

Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

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 - 01/03/2018													
BREAKFAST 9-12	Total	325											
Breakfast pizza sec	6.4 OZ.	35	460	30	1180	4.00	3.60	300.0	400	0.0	18.0	50.0	20.0
Cereal assorted, WG toast	BOWL	135	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	275	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	95	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
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			598	14	663	5.27	3.10	550.1	1294	33.99	17.23	112.86	8.61
% of Calories											11.5%	75.6%	13.0%
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 - 01/04/2018													
BREAKFAST 9-12	Total	325											
Muffin squares, fruited	3 OZ	50	275	0	351	1.28	0.83	3.3	0	0.0	3.33	57.27	4.44
Cereal assorted, WG toast	BOWL	125	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 cup	275	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	275	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	100	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			555	10	580	4.54	2.61	499.1	1154	31.35	15.20	107.70	7.16
% of Calories											11.0%	77.6%	11.6%
Nutrient Guideline			450-600		640								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

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)
Fri - 01/05/2018													
BREAKFAST 9-12	Total	325											
Eggo mini french toast	POUCH	150	210	0	260	4.00	2.70	100.0	500	0.0	5.0	35.0	6.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	275	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
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			472	8	492	6.44	3.14	446.0	992	54.21	14.25	87.80	7.30
% of Calories											12.1%	74.5%	13.9%
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)
Mon - 01/08/2018													
BREAKFAST 9-12	Total	325											
SAUSAGE,CHEESE,EGG/BUN	1 EACH	80	475	180	865	3.00	5.04	3200.0	4700	0.0	22.0	31.0	30.0
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	EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	275	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	100	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Alternate yogurt & toast 1/8	EACH	25	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			554	55	694	5.90	3.55	1237.7	1977	54.80	19.23	88.27	14.06
% of Calories											13.9%	63.8%	22.8%
Nutrient Guideline			450-600		640								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/09/2018													
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	275	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
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			470	9	452	6.53	3.12	454.7	1041	53.98	14.10	88.54	6.59
% of Calories											12.0%	75.4%	12.6%
Nutrient Guideline			450-600		640								

	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 - 01/10/2018													
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	275	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
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			562	9	547	5.09	2.44	406.7	1144	32.90	14.64	100.78	10.76
% of Calories											10.4%	71.8%	17.2%
Nutrient Guideline			450-600		640								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

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 - 01/11/2018													
BREAKFAST 9-12	Total	325											
Omelet, colby cheese wrap sec	1 EACH	145	249	193	528	1.00	2.15	179.4	397	0.0	11.94	22.99	10.94
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	325	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	275	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
Alternate yogurt & toast 1/8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			494	95	594	5.20	3.12	498.7	994	54.78	17.86	84.64	8.88
% of Calories											14.5%	68.6%	16.2%
Nutrient Guideline			450-600		640								

Fri - 01/12/2018													
BREAKFAST 9-12	Total	325											
Breakfast burrito	3.50 OZ	160	220	40	310	4.00	1.80	100.0	500	15.0	10.0	25.0	9.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	275	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
Alternate yogurt & toast 1/8	EACH	25	390	10	340	2.00	1.44	240.0	148	1.5	14.0	75.75	2.0
Weighted Daily Average			484	28	500	6.51	2.78	461.1	1035	61.79	17.31	84.97	8.33
% of Calories											14.3%	70.3%	15.5%
Nutrient Guideline			450-600		640								

Mon - 01/15/2018													
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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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 - 01/16/2018													
BREAKFAST 9-12	Total	325											
EGGO MINIS PANCAKES	1 EACH	155	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0
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, 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	275	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
Alternate yogurt & toast jel 8	1 EACH	15	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			540	13	541	5.65	3.20	447.3	1412	33.09	14.07	105.51	6.71
% of Calories											10.4%	78.2%	11.2%
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 - 01/17/2018													
BREAKFAST 9-12	Total	325											
SAUSAGE, EGG/MUFFIN	1 EACH	145	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
Cereal assorted, WG toast	BOWL	125	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	275	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	30	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
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			618	81	629	4.44	3.55	478.7	1305	33.63	18.36	104.62	14.20
% of Calories											11.9%	67.7%	20.7%
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)
Thu - 01/18/2018													
BREAKFAST 9-12	Total	325											
Donut long john WG	1 EACH	155	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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
Alternate yogurt & toast jel 8	1 EACH	15	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			506	8	545	6.04	2.57	431.4	788	56.71	14.57	88.41	10.43
% of Calories											11.5%	69.9%	18.6%
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 - 01/19/2018													
BREAKFAST 9-12	Total	325											
Muffin squares, fruited	3 OZ	135	275	0	351	1.28	0.83	3.3	0	0.0	3.33	57.27	4.44
Cereal assorted, WG toast	BOWL	125	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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	45	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
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			516	8	524	5.44	2.58	438.7	828	57.23	14.03	102.74	5.87
% of Calories											10.9%	79.7%	10.2%
Nutrient Guideline			450-600		640								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

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 - 01/22/2018													
BREAKFAST 9-12	Total	325											
Pancake, WG blue&saus on stick	EACH	150	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
Syrup, pancake	1 OZ	150	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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
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			539	20	597	5.06	1.89	414.5	815	56.71	16.01	98.41	9.41
% of Calories											11.9%	73.0%	15.7%
Nutrient Guideline			450-600		640								

Tue - 01/23/2018													
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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
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			498	29	550	6.96	2.54	456.3	1019	64.16	17.19	86.81	8.92
% of Calories											13.8%	69.7%	16.1%
Nutrient Guideline			450-600		640								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

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 - 01/24/2018													
BREAKFAST 9-12	Total	325											
Pork sausage/bun	EACH	125	320	30	450	3.00	1.08	310.0	0	0.0	12.0	28.0	18.5
Egg pattie, grilled	EACH	125	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
Cereal assorted, WG toast	BOWL	125	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	275	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
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			615	72	641	5.19	2.98	551.3	1287	33.59	18.90	104.10	13.92
% of Calories											12.3%	67.7%	20.4%
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 - 01/25/2018													
BREAKFAST 9-12	Total	325											
Bagel whole wheat	BAGEL	185	120	0	170	3.00	1.08	40.0	15	0.0	5.0	24.0	1.0
Cheese, cream 1 oz	1 OZ	185	100	35	105	0.00	0.00	20.0	300	0.0	2.0	1.0	9.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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
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			493	28	514	5.86	2.00	430.3	914	56.02	15.68	84.75	9.81
% of Calories											12.7%	68.7%	17.9%
Nutrient Guideline			450-600		640								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/26/2018													
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	65	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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
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			482	8	483	6.43	2.92	453.1	1019	56.02	13.97	90.44	6.96
% of Calories											11.6%	75.1%	13.0%
Nutrient Guideline			450-600		640								

	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 - 01/29/2018													
BREAKFAST 9-12	Total	325											
French toast WG, 2 slices	SLICE	150	240	75	420	4.00	2.70	80.0	100	0.0	9.0	41.0	5.0
Syrup, pancake	1 OZ	150	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, WG toast	BOWL	135	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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	20	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
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			546	42	537	6.67	3.57	455.0	915	57.43	16.60	108.62	5.14
% of Calories											12.2%	79.6%	8.5%
Nutrient Guideline			450-600		640								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

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 - 01/30/2018													
BREAKFAST 9-12	Total	325											
Hot ham & cheese/bun	EACH	125	275	45	690	3.00	3.60	3180.0	4500	0.0	22.0	31.0	7.5
Egg pattie, grilled	EACH	125	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
Cereal assorted, WG toast	BOWL	125	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
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			608	77	733	5.19	3.95	1655.9	3020	36.13	22.74	107.71	9.69
% of Calories											15.0%	70.9%	14.3%
Nutrient Guideline			450-600		640								

Wed - 01/31/2018													
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 biscuits & gravy mid	SERVINGS	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
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			574	9	487	4.66	2.20	472.9	1202	35.05	14.35	111.64	7.54
% of Calories											10.0%	77.8%	11.8%
Nutrient Guideline			450-600		640								

Weighted Average			536	31	565	5.65	2.89	562.0	1208	47.68	16.31	97.47	9.01
											12.2%	72.7%	15.1%

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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Nutrient	Menu AVG	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)	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	536															450 - 600	100%				
Cholesterol (mg)	31																				
Sodium 1 (mg)	565															640					
Sodium 2 (mg)	565															570					
Fiber (g)	5.65																				
Iron (mg)	2.89																				
Calcium (mg)	562.0																				
Vitamin A (IU)	1208																				
Vitamin C (mg)	47.68																				
Protein (g)	16.31														12.17%						
Carbohydrate (g)	97.47														72.73%						
Total Fat (g)	9.01														15.13%						

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