

# Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

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 - 01/03/2018													
BREAKFAST 6-8	Total	650											
Breakfast pizza	3.2 OZ.	200	230	15	590	2.00	1.80	150.0	200	0.0	9.0	25.0	10.0
Cereal assorted, WG toast	BOWL	400	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	550	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	50	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			544	12	545	5.37	3.83	505.6	1389	35.21	16.14	108.01	5.47
% of Calories											11.9%	79.4%	9.0%
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 - 01/04/2018													
BREAKFAST 6-8	Total	650											
Muffin squares, fruited	3 OZ	425	275	0	351	1.28	0.83	3.3	0	0.0	3.33	57.27	4.44
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 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			582	8	553	3.98	1.93	379.4	1123	35.06	12.98	119.39	5.99
% of Calories											8.9%	82.1%	9.3%
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 - 01/05/2018													
BREAKFAST 6-8	Total	650											
Eggo mini french toast	POUCH	425	210	0	260	4.00	2.70	100.0	500	0.0	5.0	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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

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			491	8	433	6.77	3.21	484.3	1083	56.34	15.04	94.65	6.11
% of Calories											12.2%	77.1%	11.2%
Nutrient Guideline			400-550		600								

Mon - 01/08/2018													
BREAKFAST 6-8	Total	650											
SAUSAGE,EGG, ON A BUN	1 EACH	150	400	165	575	3.00	1.80	330.0	200	0.0	16.0	29.0	25.5
Cereal assorted, WG toast	BOWL	400	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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	100	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			542	46	504	6.55	3.77	573.4	1001	58.95	18.08	98.92	9.01
% of Calories											13.3%	73.0%	15.0%
Nutrient Guideline			400-550		600								

Tue - 01/09/2018													
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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			469	8	451	6.63	3.12	445.0	1062	56.14	13.44	88.61	6.74
% of Calories											11.5%	75.5%	12.9%
Nutrient Guideline			400-550		600								

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Jan 1, 2018 thru Jan 31, 2018

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 - 01/10/2018													
BREAKFAST 6-8	Total	650											
Donut long john WG	1 EACH	225	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
Cereal assorted, WG toast	BOWL	350	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 cup	450	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	450	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	75	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			506	8	475	4.98	3.38	464.9	1140	27.44	14.91	96.19	6.91
% of Calories											11.8%	76.1%	12.3%
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)
Thu - 01/11/2018													
BREAKFAST 6-8	Total	650											
Omelet, colby cheese wrap	1 EACH	425	206	195	453	0.50	17.46	640.0	*0	0.0	10.5	16.3	10.4
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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			473	135	604	4.35	12.77	798.1	*735	56.14	17.69	76.38	10.27
% of Calories											15.0%	64.6%	19.5%
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)
Fri - 01/12/2018													
BREAKFAST 6-8	Total	650											
Breakfast burrito	3.50 OZ	425	220	40	310	4.00	1.80	100.0	500	15.0	10.0	25.0	9.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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

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Jan 1, 2018 thru Jan 31, 2018

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			498	34	466	6.77	2.62	484.3	1083	66.14	18.31	88.11	8.07
% of Calories											14.7%	70.8%	14.6%
Nutrient Guideline			400-550		600								

Mon - 01/15/2018													
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								

Tue - 01/16/2018													
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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			476	14	517	6.63	3.12	418.9	1062	56.14	13.44	88.61	7.40
% of Calories											11.3%	74.5%	14.0%
Nutrient Guideline			400-550		600								

Wed - 01/17/2018													
BREAKFAST 6-8	Total	650											
SAUSAGE, EGG/MUFFIN	1 EACH	125	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
Cereal assorted, WG toast	BOWL	450	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	75	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			588	39	508	5.38	4.25	509.8	1412	38.31	16.81	114.42	7.53
% of Calories											11.4%	77.8%	11.5%
Nutrient Guideline			400-550		600								

Thu - 01/18/2018													
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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			502	8	543	5.98	2.29	392.7	735	56.14	14.09	84.03	11.97
% of Calories											11.2%	67.0%	21.5%
Nutrient Guideline			400-550		600								

Fri - 01/19/2018													
BREAKFAST 6-8	Total	650											
Muffin squares, fruited	3 OZ	425	275	0	351	1.28	0.83	3.3	0	0.0	3.33	57.27	4.44
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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			534	8	492	4.99	1.99	421.1	756	56.34	13.95	109.21	5.10
% of Calories											10.4%	81.8%	8.6%
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 - 01/22/2018													
BREAKFAST 6-8	Total	650											
Pancake, WG blue&saus on stick	EACH	375	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
Syrup, pancake	1 OZ	375	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, WG toast	BOWL	215	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	400	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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	60	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			521	22	546	3.98	1.83	414.1	797	42.91	16.24	95.91	8.45
% of Calories											12.5%	73.6%	14.6%
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)
Tue - 01/23/2018													
BREAKFAST 6-8	Total	650											
Breakfast burrito	3.50 OZ	425	220	40	310	4.00	1.80	100.0	500	15.0	10.0	25.0	9.0
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	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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	60	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			487	34	518	7.37	2.68	445.8	1080	66.20	17.36	84.12	8.89
% of Calories											14.3%	69.1%	16.4%
Nutrient Guideline			400-550		600								

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# Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

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 - 01/24/2018													
BREAKFAST 6-8	Total	650											
Pork sausage/bun	EACH	200	320	30	450	3.00	1.08	310.0	0	0.0	12.0	28.0	18.5
Egg pattie, grilled	1 EACH	200	80	135	125	0.00	0.72	20.0	200	0.0	4.0	1.0	7.0
Cereal assorted, WG toast	BOWL	375	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 cup	300	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	450	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	75	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			519	58	533	4.56	3.55	562.4	1105	24.09	18.14	89.29	10.33
% of Calories											14.0%	68.8%	17.9%
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 - 01/25/2018													
BREAKFAST 6-8	Total	650											
Bagel whole wheat	BAGEL	445	120	0	170	3.00	1.08	40.0	15	0.0	5.0	24.0	1.0
Cheese, cream 1 oz	1 OZ	425	100	35	105	0.00	0.00	20.0	300	0.0	2.0	1.0	9.0
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	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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			479	31	485	5.95	1.95	414.9	926	55.94	15.38	81.36	9.98
% of Calories											12.8%	67.9%	18.7%
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 - 01/26/2018													
BREAKFAST 6-8	Total	650											
Eggo mini waffles	1 EACH	445	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	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, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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

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

Jan 1, 2018 thru Jan 31, 2018

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			484	8	406	6.76	3.15	482.1	1084	56.14	14.33	94.28	5.55
% of Calories											11.8%	77.9%	10.3%
Nutrient Guideline			400-550		600								

Mon - 01/29/2018													
BREAKFAST 6-8	Total	650											
French toast WG	SLICE	425	120	37	210	2.00	1.35	40.0	50	0.0	4.5	20.5	2.5
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	120	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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	105	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			503	33	408	5.42	2.23	453.7	818	56.18	14.93	102.01	3.90
% of Calories											11.9%	81.1%	7.0%
Nutrient Guideline			400-550		600								

Tue - 01/30/2018													
BREAKFAST 6-8	Total	650											
Hot ham & cheese/bun	1 EACH	325	275	45	690	3.00	3.60	3180.0	4500	0.0	22.0	31.0	7.5
Cereal assorted, WG toast	BOWL	220	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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	105	261	9	640	2.00	0.72	150.0	10	0.0	5.77	27.54	14.32
Weighted Daily Average			511	30	703	6.09	3.75	1995.2	3045	56.93	22.71	87.84	7.92
% of Calories											17.8%	68.8%	14.0%
Nutrient Guideline			400-550		600								

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# Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

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 - 01/31/2018													
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	175	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 cup	300	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	450	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	50	380	10	300	3.00	1.44	450.0	173	1.5	13.0	73.75	4.5
Weighted Daily Average			439	17	456	4.22	2.68	417.4	952	22.04	14.20	85.33	4.94
% of Calories											12.9%	77.8%	10.1%
Nutrient Guideline			400-550		600								

Weighted Average			507	28	507	5.64	3.41	553.2	*1119	48.94	15.91	94.33	7.53
											12.5%	74.4%	13.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	507		400 - 550	100%				
Cholesterol (mg)	28							
Sodium 1 (mg)	507		600					
Sodium 2 (mg)	507		535					
Fiber (g)	5.64							
Iron (mg)	3.41							
Calcium (mg)	553.2							
Vitamin A (IU)	1119				Missing			
Vitamin C (mg)	48.94							
Protein (g)	15.91	12.54%						
Carbohydrate (g)	94.33	74.36%						
Total Fat (g)	7.53	13.35%						

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