

Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 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													
Lunch 6-8	Total	2500											
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	800	298	48	435	3.00	3.06	1745.0	2250	0.0	20.0	28.0	11.75
Green beans: canned,cooked	.75 cup	2500	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	2500	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	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
Bar nacho mid	SERVING	400	494	59	1379	7.16	2.60	545.0	1630	15.96	35.15	48.26	18.05
Weighted Daily Average			642	47	1225	11.00	3.34	1098.7	1998	50.55	33.81	96.91	14.06
% of Calories											21.1%	60.3%	19.7%
Nutrient Guideline			600-700		1360								

	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													
Lunch 6-8	Total	2500											
Country fried steak	EACH	750	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	750	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	750	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
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	.75 CUP	1500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
CORN CANNED YELLOW .75 cup	.75 cup	1500	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
Dinner roll 100 % wheat	1 EACH	1050	70	0	90	1.00	0.00	20.0	0	0.0	3.0	12.0	0.5
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	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar nacho mid	SERVING	250	494	59	1379	7.16	2.60	545.0	1630	15.96	35.15	48.26	18.05
Weighted Daily Average			656	41	1216	8.34	2.71	576.5	4167	31.35	33.23	87.54	18.29
% of Calories											20.3%	53.4%	25.1%
Nutrient Guideline			600-700		1360								

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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 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)
Fri - 01/05/2018													
Lunch 6-8	Total	2500											
Bread stick mozzarella	2 STIXS	1050	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	1050	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Burrito beef/bean gre chile WG	1 EACH	450	380	25	460	5.00	1.44	100.0	400	1.2	16.0	40.0	15.0
Carrots, raw, coin .75 cup	.75 CUP	2500	35	0	46	2.00	0.00	20.0	3000	1.2	1.0	6.0	0.0
Cauliflower,raw: fresh.75cup	.75 CUP	2500	19	0	23	1.50	5.67	165.0	0	216.9	1.44	3.73	0.21
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	2500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	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
Bar nacho mid	SERVING	550	494	59	1379	7.16	2.60	545.0	1630	15.96	35.15	48.26	18.05
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			778	44	1249	12.29	12.06	931.7	4926	274.02	37.98	109.69	20.04
% of Calories											19.5%	56.4%	23.2%
Nutrient Guideline			600-700		1360								

	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													
Lunch 6-8	Total	2500											
Chicken Mandarin orange- Asian	2.50 oz	1100	174	46	336	0.00	0.00	0.0	0	0.0	12.0	21.0	4.0
Bread stick mozzarella	2 STIXS	750	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	750	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Rice, brown	1/4 CUP	1100	41	0	0	0.26	0.00	0.0	0	0.0	1.02	8.94	0.38
Peas, frozen, green -el	3/4 CUP	2000	93	0	87	6.00	0.00	0.0	0	0.0	6.0	16.5	0.0
Fruit, fresh	EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	1500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	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 potato high	SERVINGS	150	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average			615	41	825	10.61	4.70	521.9	1358	59.12	30.24	94.97	12.24
% of Calories											19.7%	61.7%	17.9%
Nutrient Guideline			600-700		1360								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/09/2018													
Lunch 6-8	Total	2500											
Chili white el	3/4 CUP	1575	202	29	308	6.00	2.38	119.3	121	4.83	14.9	27.04	3.89
Hot pocket - pepperoni	1 EACH	300	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Tortilla, whole wheat	1 EACH	1575	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	2000	21	0	59	1.58	1.98	226.8	2302	10.61	0.72	3.68	0.1
Fruit, canned	1/2 CUP	1800	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Chocolate chip cookies	1 EACH	2400	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	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	125	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average			701	47	845	11.31	17.98	1262.7	3111	61.54	29.93	106.58	17.13
% of Calories											17.1%	60.8%	22.0%
Nutrient Guideline			600-700		1360								

	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													
Lunch 6-8	Total	2500											
Chicken & gravy	SERVINGS	1000	253	57	532	8.00	27.00	460.0	7784	34.8	20.02	29.16	6.11
Hot dog & bun	1 EACH	700	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	2000	105	0	20	0.50	0.18	0.0	0	1.5	0.0	27.0	0.0
Corn: canned, yellow .75 cup	3/4 CUP	1800	90	0	211	3.01	0.54	0.0	0	5.41	3.01	13.54	2.26
Salad, chopped Romaine	2 CUP	1800	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	1500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit, fresh	EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Biscuit, whole grain	1 EACH	900	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
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	600	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			820	53	1136	14.91	14.99	688.7	10409	91.69	33.52	118.79	23.04
% of Calories											16.4%	58.0%	25.3%
Nutrient Guideline			600-700		1360								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 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)
Thu - 01/11/2018													
Lunch 6-8	Total	2500											
Nachos with ground beef ele	SERVINGS	775	321	42	174	3.24	0.07	304.8	519	1.5	19.73	29.3	13.92
Burrito beef/bean gre chile WG	1 EACH	750	380	25	460	5.00	1.44	100.0	400	1.2	16.0	40.0	15.0
Cheese sauce 2007 1/4 cup	1/4 CUP	775	60	0	470	0.00	0.00	40.0	0	0.0	2.0	6.0	3.5
Refried beans	1/2 CUP	775	120	0	540	6.00	1.80	20.0	0	0.0	6.0	18.0	2.5
Tomatoes, diced sec	2 OZ	2500	12	0	7	0.47	0.00	0.0	47	8.43	0.47	2.34	0.0
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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	875	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	100	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average			678	39	952	10.47	2.79	615.9	1441	64.53	32.48	96.75	17.64
% of Calories											19.2%	57.1%	23.4%
Nutrient Guideline			600-700		1360								

Fri - 01/12/2018													
Lunch 6-8	Total	2500											
Sandwich, Grilled Cheese - sec	1 EACH	1000	310	30	856	4.00	2.00	445.0	447	0.0	20.17	32.05	15.07
Corn dog - whole grain	1 EACH	900	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomato Soup	1 cup	1000	80	0	414	1.00	0.36	3.6	400	6.0	1.0	16.0	1.0
Salad, chopped Romaine	2 CUP	2000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Corn: canned, yellow .75 cup	3/4 CUP	1500	90	0	211	3.01	0.54	0.0	0	5.41	3.01	13.54	2.26
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	1500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	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 potato high	SERVINGS	100	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average			687	39	1256	11.23	4.06	659.0	4507	65.46	29.32	95.04	22.34
% of Calories											17.1%	55.3%	29.3%
Nutrient Guideline			600-700		1360								

Mon - 01/15/2018													
Lunch 6-8	Total	1											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0

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Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
Nutrient Guideline			600-700		1360								

Tue - 01/16/2018													
Lunch 6-8	Total	2500											
Macaroni & cheese whole grain	3/4 CUP	1335	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	400	370	20	680	6.00	2.16	350.0	0	0.0	20.0	42.0	14.5
Broccoli,raw: fresh .75	.75 CUP	2500	38	0	30	3.00	0.54	30.0	1500	45.0	3.0	6.0	0.0
Fruit, canned	1/2 CUP	2200	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Bread stick whole wheat	EACH	1335	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
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	615	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	150	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average % of Calories			653	36	1106	9.65	2.97	720.2	2811	86.63	32.12	97.87	15.22
Nutrient Guideline			600-700		1360						19.7%	59.9%	21.0%

Wed - 01/17/2018													
Lunch 6-8	Total	2500											
Dug Out el	SERVING	600	447	39	745	7.08	1.73	95.1	196	7.26	19.83	42.79	21.64
Joe Cheeser - ham L	1 EACH	1200	270	55	420	0.00	3.60	60.0	0	2.4	19.0	30.0	8.0
Salad, chopped Romaine	2 CUP	2200	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Carrots, raw, coin .75 cup	1/2 CUP	2200	23	0	31	1.33	0.00	13.3	2000	0.8	0.67	4.0	0.0
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	1800	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	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	200	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average % of Calories			673	59	844	8.22	3.60	477.7	6211	55.29	30.27	87.00	22.16
Nutrient Guideline			600-700		1360						18.0%	51.7%	29.6%

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 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)
Thu - 01/18/2018													
Lunch 6-8	Total	2500											
Bread stick mozzarella	2 STIXS	725	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Corn dog - whole grain	1 EACH	850	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	725	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Salad, chopped Romaine	2 CUP	1800	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	850	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
Fruit, canned	1/2 CUP	1800	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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
Bar breakfast	SERVING	125	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average			681	37	964	8.87	5.66	605.0	5412	54.34	25.75	93.32	22.75
% of Calories											15.1%	54.8%	30.0%
Nutrient Guideline			600-700		1360								
Fri - 01/19/2018													
Lunch 6-8	Total	2500											
BBQ pork (shredded) on WG bun	1 EACH	1000	310	44	757	5.00	0.54	680.0	18550	3.0	24.0	40.0	7.5
Cheeseburger/wheat bun 1.60oz	1 EACH	1000	298	48	435	3.00	3.06	1745.0	2250	0.0	20.0	28.0	11.75
Carrot and celery sticks el	3/4 CUP	2500	21	0	59	1.58	1.98	226.8	2302	10.61	0.72	3.68	0.1
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit fresh 2	1 EACH	2000	51	0	0	2.01	0.18	12.9	79	25.68	0.57	12.72	0.27
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	300	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	200	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average			559	51	842	7.83	4.14	1564.1	11460	40.54	30.89	81.90	12.28
% of Calories											22.1%	58.6%	19.7%
Nutrient Guideline			600-700		1360								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 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													
Lunch 6-8	Total	2500											
Salisbury steak	1 EACH	850	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	1025	370	20	680	6.00	2.16	350.0	0	0.0	20.0	42.0	14.5
Potato pearls low sodium	1/2 CUP	850	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy - brown	.50 CUP	850	30	0	600	0.00	0.00	0.0	0	0.0	2.0	6.0	0.0
Fruit, fresh	EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	1500	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	2000	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	1000	140	0	180	2.00	0.00	40.0	0	0.0	6.0	24.0	1.0
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 nacho mid	SERVING	125	494	59	1379	7.16	2.60	545.0	1630	15.96	35.15	48.26	18.05
Weighted Daily Average			659	38	1143	9.64	2.11	760.7	5673	55.01	33.62	97.47	14.64
% of Calories											20.4%	59.2%	20.0%
Nutrient Guideline			600-700		1360								

	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													
Lunch 6-8	Total	2500											
Chicken fajita tortillas el	SERVING	800	237	57	747	0.50	16.74	560.0	0	0.0	18.54	17.3	10.41
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	.75 CUP	800	25	0	5	0.00	0.00	0.0	15	0.0	0.0	5.0	0.0
Salad, chopped Romaine	2 CUP	2000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, canned	1/2 CUP	1500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
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	600	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar nacho mid	SERVING	200	494	59	1379	7.16	2.60	545.0	1630	15.96	35.15	48.26	18.05
Weighted Daily Average			670	57	1046	6.83	7.78	829.9	4491	51.24	33.93	84.81	20.97
% of Calories											20.2%	50.6%	28.2%
Nutrient Guideline			600-700		1360								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 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													
Lunch 6-8	Total	2500											
Pancakes whole grain- 2	SERVING	775	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0
Bread stick mozzarella	2 STIXS	700	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Strawberries frozen el	1/4 CUP	775	61	0	2	1.20	0.38	7.0	16	26.4	0.49	16.52	0.09
Spaghetti sauce low sodium	1/4 CUP	700	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Sausage, pork link - el	2 each	775	230	40	340	0.00	0.72	0.0	0	0.0	8.0	2.0	21.0
Corn: canned, yellow .75 cup	3/4 CUP	2000	90	0	211	3.01	0.54	0.0	0	5.41	3.01	13.54	2.26
Fruit, fresh	EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	775	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	825	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar nacho mid	SERVING	200	494	59	1379	7.16	2.60	545.0	1630	15.96	35.15	48.26	18.05
Weighted Daily Average			671	41	1092	8.70	4.82	577.1	1205	61.24	29.91	90.91	21.01
% of Calories											17.8%	54.2%	28.2%
Nutrient Guideline			600-700		1360								

	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													
Lunch 6-8	Total	2500											
Chicken roasted drumstick	1 EACH	850	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	450	353	51	902	4.24	22.14	352.0	199	1.39	20.63	46.42	11.65
Harvest apple crisp	SERVINGS	2000	208	0	46	5.81	7.55	83.5	3710	23.66	1.87	41.39	4.9
Cauliflower, raw: fresh.75cup	.75 CUP	2500	19	0	23	1.50	5.67	165.0	0	216.9	1.44	3.73	0.21
Fruit, fresh	EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Bread stick whole wheat 2	2 OZ	1000	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	1025	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar nacho mid	SERVING	175	494	59	1379	7.16	2.60	545.0	1630	15.96	35.15	48.26	18.05
Weighted Daily Average			731	48	966	12.51	17.78	801.2	3928	276.37	34.62	110.18	18.78
% of Calories											18.9%	60.3%	23.1%
Nutrient Guideline			600-700		1360								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 6-8

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 - 01/26/2018													
Lunch 6-8	Total	2500											
Chili con carne & beans	3/4 CUP	800	305	50	456	7.38	3.76	78.8	238	8.8	24.76	29.44	8.9
Hot pocket - pepperoni	1 EACH	500	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
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
Green beans: canned,cooked	3/4 CUP	2500	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, canned	1/2 CUP	2500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Milk, chocolate fat free	1 CUP	1700	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	500	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
Bar nacho mid	SERVING	200	494	59	1379	7.16	2.60	545.0	1630	15.96	35.15	48.26	18.05
Weighted Daily Average			647	41	1059	12.63	3.72	555.1	1282	49.87	34.37	96.03	14.29
% of Calories											21.2%	59.4%	19.9%
Nutrient Guideline			600-700		1360								

	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 - 01/29/2018													
Lunch 6-8	Total	2500											
Chicken nuggets	SERVING	1900	200	25	240	3.00	1.80	40.0	0	0.0	17.0	15.0	8.0
Pork patties sandwich	1 EACH	50	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 pot chopwedg & sauc el	.50 CUP	1500	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
Fruit, fresh	1 EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	1500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Dinner roll 100 % wheat	1 EACH	1900	70	0	90	1.00	0.00	20.0	0	0.0	3.0	12.0	0.5
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	100	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	50	392	38	470	9.69	13.18	409.4	632	77.29	21.22	28.12	20.89
Weighted Daily Average			652	34	605	9.98	2.94	428.4	6264	55.64	27.65	88.74	20.50
% of Calories											17.0%	54.4%	28.3%
Nutrient Guideline			600-700		1360								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch 6-8

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)
Tue - 01/30/2018													
Lunch 6-8	Total	2500											
Soft shell taco el	1 EACH	1200	200	29	328	1.00	17.69	633.5	169	0.61	11.16	17.81	8.71
Corn dog - whole grain	1 EACH	500	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced canned	1 OZ	2500	6	0	4	0.23	0.00	0.0	23	4.22	0.23	1.17	0.0
Refried beans	1/2 CUP	1200	120	0	540	6.00	1.80	20.0	0	0.0	6.0	18.0	2.5
Green beans: canned,cooked	.75 cup	2000	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, fresh	EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	1800	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	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	300	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	500	392	38	470	9.69	13.18	409.4	632	77.29	21.22	28.12	20.89
Weighted Daily Average			577	36	1052	12.60	13.13	791.3	1068	59.40	27.61	84.56	13.81
% of Calories											19.2%	58.7%	21.6%
Nutrient Guideline			600-700		1360								

Wed - 01/31/2018													
Lunch 6-8	Total	2500											
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	800	298	48	435	3.00	3.06	1745.0	2250	0.0	20.0	28.0	11.75
Carrots, baby 3/4 cup	3/4 CUP	2500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	2500	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	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
Bar Salad sec	1 EACH	400	392	38	470	9.69	13.18	409.4	632	77.29	21.22	28.12	20.89
Weighted Daily Average			638	43	916	10.44	5.04	1097.4	6943	61.59	31.10	95.32	14.51
% of Calories											19.5%	59.8%	20.5%
Nutrient Guideline			600-700		1360								

Weighted Average			669	44	1017	10.40	6.82	778.2	4433	80.27	31.62	95.72	17.79
											18.9%	57.2%	23.9%

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
 1 - 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

Lunch 6-8

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	669		600 - 700	100%										
Cholesterol (mg)	44													
Sodium 1 (mg)	1017		1360											
Sodium 2 (mg)	1017		1035											
Fiber (g)	10.40													
Iron (mg)	6.82													
Calcium (mg)	778.2													
Vitamin A (IU)	4433													
Vitamin C (mg)	80.27													
Protein (g)	31.62	18.89%												
Carbohydrate (g)	95.72	57.19%												
Total Fat (g)	17.79	23.91%												

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