

Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/03/2018													
Lunch K-5	Total	4000											
Potatoes au gratin & ham	1 CUP	1175	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	1174	298	48	435	3.00	3.06	1745.0	2250	0.0	20.0	28.0	11.75
Green beans: canned,cooked	.75 cup	1800	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, fresh	1 EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Bread stick whole wheat 2	2 OZ	2349	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1651	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			645	42	1133	8.97	3.82	1000.5	1677	44.09	32.25	98.20	14.53
% of Calories											20.0%	60.9%	20.3%
Nutrient Guideline			550-650		1230								

Thu - 01/04/2018													
Lunch K-5	Total	4000											
Country fried steak	EACH	1400	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	1650	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Potato pearls low sodium	1/2 CUP	1400	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy, chicken dehydr & WA.50c	1/2 CUP	1400	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
Corn: canned, yellow .75 cup	3/4 CUP	3500	90	0	211	3.01	0.54	0.0	0	5.41	3.01	13.54	2.26
Carrots, baby 3/4 cup	.75 CUP	3500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Dinner roll 100 % wheat	1 EACH	1400	70	0	90	1.00	0.00	20.0	0	0.0	3.0	12.0	0.5
Milk, chocolate fat free	1 CUP	3000	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1000	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			704	37	1269	9.92	3.18	548.4	5472	35.13	32.48	96.34	19.46
% of Calories											18.4%	54.7%	24.9%
Nutrient Guideline			550-650		1230								

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/05/2018													
Lunch K-5	Total	4000											
Bread stick mozzarella	2 STIXS	2300	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	2300	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	700	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	3500	35	0	46	2.00	0.00	20.0	3000	1.2	1.0	6.0	0.0
Cauliflower,raw: fresh.75cup	.75 CUP	3500	19	0	23	1.50	5.67	165.0	0	216.9	1.44	3.73	0.21
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			647	30	964	9.64	11.93	780.5	4235	239.98	28.35	93.88	16.44
% of Calories											17.5%	58.0%	22.9%
Nutrient Guideline			550-650		1230								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/08/2018													
Lunch K-5	Total	4000											
Chicken Mandarin orange- Asian	2.50 oz	3000	174	46	336	0.00	0.00	0.0	0	0.0	12.0	21.0	4.0
Sun butter sandwich	SANDWICH	1000	310	0	310	5.00	5.40	20.0	55	0.0	9.0	33.0	15.0
Rice, brown	1/4 CUP	3000	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	3500	93	0	87	6.00	0.00	0.0	0	0.0	6.0	16.5	0.0
Fruit, fresh	EACH	4000	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	4000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Weighted Daily Average			578	41	579	10.57	1.74	331.4	876	46.04	26.49	98.41	8.17
% of Calories											18.3%	68.1%	12.7%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/09/2018													
Lunch K-5	Total	4000											
Chili white el	3/4 CUP	2700	202	29	308	6.00	2.38	119.3	121	4.83	14.9	27.04	3.89
Hot pocket - pepperoni	1 EACH	500	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Tortilla, whole wheat	1 EACH	2700	96	0	243	0.50	16.74	560.0	0	0.0	2.5	15.3	2.4
Carrot and celery sticks el	3/4 CUP	3500	21	0	59	1.58	1.98	226.8	2302	10.61	0.72	3.68	0.1
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Chocolate chip cookies	1 EACH	3800	133	13	39	0.85	2.60	213.0	118	0.0	1.58	16.66	6.86
Milk, chocolate fat free	1 CUP	2000	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1500	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
Weighted Daily Average			668	46	808	11.05	18.24	1248.2	3078	51.99	28.58	102.01	16.18
% of Calories											17.1%	61.1%	21.8%
Nutrient Guideline			550-650		1230								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/10/2018													
Lunch K-5	Total	4000											
Chicken & gravy ele	SERVINGS	3035	129	21	363	4.00	13.50	230.0	3892	17.4	8.08	17.25	2.86
Hot dog & bun	1 EACH	500	290	30	540	3.00	2.52	20.0	0	0.0	13.0	29.0	13.0
Cranberry sauce:cannedswt.25cu	1/4 CUP	3100	105	0	20	0.50	0.18	0.0	0	1.5	0.0	27.0	0.0
Salad, chopped Romaine	2 CUP	4000	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	2000	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
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	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Biscuit, whole grain	1 EACH	3000	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	465	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			726	37	1066	12.34	13.12	621.7	10910	68.14	25.59	107.05	21.31
% of Calories											14.1%	59.0%	26.4%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/11/2018													
Lunch K-5	Total	4000											
Nachos with ground beef ele	SERVINGS	1268	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	1750	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	2000	60	0	470	0.00	0.00	40.0	0	0.0	2.0	6.0	3.5
Refried beans	1/2 CUP	2035	120	0	540	6.00	1.80	20.0	0	0.0	6.0	18.0	2.5
Tomatoes, diced sec	2 OZ	3500	12	0	7	0.47	0.00	0.0	47	8.43	0.47	2.34	0.0
Fruit, canned	CUP	3300	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	EACH	3300	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	982	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			743	38	1114	11.55	2.58	588.5	1504	53.07	32.96	110.36	18.35
% of Calories											17.7%	59.4%	22.2%
Nutrient Guideline			550-650		1230								

Fri - 01/12/2018													
Lunch K-5	Total	4000											
Sandwich, Grilled Cheese - el	1 EACH	2000	155	15	428	2.00	1.00	222.5	223	0.0	10.09	16.03	7.53
Pizza, Toni pepperoni	SLICE	1000	290	15	620	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Tomato Soup	1 cup	2000	80	0	414	1.00	0.36	3.6	400	6.0	1.0	16.0	1.0
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	1 EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			642	32	1098	9.67	3.05	603.8	4849	60.89	27.02	90.27	20.01
% of Calories											16.8%	56.2%	28.1%
Nutrient Guideline			550-650		1230								

Mon - 01/15/2018													
Lunch K-5	Total	1											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230						0.0%	0.0%	0.0%

Tue - 01/16/2018													
Lunch K-5	Total	4000											
Macaroni & cheese whole grain	3/4 CUP	3035	283	30	985	1.35	1.21	404.8	675	0.0	16.19	31.03	10.79
Chicken patty/whole grain bun	1 EACH	500	370	20	680	6.00	2.16	350.0	0	0.0	20.0	42.0	14.5
Broccoli,raw: fresh .75	.75 CUP	3500	38	0	30	3.00	0.54	30.0	1500	45.0	3.0	6.0	0.0
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Bread stick whole wheat	EACH	3035	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
Milk, chocolate fat free	1 CUP	3000	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	465	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average % of Calories			649	36	1208	8.95	2.82	757.6	2723	80.83	31.95	98.35	14.54
Nutrient Guideline			550-650		1230						19.7%	60.6%	20.2%

Wed - 01/17/2018													
Lunch K-5	Total	4000											
Dug Out el	SERVING	800	447	39	745	7.08	1.73	95.1	196	7.26	19.83	42.79	21.64
Joe Cheeser - ham L	1 EACH	2200	270	55	420	0.00	3.60	60.0	0	2.4	19.0	30.0	8.0
Salad, chopped Romaine	2 CUP	4000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Carrots, raw, coin .75 cup	1/2 CUP	3200	23	0	31	1.33	0.00	13.3	2000	0.8	0.67	4.0	0.0
Fruit, fresh	EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average % of Calories			666	60	832	7.99	3.80	490.7	6563	56.11	31.23	85.53	21.61
Nutrient Guideline			550-650		1230						18.8%	51.4%	29.2%

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Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/18/2018													
Lunch K-5	Total	4000											
Bread stick mozzarella	2 STIXS	1100	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Corn dog - whole grain	1 EACH	1250	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Spaghetti sauce low sodium	1/4 CUP	1100	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Salad, chopped Romaine	2 CUP	4000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet pot chopwedg & sauc el	.50 CUP	2900	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1 CUP	2000	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1650	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			776	38	1031	9.90	5.94	634.4	8051	51.15	27.56	103.98	27.74
% of Calories											14.2%	53.6%	32.2%
Nutrient Guideline			550-650		1230								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/19/2018													
Lunch K-5	Total	4000											
BBQ pork (shredded) on WG bun	1 EACH	1300	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	1400	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	3000	21	0	59	1.58	1.98	226.8	2302	10.61	0.72	3.68	0.1
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	3000	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	1300	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			555	47	830	7.90	3.78	1440.2	9471	43.85	32.07	80.70	12.01
% of Calories											23.1%	58.2%	19.5%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/22/2018													
Lunch K-5	Total	4000											
Salisbury steak	1 EACH	500	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	2500	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	500	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy - brown	.50 CUP	500	30	0	600	0.00	0.00	0.0	0	0.0	2.0	6.0	0.0
Fruit, fresh	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	2000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Carrots, baby 3/4 cup	3/4 CUP	3800	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Dinner roll 100 % wheat 2	2 EACH	2800	140	0	180	2.00	0.00	40.0	0	0.0	6.0	24.0	1.0
Milk, chocolate fat free	1 CUP	2700	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1000	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Weighted Daily Average			586	24	893	9.40	1.68	618.1	5744	32.39	28.18	88.93	11.96
% of Calories											19.2%	60.7%	18.4%
Nutrient Guideline			550-650		1230								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/23/2018													
Lunch K-5	Total	4000											
Chicken fajita tortillas el	SERVING	2400	237	57	747	0.50	16.74	560.0	0	0.0	18.54	17.3	10.41
Hot dog & bun	1 EACH	500	290	30	540	3.00	2.52	20.0	0	0.0	13.0	29.0	13.0
Vegetable fajita blend	.75 CUP	2349	25	0	5	0.00	0.00	0.0	15	0.0	0.0	5.0	0.0
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1100	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			609	59	952	6.42	11.85	775.9	4459	55.18	29.57	77.01	20.07
% of Calories											19.4%	50.6%	29.7%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/24/2018													
Lunch K-5	Total	4000											
Pancakes whole grain- 2	SERVING	2200	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0
Sun butter sandwich	SANDWICH	1000	310	0	310	5.00	5.40	20.0	55	0.0	9.0	33.0	15.0
Strawberries frozen el	1/4 CUP	2000	61	0	2	1.20	0.38	7.0	16	26.4	0.49	16.52	0.09
Sausage, pork link - el	2 each	2000	230	40	340	0.00	0.72	0.0	0	0.0	8.0	2.0	21.0
Corn: canned, yellow .75 cup	3/4 CUP	2500	90	0	211	3.01	0.54	0.0	0	5.41	3.01	13.54	2.26
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	3500	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			665	36	830	8.04	2.92	401.9	731	64.68	24.10	94.67	21.67
% of Calories											14.5%	56.9%	29.3%
Nutrient Guideline			550-650		1230								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/25/2018													
Lunch K-5	Total	4000											
Chicken roasted drumstick	1 EACH	2500	130	45	330	0.00	0.36	0.0	0	0.0	13.0	2.0	8.0
BBQ pork rib on wheat bun	1 EACH	500	353	51	902	4.24	22.14	352.0	199	1.39	20.63	46.42	11.65
Harvest apple crisp	SERVINGS	3400	208	0	46	5.81	7.55	83.5	3710	23.66	1.87	41.39	4.9
Cauliflower,raw: fresh.75cup	.75 CUP	3500	19	0	23	1.50	5.67	165.0	0	216.9	1.44	3.73	0.21
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Bread stick whole wheat	1 EACH	2500	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			642	49	784	10.79	15.62	666.6	3898	244.48	30.16	96.29	16.80
% of Calories											18.8%	60.0%	23.6%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/26/2018													
Lunch K-5	Total	4000											
Chili con carne & beans	3/4 CUP	1400	305	50	456	7.38	3.76	78.8	238	8.8	24.76	29.44	8.9
Hot pocket - pepperoni	1 EACH	1400	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Bread, mini garlic toast WGsec	2 SLICES	1500	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	3500	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	3500	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	1200	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			628	38	978	11.78	3.83	547.6	1185	43.56	32.98	92.60	13.90
% of Calories											21.0%	59.0%	19.9%
Nutrient Guideline			550-650		1230								

Mon - 01/29/2018													
Lunch K-5	Total	4000											
Chicken nuggets	SERVING	3700	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
Salad, chopped Romaine	2 CUP	3000	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	2000	202	0	107	3.00	0.72	20.0	3804	3.6	1.0	32.08	8.11
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Dinner roll 100 % wheat	1 EACH	3000	70	0	90	1.00	0.00	20.0	0	0.0	3.0	12.0	0.5
Milk, chocolate fat free	1 CUP	2500	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1500	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Weighted Daily Average			660	39	621	10.40	2.80	445.8	5692	45.80	30.04	87.47	20.83
% of Calories											18.2%	53.0%	28.4%
Nutrient Guideline			550-650		1230								

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/30/2018													
Lunch K-5	Total	4000											
Soft shell taco el	1 EACH	2400	200	29	328	1.00	17.69	633.5	169	0.61	11.16	17.81	8.71
Corn dog - whole grain	1 EACH	1000	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced canned	OZ	3500	6	0	4	0.23	0.00	0.0	23	4.22	0.23	1.17	0.0
Refried beans	1/2 CUP	2400	120	0	540	6.00	1.80	20.0	0	0.0	6.0	18.0	2.5
Green beans: canned,cooked	.75 cup	3500	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	600	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			570	33	1127	12.19	13.06	807.4	1012	44.54	26.74	88.50	11.82
% of Calories											18.8%	62.1%	18.7%
Nutrient Guideline			550-650		1230								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/31/2018													
Lunch K-5	Total	4000											
Potatoes au gratin & ham	1 CUP	1175	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	1174	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	3500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit, fresh	1 EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Bread stick whole wheat 2	2 OZ	2349	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1651	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			665	42	1079	9.41	3.82	1018.4	6144	45.17	32.47	101.54	14.53
% of Calories											19.5%	61.1%	19.7%
Nutrient Guideline			550-650		1230								

Weighted Average			651	40	960	9.84	6.48	716.4	4414	70.35	29.54	94.60	17.10
											18.1%	58.1%	23.6%

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Natrona County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-5

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)	Error Messages (if any)
Calories	651		550 - 650	100%					1						Correction Required - Calories too High
Cholesterol (mg)	40														
Sodium 1 (mg)	960		1230												
Sodium 2 (mg)	960		935						25						Correction Required - Sodium too High
Fiber (g)	9.84														
Iron (mg)	6.48														
Calcium (mg)	716.4														
Vitamin A (IU)	4414														
Vitamin C (mg)	70.35														
Protein (g)	29.54	18.14%													
Carbohydrate (g)	94.60	58.11%													
Total Fat (g)	17.10	23.63%													

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