

# Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
Wed - 11/01/2017													
Lunch K-5	Total	4000											
Potatoes au gratin & ham	1 CUP	500	199	30	1099	2.50	2.62	50.0	0	7.5	10.83	30.83	5.21
Cheeseburger/wheat bun 1.60oz	1 EACH	3000	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
Carrots, baby 3/4 cup	3/4 CUP	3500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit, fresh	1 EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Bread stick whole wheat 2	2 OZ	500	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
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	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			611	50	932	9.88	4.46	1510.1	7003	33.08	30.61	89.37	13.83
% of Calories											20.0%	58.5%	20.4%
Nutrient Guideline			550-650		1230								

Thu - 11/02/2017													
Lunch K-5	Total	4000											
Country fried steak	EACH	1400	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	1600	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Potato pearls low sodium	1/2 CUP	1400	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	1400	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
CORN CANNED YELLOW .75 cup	.75	4000	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
Fruit, fresh	1 EACH	4000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Dinner roll 100 % wheat	1 EACH	1400	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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	1000	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			716	37	1343	11.23	3.95	548.3	859	55.29	34.04	96.79	20.92
% of Calories											19.0%	54.1%	26.3%
Nutrient Guideline			550-650		1230								

Fri - 11/03/2017													
Lunch K-5	Total	4000											
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

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)
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								

Mon - 11/06/2017													
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	3000	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Peas, frozen, green	3/4 CUP	4000	93	0	87	6.00	0.00	0.0	0	0.0	6.0	16.5	0.0
Fruit, fresh	EACH	4000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1/2 CUP	4000	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			537	41	590	10.21	1.68	326.9	842	34.95	26.22	88.27	7.72
% of Calories											19.5%	65.7%	12.9%
Nutrient Guideline			550-650		1230								

Tue - 11/07/2017													
Lunch K-5	Total	4000											
Chili white el	3/4 CUP	2500	202	29	308	6.00	2.38	119.3	121	4.83	14.9	27.04	3.89
Hot pocket - pepperoni	1 EACH	1000	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Tortilla, whole wheat	1 EACH	2500	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	3500	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	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Chocolate chip cookies	1 EACH	4000	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			668	45	827	10.21	17.52	1262.3	3125	42.10	28.64	100.59	16.24
% of Calories											17.1%	60.2%	21.9%
Nutrient Guideline			550-650		1230								

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
Wed - 11/08/2017													
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	.75 cup	4000	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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			642	30	1059	10.42	12.75	591.6	4328	43.71	25.06	103.46	13.79
% of Calories											15.6%	64.5%	19.3%
Nutrient Guideline			550-650		1230								

Thu - 11/09/2017													
Lunch K-5	Total	4000											
Chicken roasted drumstick	1 EACH	2500	130	45	330	0.00	0.36	0.0	0	0.0	13.0	2.0	8.0
BBQ pork rib on wheat bun	1 EACH	500	413	51	1092	7.24	23.58	102.0	199	1.39	21.63	56.42	13.15
Harvest apple crisp	SERVINGS	3400	208	0	46	5.81	7.55	83.5	3710	23.66	1.87	41.39	4.9
Carrots, baby 3/4 cup	.75 CUP	3500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Bread stick whole wheat	1 EACH	2500	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
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			645	49	829	10.84	10.78	504.9	8335	46.06	29.71	94.82	16.66
% of Calories											18.4%	58.8%	23.3%
Nutrient Guideline			550-650		1230								

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
Fri - 11/10/2017													
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
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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			578	32	992	7.36	2.73	599.9	4820	48.47	25.30	78.69	18.74
% of Calories											17.5%	54.5%	29.2%
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)
Mon - 11/13/2017													
Lunch K-5	Total	4000											
Chicken nuggets	SERVING	3550	200	25	240	3.00	1.80	40.0	0	0.0	17.0	15.0	8.0
Pork patties sandwich	1 EACH	450	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	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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			686	33	1288	12.81	13.78	683.1	3545	71.76	36.62	105.72	15.13
% of Calories											21.3%	61.6%	19.8%
Nutrient Guideline			550-650		1230								

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
Tue - 11/14/2017													
Lunch K-5	Total	4000											
Macaroni & cheese whole grain	3/4 CUP	3035	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	500	430	20	870	9.00	3.60	100.0	0	0.0	21.0	52.0	16.0
Peas, frozen, green	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	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Bread stick whole wheat	EACH	3035	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	465	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			685	36	1282	11.16	2.47	696.2	1381	31.74	34.48	103.98	14.58
% of Calories											20.1%	60.7%	19.1%
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)
Wed - 11/15/2017													
Lunch K-5	Total	4000											
Chili con carne & beans	3/4 CUP	1400	305	50	456	7.38	3.76	78.8	238	8.8	24.76	29.44	8.9
Hot pocket - pepperoni	1 EACH	1400	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
BREAD, MINI GARLIC TOAST WG	SLICE	1500	68	0	93	0.98	0.70	0.0	0	0.0	1.96	10.75	2.44
Green beans: canned,cooked	3/4 CUP	3500	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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	1200	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			583	38	943	10.61	3.51	543.7	1156	33.85	32.03	83.75	12.84
% of Calories											22.0%	57.5%	19.8%
Nutrient Guideline			550-650		1230								

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Nov 1, 2017 thru Nov 30, 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)
Thu - 11/16/2017													
Lunch K-5	Total	4000											
Bread stick mozzarella	2 STIXS	500	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Corn dog - whole grain	1 EACH	3000	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	1100	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Salad, chopped Romaine	2 CUP	4000	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	2900	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
Fruit, fresh	1 EACH	2000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1/2 CUP	2000	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	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			689	35	976	9.83	6.35	558.9	7771	41.70	22.16	92.79	25.21
% of Calories											12.9%	53.9%	33.0%
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)
Fri - 11/17/2017													
Lunch K-5	Total	4000											
BBQ pork (shredded) on WG bun	1 EACH	1300	370	44	947	8.00	1.98	430.0	18550	3.0	25.0	50.0	9.0
Cheeseburger/wheat bun 1.60oz	1 EACH	1400	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
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
Salad, chopped Romaine	2 CUP	4000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
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	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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			671	55	1048	10.84	5.28	1284.0	13446	52.33	33.86	85.78	21.40
% of Calories											20.2%	51.1%	28.7%
Nutrient Guideline			550-650		1230								

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 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 - 11/20/2017													
Lunch K-5	Total	4000											
Salisbury steak	1 EACH	2500	158	43	303	1.00	0.36	450.0	2000	0.6	14.0	5.0	9.0
Chicken patty/whole grain bun	1 EACH	500	430	20	870	9.00	3.60	100.0	0	0.0	21.0	52.0	16.0
Potato pearls low sodium	1/2 CUP	2500	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy - brown	.50 CUP	2500	14	0	178	0.00	0.00	0.0	0	0.0	0.57	2.29	0.57
Fruit, fresh	EACH	2000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Carrots, baby 3/4 cup	3/4 CUP	3800	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Dinner roll 100 % wheat 2	2 EACH	2800	220	0	360	6.00	2.88	120.0	0	0.0	12.0	38.0	3.0
Milk, chocolate fat free	1 CUP	2700	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1000	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Weighted Daily Average			617	35	1001	10.62	3.31	710.6	6727	57.14	31.49	96.41	12.07
% of Calories											20.4%	62.5%	17.6%
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)
Tue - 11/21/2017													
Lunch K-5	Total	4000											
Soft shell taco el	1 EACH	500	200	29	328	1.00	17.69	633.5	169	0.61	11.16	17.81	8.71
Corn dog - whole grain	1 EACH	3000	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced canned	OZ	3500	6	0	4	0.23	0.00	0.0	23	4.22	0.23	1.17	0.0
Refried beans	1/2 CUP	500	120	0	540	6.00	1.80	20.0	0	0.0	6.0	18.0	2.5
Green beans: canned,cooked	.75 cup	3500	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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
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			510	29	993	10.48	5.04	558.9	890	34.54	22.27	82.35	10.02
% of Calories											17.5%	64.6%	17.7%
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 - 11/22/2017													
Lunch K-5	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

Lunch K-5

Portion Values - Detailed

	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			550-650		1230								

Thu - 11/23/2017													
Lunch K-5	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			550-650		1230								

Fri - 11/24/2017													
Lunch K-5	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			550-650		1230								

Mon - 11/27/2017													
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
Salad, chopped Romaine	2 CUP	2000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet potato chopped wedge	.75 CUP	1000	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
Fruit, canned	1/2 CUP	1000	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	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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 % of Calories			531	37	657	9.50	3.55	477.0	3876	13.26	31.97 24.1%	63.84 48.1%	16.18 27.4%
Nutrient Guideline			550-650		1230								

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 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)
Tue - 11/28/2017													
Lunch K-5	Total	4000											
Chicken fajita tortillas el	SERVING	2400	237	57	747	0.50	16.74	560.0	0	0.0	18.54	17.3	10.41
Hot dog & bun	1 EACH	500	290	30	540	3.00	2.52	20.0	0	0.0	13.0	29.0	13.0
Vegetable fajita blend	.75 CUP	2349	25	0	5	0.00	0.00	0.0	15	0.0	0.0	5.0	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
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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
Alternate, Pizza Hut Pizza	SLICES	1100	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			589	59	952	5.63	11.79	771.9	4429	45.47	29.35	72.19	19.93
% of Calories											19.9%	49.0%	30.4%
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)
Wed - 11/29/2017													
Lunch K-5	Total	4000											
Pancakes whole grain- 2	SERVING	2000	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	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
Strawberries frozen el	1/4 CUP	2000	61	0	2	1.20	0.38	7.0	16	26.4	0.49	16.52	0.09
Sausage, pork link - el	2 each	2000	230	40	340	0.00	0.72	0.0	0	0.0	8.0	2.0	21.0
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Carrots, baby 3/4 cup	.75 CUP	3500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit, fresh	EACH	3500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	3500	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	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			711	44	837	8.63	3.14	448.1	8692	67.36	25.04	89.25	28.02
% of Calories											14.1%	50.2%	35.5%
Nutrient Guideline			550-650		1230								

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 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 - 11/30/2017													
Lunch K-5	Total	4000											
Country fried steak	EACH	1400	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	1600	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Potato pearls low sodium	1/2 CUP	1400	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	1400	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
Carrot and celery sticks el	3/4 CUP	3500	21	0	59	1.58	1.98	226.8	2302	10.61	0.72	3.68	0.1
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Dinner roll 100 % wheat	1 EACH	1400	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
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	1000	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			623	37	1122	7.53	4.90	739.9	3013	38.61	30.44	84.39	17.79
% of Calories											19.6%	54.2%	25.7%
Nutrient Guideline			550-650		1230								

Weighted Average			627	40	982	9.88	6.50	712.0	4680	43.97	29.41	89.58	16.73
											18.7%	57.1%	24.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	627		550 - 650	100%				
Cholesterol (mg)	40							
Sodium (mg)	982		1230					
Fiber (g)	9.88							
Iron (mg)	6.50							
Calcium (mg)	712.0							
Vitamin A (IU)	4680							
Vitamin C (mg)	43.97							
Protein (g)	29.41	18.75%						
Carbohydrate (g)	89.58	57.12%						
Total Fat (g)	16.73	24.00%						

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