.72	3.05	440.5	1028	45.05	13.19	83.10	6.58
% of Calories											11.8%	74.4%	13.2%
Nutrient Guideline			400-550		600								

Wed - 11/08/2017													
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, 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, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	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
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

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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			581	8	514	5.24	2.43	429.5	1144	35.25	15.02	106.30	10.30
% of Calories											10.3%	73.2%	16.0%
Nutrient Guideline			400-550		600								

Thu - 11/09/2017													
BREAKFAST 6-8	Total	650											
Omelet, colby cheese wrap	1 EACH	425	205	193	451	0.50	17.45	639.4	397	0.0	10.44	16.29	10.34
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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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			450	134	602	3.43	12.70	793.2	961	45.05	17.40	70.87	10.07
% of Calories											15.5%	62.9%	20.1%
Nutrient Guideline			400-550		600								

Fri - 11/10/2017													
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
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	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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			553	36	484	6.04	2.64	489.4	1089	72.25	18.53	99.78	8.33
% of Calories											13.4%	72.1%	13.5%
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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/13/2017													
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	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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			512	17	622	4.25	2.41	472.4	852	61.59	16.11	91.23	8.11
% of Calories											12.6%	71.3%	14.3%
Nutrient Guideline			400-550		600								

Tue - 11/14/2017													
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	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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			521	14	520	5.72	3.05	419.4	1044	61.55	13.19	99.10	7.23
% of Calories											10.1%	76.1%	12.5%
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)
Wed - 11/15/2017													
BREAKFAST 6-8	Total	650											
SAUSAGE,EGG/MUFFIN	1 EACH	425	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
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, 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	4 FL.OZ.O R 1/2C	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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			733	116	665	3.93	3.37	486.8	1291	51.75	20.25	121.65	18.15
% of Calories											11.0%	66.4%	22.3%
Nutrient Guideline			400-550		600								

	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 - 11/16/2017													
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	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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			547	8	547	5.07	2.23	393.2	717	61.55	13.85	94.53	11.81
% of Calories											10.1%	69.1%	19.4%
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 - 11/17/2017													
BREAKFAST 6-8	Total	650											
Muffin squares, fruited	3 OZ	425	281	0	350	2.27	5.12	43.1	8	2.58	3.67	57.85	4.51
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	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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			583	8	495	4.72	4.73	447.5	744	63.43	13.92	120.09	4.97
% of Calories											9.5%	82.4%	7.7%
Nutrient Guideline			400-550		600								

	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 - 11/20/2017													
BREAKFAST 6-8	Total	650											
Pancake, WG blue&saus on stick	EACH	425	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
Syrup, pancake	1 OZ	425	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	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	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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			602	24	566	3.93	1.51	408.6	790	61.93	16.48	113.59	9.12
% of Calories											10.9%	75.4%	13.6%
Nutrient Guideline			400-550		600								

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Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
Tue - 11/21/2017													
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	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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
Weighted Daily Average			543	35	536	6.64	2.70	451.0	1086	72.30	17.58	95.79	9.14
% of Calories											13.0%	70.6%	15.2%
Nutrient Guideline			400-550		600								

Wed - 11/22/2017													
BREAKFAST 6-8	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			400-550		600								

Thu - 11/23/2017													
BREAKFAST 6-8	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			400-550		600								

Fri - 11/24/2017													
BREAKFAST 6-8	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

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Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
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								

Mon - 11/27/2017													
BREAKFAST 6-8	Total	650											
Omelet, colby cheese wrap	1 EACH	425	205	193	451	0.50	17.45	639.4	397	0.0	10.44	16.29	10.34
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	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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	105	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			538	135	563	3.53	12.69	846.0	989	61.59	18.57	93.74	8.86
% of Calories											13.8%	69.6%	14.8%
Nutrient Guideline			400-550		600								

Tue - 11/28/2017													
BREAKFAST 6-8	Total	650											
Hot ham & cheese/bun	1 EACH	425	377	31	807	6.00	3.31	216.0	272	0.0	23.39	37.45	14.9
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	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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	105	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			631	28	850	6.97	3.33	520.7	881	61.35	25.87	100.11	13.43
% of Calories											16.4%	63.4%	19.1%
Nutrient Guideline			400-550		600								

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Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
Wed - 11/29/2017													
BREAKFAST 6-8	Total	650											
Cinnamon roll, 2.25oz frozen	1 EACH	425	190	15	290	3.00	1.80	40.0	100	0.0	5.0	34.0	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, 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	4 FL.OZ.O R 1/2C	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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	105	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			614	18	473	5.20	2.56	456.2	1216	51.60	15.24	127.05	5.15
% of Calories											9.9%	82.8%	7.5%
Nutrient Guideline			400-550		600								

	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 - 11/30/2017													
BREAKFAST 6-8	Total	650											
Sausage, egg & cheese sliders	2 SLIDERS	425	150	35	280	2.00	1.80	100.0	100	0.0	8.0	21.0	4.5
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	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	650	135	0	7	0.00	0.00	10.0	32	33.0	0.0	32.0	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	31	494	4.41	2.46	445.5	783	61.55	15.81	89.95	6.25
% of Calories											13.1%	74.7%	11.7%
Nutrient Guideline			400-550		600								

Weighted Average			558	42	575	5.06	4.04	493.6	969	55.28	16.90	100.06	9.54
											12.1%	71.8%	15.4%

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

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)
Calories	558	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Cholesterol (mg)	42		400 - 550	101%				8	Correction Required - Calories too High					
Sodium (mg)	575		600											
Fiber (g)	5.06													
Iron (mg)	4.04													
Calcium (mg)	493.6													
Vitamin A (IU)	969													
Vitamin C (mg)	55.28													
Protein (g)	16.90	12.12%												
Carbohydrate (g)	100.06	71.76%												
Total Fat (g)	9.54	15.40%												

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