

# Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 1

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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													
Lunch 9-12	Total	2500											
Potatoes au gratin & ham	1 CUP	300	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	800	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
Carrots, baby cup	CUP	2500	48	0	61	2.72	0.00	27.2	6807	1.63	1.36	8.17	0.0
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
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	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	700	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			727	44	947	13.00	6.85	1058.3	8918	67.38	32.63	111.97	15.68
% of Calories											18.0%	61.6%	19.4%
Nutrient Guideline			750-850		1420								

	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													
Lunch 9-12	Total	2500											
Country fried steak	EACH	950	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	300	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	950	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy, chicken,from dehydr &WA	1 CUP	950	65	0	1047	0.00	0.00	7.1	0	0.0	0.0	13.0	4.33
Corn: canned yellow cup	1 CUP	2500	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Dinner roll 100 % wheat	1 EACH	1500	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
Milk, chocolate fat free	1 CUP	1100	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	400	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	750	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	500	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			732	41	1535	13.13	6.38	476.7	698	71.96	34.22	96.46	23.92
% of Calories											18.7%	52.7%	29.4%
Nutrient Guideline			750-850		1420								

\*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

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 2

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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													
Lunch 9-12	Total	2500											
Chicken Mandarin orange- Asian	2.50 oz	1200	174	46	336	0.00	0.00	0.0	0	0.0	12.0	21.0	4.0
Bread stick mozzarella	2 STIXS	400	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Spaghetti sauce low sodium	1/4 CUP	400	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Rice, brown	1 CUP	1200	160	0	0	1.00	0.00	0.0	0	0.0	4.0	35.0	1.5
Peas, frozen, green	1 CUP	2500	124	0	116	8.00	0.00	0.0	0	0.0	8.0	22.0	0.0
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	200	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average % of Calories			806	43	848	15.31	3.94	524.6	1645	66.69	36.23 18.0%	137.88 68.5%	12.26 13.7%
Nutrient Guideline			750-850		1420								

	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													
Lunch 9-12	Total	2500											
Chili White	1 CUP	600	256	54	395	6.22	2.75	136.9	154	5.8	20.99	28.53	6.33
Hot pocket - pepperoni	1 EACH	400	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Tortilla, whole wheat	2 EACH	600	192	0	486	1.00	33.48	1120.0	0	0.0	5.0	30.6	4.8
Carrot and celery sticks	1 CUP	2500	27	0	67	1.92	1.98	230.2	3160	10.81	0.89	4.71	0.1
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 EACH	2000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Chocolate chip cookies	1 EACH	2500	133	13	39	0.85	2.60	213.0	118	0.0	1.58	16.66	6.86
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	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
Bar potato high	SERVINGS	300	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average % of Calories			869	54	1008	12.64	17.07	1347.9	5070	82.24	35.09 16.2%	132.34 60.9%	22.27 23.1%
Nutrient Guideline			750-850		1420								

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

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)
Wed - 11/08/2017													
Lunch 9-12	Total	2500											
Chicken & gravy	SERVINGS	900	253	57	532	8.00	27.00	460.0	7784	34.8	20.02	29.16	6.11
Hot dog & bun	1 EACH	400	290	30	540	3.00	2.52	20.0	0	0.0	13.0	29.0	13.0
Cranberry sauce: canned,swtnd	1/3 CUP	2500	139	0	26	0.66	0.24	0.0	0	1.98	0.0	35.64	0.0
Corn: canned yellow cup	1 CUP	2500	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Biscuit whole grain 2	1 EACH	850	360	0	660	4.00	2.88	160.0	2000	0.0	8.0	52.0	14.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	300	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average			877	45	1263	14.56	14.71	700.1	4592	81.26	34.50	139.50	20.30
% of Calories											15.7%	63.6%	20.8%
Nutrient Guideline			750-850		1420								

	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 - 11/09/2017													
Lunch 9-12	Total	2500											
Chicken roasted drumstick	1 EACH	800	130	45	330	0.00	0.36	0.0	0	0.0	13.0	2.0	8.0
BBQ pork rib on a bun	SERVING	500	364	51	801	6.98	23.40	92.7	136	1.22	21.4	44.86	12.97
Harvest apple crisp	SERVINGS	2500	208	0	46	5.81	7.55	83.5	3710	23.66	1.87	41.39	4.9
Carrots, baby cup	1 CUP	2500	48	0	61	2.72	0.00	27.2	6807	1.63	1.36	8.17	0.0
Fruit, fresh	EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Bread stick whole wheat 2	2 OZ	800	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Bar potato high	SERVINGS	500	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			850	48	971	17.24	16.66	646.7	11919	107.48	34.20	129.91	22.31
% of Calories											16.1%	61.1%	23.6%
Nutrient Guideline			750-850		1420								

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 9-12

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)
Fri - 11/10/2017													
Lunch 9-12	Total	2500											
Tomato Soup	1 cup	1400	80	0	414	1.00	0.36	3.6	400	6.0	1.0	16.0	1.0
Sandwich, Grilled Cheese - sec	1 EACH	1400	310	30	856	4.00	2.00	445.0	447	0.0	20.17	32.05	15.07
Corn dog - whole grain	1 EACH	800	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	200	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average			851	49	1425	12.43	5.09	787.8	5952	84.50	34.27	123.00	27.12
% of Calories											16.1%	57.8%	28.7%
Nutrient Guideline			750-850		1420								

	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													
Lunch 9-12	Total	2500											
Chicken nuggets	SERVING	1095	200	25	240	3.00	1.80	40.0	0	0.0	17.0	15.0	8.0
Pork patties sandwich	1 EACH	300	412	40	574	20.00	0.80	710.4	5	0.0	23.0	39.17	19.2
POTATO PEARLS LOW SODIUM	2/3 CUP	1095	213	0	293	2.67	0.96	53.3	0	79.99	5.33	45.33	2.67
Gravy, chicken dehydr & WA.50c	1/2 CUP	1095	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
MIXED VEGETABLES, FROZEN CUP	1 CUP	2500	118	0	64	8.00	27.00	460.0	7784	34.8	5.2	23.82	0.28
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Bread stick whole wheat 2	2 OZ	1095	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	925	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	180	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			860	37	1177	17.25	30.25	1044.8	8979	88.39	38.89	139.28	17.81
% of Calories											18.1%	64.8%	18.6%
Nutrient Guideline			750-850		1420								

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Base Menu Spreadsheet

Lunch 9-12

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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 9-12	Total	2500											
Macaroni & cheese whole grain	CUP	1200	378	40	1314	1.80	1.62	540.0	900	0.0	21.6	41.4	14.4
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	1 CUP	2500	124	0	116	8.00	0.00	0.0	0	0.0	8.0	22.0	0.0
Bread stick whole wheat	EACH	1200	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	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
Bar breakfast	SERVING	300	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			870	42	1373	16.14	3.05	692.3	1633	43.91	39.56	138.34	17.84
% of Calories											18.2%	63.6%	18.5%
Nutrient Guideline			750-850		1420								

	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 9-12	Total	2500											
Chili con carne & beans	CUP	800	329	49	494	8.11	2.31	73.5	262	9.68	23.1	32.38	11.52
Hot pocket - pepperoni	1 EACH	400	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Green beans: canned,cooked	1 CUP	2500	32	0	280	4.00	0.00	0.0	0	0.0	2.0	6.0	0.0
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Bread, mini garlic toast WGsec	2 SLICES	800	137	0	186	1.95	1.41	0.0	0	0.0	3.91	21.51	4.89
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Bar breakfast	SERVING	400	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Alternate, Pizza Hut Pizza	SLICES	900	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			740	44	1113	13.53	3.29	538.3	1435	46.64	32.90	115.69	16.66
% of Calories											17.8%	62.5%	20.3%
Nutrient Guideline			750-850		1420								

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Base Menu Spreadsheet

Lunch 9-12

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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)
Thu - 11/16/2017													
Lunch 9-12	Total	2500											
Bread stick mozzarella	2 STIXS	900	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Corn dog - whole grain	1 EACH	225	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	900	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet potato chopped wedge	.75 CUP	2500	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Bar breakfast	SERVING	500	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Alternate, Pizza Hut Pizza	SLICES	875	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			907	44	1053	13.19	7.27	651.1	10920	71.24	28.90	133.64	28.48
% of Calories											12.7%	58.9%	28.3%
Nutrient Guideline			750-850		1420								

	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													
Lunch 9-12	Total	2500											
BBQ pork (shredded) on WG bun	1 EACH	775	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	775	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
Carrot and celery sticks	1 CUP	2500	27	0	67	1.92	1.98	230.2	3160	10.81	0.89	4.71	0.1
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	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
Bar breakfast	SERVING	500	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			822	59	1091	13.08	5.96	1262.9	14826	72.29	32.91	118.88	23.98
% of Calories											16.0%	57.9%	26.3%
Nutrient Guideline			750-850		1420								

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 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													
Lunch 9-12	Total	2500											
Salisbury steak	1 EACH	900	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	800	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	900	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy - brown	.50 CUP	900	14	0	178	0.00	0.00	0.0	0	0.0	0.57	2.29	0.57
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
CARROTS, BABY	1 CUP	2500	83	0	139	6.11	0.50	55.6	24028	11.67	0.19	19.17	0.06
Dinner roll 100 % wheat 2	2 EACH	900	220	0	360	6.00	2.88	120.0	0	0.0	12.0	38.0	3.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	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
Bar Salad sec	1 EACH	300	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			838	39	1173	18.05	5.60	759.1	25999	85.48	34.65	139.49	16.23
% of Calories											16.5%	66.6%	17.4%
Nutrient Guideline			750-850		1420								

	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 9-12	Total	2500											
Soft shell taco sec	2 EACH	1000	379	54	605	2.00	35.38	1203.0	294	1.22	21.92	35.48	15.5
Corn dog - whole grain	1 EACH	200	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced sec	2 OZ	2500	12	0	7	0.47	0.00	0.0	47	8.43	0.47	2.34	0.0
Refried beans	1/2 CUP	2500	120	0	540	6.00	1.80	20.0	0	0.0	6.0	18.0	2.5
Green beans: canned,cooked	1 CUP	2500	32	0	280	4.00	0.00	0.0	0	0.0	2.0	6.0	0.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	600	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	700	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			689	47	1579	17.18	20.60	1029.2	1036	57.69	38.25	89.80	18.62
% of Calories											22.2%	52.1%	24.3%
Nutrient Guideline			750-850		1420								

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 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)
<b>Mon - 11/27/2017</b>													
Lunch 9-12	Total	2500											
Chicken nuggets	SERVING	900	200	25	240	3.00	1.80	40.0	0	0.0	17.0	15.0	8.0
Pork patties sandwich	1 EACH	500	412	40	574	20.00	0.80	710.4	5	0.0	23.0	39.17	19.2
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet potato chopped wedge	.75 CUP	2000	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Dinner roll 100 % wheat 2	2 EACH	800	220	0	360	6.00	2.88	120.0	0	0.0	12.0	38.0	3.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Taco Bar	1 EACH	300	487	64	869	9.27	12.91	423.9	587	14.52	26.17	46.81	20.0
Weighted Daily Average			847	48	953	16.43	5.75	718.5	9428	40.00	36.70	116.86	25.96
% of Calories											17.3%	55.2%	27.6%
Nutrient Guideline			750-850		1420								

	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)
<b>Tue - 11/28/2017</b>													
Lunch 9-12	Total	2500											
Chicken fajita tortilla sec	SERVING	500	474	114	1494	1.00	33.48	1120.0	0	0.0	37.07	34.61	20.82
Hot dog & bun	1 EACH	900	290	30	540	3.00	2.52	20.0	0	0.0	13.0	29.0	13.0
Vegetable fajita blend sec	1 CUP	1000	33	0	7	0.00	0.00	0.0	20	0.0	0.0	6.65	0.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Taco Bar	1 EACH	450	487	64	869	9.27	12.91	423.9	587	14.52	26.17	46.81	20.0
Alternate, Pizza Hut Pizza	SLICES	650	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			786	67	1097	9.42	11.58	748.2	5318	62.14	33.73	104.58	25.34
% of Calories											17.2%	53.2%	29.0%
Nutrient Guideline			750-850		1420								

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 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 - 11/29/2017													
Lunch 9-12	Total	2500											
Pancakes whole grain- 2	SERVING	1000	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0
Joe Cheeser - ham L	1 EACH	400	270	55	420	0.00	3.60	60.0	0	2.4	19.0	30.0	8.0
Strawberries frozen sec	1/2 CUP	1000	122	0	4	2.40	0.75	14.0	31	52.8	0.98	33.05	0.17
Sausage, pork link	4 each	1000	230	40	340	0.00	0.72	0.0	0	0.0	8.0	2.0	21.0
Carrots, baby cup	1 CUP	2500	48	0	61	2.72	0.00	27.2	6807	1.63	1.36	8.17	0.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	2500	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Taco Bar	1 EACH	400	487	64	869	9.27	12.91	423.9	587	14.52	26.17	46.81	20.0
Weighted Daily Average			789	60	959	10.51	4.64	547.3	11644	85.88	30.39	103.27	27.71
% of Calories											15.4%	52.3%	31.6%
Nutrient Guideline			750-850		1420								

	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													
Lunch 9-12	Total	2500											
Country fried steak	EACH	500	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	700	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	500	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy, chicken,from dehydr &WA	1 CUP	500	65	0	1047	0.00	0.00	7.1	0	0.0	0.0	13.0	4.33
Carrot and celery sticks	1 CUP	2500	27	0	67	1.92	1.98	230.2	3160	10.81	0.89	4.71	0.1
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Dinner roll 100 % wheat	1 EACH	500	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
Milk, chocolate fat free	1 CUP	1100	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	400	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Taco Bar	1 EACH	500	487	64	869	9.27	12.91	423.9	587	14.52	26.17	46.81	20.0
Weighted Daily Average			572	40	1104	9.58	7.04	721.0	3923	52.22	28.80	73.81	17.84
% of Calories											20.1%	51.6%	28.1%
Nutrient Guideline			750-850		1420								

Weighted Average			802	47	1148	14.04	9.76	791.9	7441	70.41	34.27	119.15	21.13
											17.1%	59.4%	23.7%

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# Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 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)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	802		750 - 850	100%				
Cholesterol (mg)	47							
Sodium (mg)	1148		1420					
Fiber (g)	14.04							
Iron (mg)	9.76							
Calcium (mg)	791.9							
Vitamin A (IU)	7441							
Vitamin C (mg)	70.41							
Protein (g)	34.27	17.10%						
Carbohydrate (g)	119.15	59.45%						
Total Fat (g)	21.13	23.72%						

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