

# Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 1

Generated on: 1/17/2018 11:01:18 AM

	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 - 02/01/2018													
Lunch 9-12	Total	2500											
Country fried steak	EACH	950	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	750	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Potato pearls low sodium	1/2 CUP	950	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy, chicken,from dehydr &WA	.25 cup	950	16	0	262	0.00	0.00	1.8	0	0.0	0.0	3.25	1.08
Corn: canned yellow cup	1 CUP	1800	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
Carrots, baby cup	1 CUP	2500	48	0	61	2.72	0.00	27.2	6807	1.63	1.36	8.17	0.0
Fruit, canned	1 CUP	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Dinner roll 100 % wheat	1 EACH	950	70	0	90	1.00	0.00	20.0	0	0.0	3.0	12.0	0.5
Milk, chocolate fat free	1 CUP	1100	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	400	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	300	392	38	470	9.69	13.18	409.4	632	77.29	21.22	28.12	20.89
Weighted Daily Average			766	38	1152	12.94	4.62	451.4	7900	55.40	30.82	111.07	20.38
% of Calories											16.1%	58.0%	24.0%
Nutrient Guideline			750-850		1420								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 02/02/2018													
Lunch 9-12	Total	2500											
Bread stick mozzarella	2 STIXS	1000	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Burrito beef/bean gre chile WG	1 EACH	500	380	25	460	5.00	1.44	100.0	400	1.2	16.0	40.0	15.0
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
Carrots, raw, coin	1 CUP	2000	47	0	61	2.66	0.00	26.6	3988	1.6	1.33	7.98	0.0
Cauliflower,raw: fresh cup	1 CUP	2000	25	0	30	2.00	7.56	220.0	0	289.2	1.92	4.97	0.28
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 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	600	392	38	470	9.69	13.18	409.4	632	77.29	21.22	28.12	20.89
Weighted Daily Average			748	33	896	13.43	13.23	823.3	4905	309.36	30.10	115.20	17.62
% of Calories											16.1%	61.6%	21.2%
Nutrient Guideline			750-850		1420								

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 2

Generated on: 1/17/2018 11:01:18 AM

	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 - 02/05/2018													
Lunch 9-12	Total	2500											
Chicken Mandarin orange- Asian	3.92 OZ	1200	273	72	527	0.00	0.00	0.0	0	0.0	18.82	32.93	6.27
Bread stick mozzarella	2 STIXS	400	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Spaghetti sauce low sodium	1/4 CUP	400	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Rice, brown	1 CUP	400	160	0	0	1.00	0.00	0.0	0	0.0	4.0	35.0	1.5
Peas, frozen, green	1 CUP	1800	124	0	116	8.00	0.00	0.0	0	0.0	8.0	22.0	0.0
Fruit, canned	1 CUP	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	EACH	2500	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	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	200	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average % of Calories			789	56	908	13.67	4.01	529.1	1679	77.79	36.23 18.4%	131.75 66.8%	13.04 14.9%
Nutrient Guideline			750-850		1420								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 02/06/2018													
Lunch 9-12	Total	2500											
Chili White	1 CUP	600	256	54	395	6.22	2.75	136.9	154	5.8	20.99	28.53	6.33
Hot pocket - pepperoni	1 EACH	400	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Tortilla, whole wheat	2 EACH	600	192	0	486	1.00	33.48	1120.0	0	0.0	5.0	30.6	4.8
Carrot and celery sticks	1 CUP	2000	27	0	67	1.92	1.98	230.2	3160	10.81	0.89	4.71	0.1
Fruit, canned	1 CUP	2000	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	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	2500	133	13	39	0.85	2.60	213.0	118	0.0	1.58	16.66	6.86
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1200	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	300	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average % of Calories			854	54	992	12.58	16.67	1302.3	4365	85.83	34.95 16.4%	128.92 60.4%	22.39 23.6%
Nutrient Guideline			750-850		1420								

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 3

Generated on: 1/17/2018 11:01:18 AM

	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 - 02/07/2018													
Lunch 9-12	Total	2500											
Chicken & gravy	SERVINGS	700	253	57	532	8.00	27.00	460.0	7784	34.8	20.02	29.16	6.11
Hot dog & bun	1 EACH	800	290	30	540	3.00	2.52	20.0	0	0.0	13.0	29.0	13.0
Cranberry sauce: canned,swtnd	1/3 CUP	800	139	0	26	0.66	0.24	0.0	0	1.98	0.0	35.64	0.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Carrots, baby cup	1 CUP	2000	48	0	61	2.72	0.00	27.2	6807	1.63	1.36	8.17	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
Biscuit whole grain 2	1 EACH	600	360	0	660	4.00	2.88	160.0	2000	0.0	8.0	52.0	14.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	300	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average			805	53	1081	14.24	12.42	692.8	13249	99.13	32.81	108.86	26.15
% of Calories											16.3%	54.1%	29.2%
Nutrient Guideline			750-850		1420								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 02/08/2018													
Lunch 9-12	Total	2500											
Nachos with ground beef sec	SERVINGS	800	291	59	253	0.31	0.13	476.1	1038	2.4	26.5	19.47	11.9
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
Cheese sauce 2007 1/4 cup	1/4 CUP	1250	60	0	470	0.00	0.00	40.0	0	0.0	2.0	6.0	3.5
REFRIED BEANS	3/4 cup	800	180	0	810	9.00	2.70	30.0	0	0.0	9.0	27.0	3.75
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 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	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
Bar potato high	SERVINGS	400	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
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			834	46	1188	13.55	4.82	713.1	2247	106.60	36.94	127.41	20.04
% of Calories											17.7%	61.1%	21.6%
Nutrient Guideline			750-850		1420								

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 4

Generated on: 1/17/2018 11:01:18 AM

	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 - 02/09/2018													
Lunch 9-12	Total	2500											
Tomato Soup	1 cup	900	80	0	414	1.00	0.36	3.6	400	6.0	1.0	16.0	1.0
Sandwich, Grilled Cheese - sec	1 EACH	900	310	30	856	4.00	2.00	445.0	447	0.0	20.17	32.05	15.07
Corn dog - whole grain	1 EACH	800	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Salad, chopped Romaine	2 CUP	2300	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Corn: canned yellow cup	1 CUP	1500	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
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 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	300	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average			864	41	1313	15.09	5.49	692.4	5590	108.18	31.71	131.22	25.32
% of Calories											14.7%	60.8%	26.4%
Nutrient Guideline			750-850		1420								

Mon - 02/12/2018													
Lunch 9-12	Total	2500											
VALENTINE HEARTS	3 PIECES	1095	270	35	290	2.00	0.00	0.0	0	0.0	14.0	13.0	18.0
Pork patties sandwich	1 EACH	300	412	40	574	5.00	2.44	350.4	0	0.0	23.0	39.17	19.2
POTATO PEARLS LOW SODIUM	2/3 CUP	1095	213	0	293	2.67	0.96	53.3	0	79.99	5.33	45.33	2.67
Gravy, chicken dehydr & WA.50c	1/2 CUP	1095	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
MIXED VEGETABLES, FROZEN CUP	1 CUP	2500	118	0	64	8.00	27.00	460.0	7784	34.8	5.2	23.82	0.28
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 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	1095	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	925	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	180	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average			963	42	1199	17.89	29.91	1002.4	9090	125.07	38.39	156.58	22.57
% of Calories											15.9%	65.0%	21.1%
Nutrient Guideline			750-850		1420								

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 5

Generated on: 1/17/2018 11:01:18 AM

	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 - 02/13/2018													
Lunch 9-12	Total	2500											
Macaroni & cheese whole grain	CUP	400	378	40	1314	1.80	1.62	540.0	900	0.0	21.6	41.4	14.4
Chicken patty/whole grain bun	1 EACH	1000	370	20	680	6.00	2.16	350.0	0	0.0	20.0	42.0	14.5
Broccoli,raw: fresh cup	1 CUP	2000	50	0	40	4.00	0.72	40.0	2000	60.0	4.0	8.0	0.0
Bread stick whole wheat	EACH	400	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 EACH	2500	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	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	600	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average			783	40	1008	12.29	3.36	686.2	3004	103.24	32.29	124.55	18.14
% of Calories											16.5%	63.6%	20.8%
Nutrient Guideline			750-850		1420								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 02/14/2018													
Lunch 9-12	Total	2500											
Dug out sec	SERVING	900	607	39	905	8.08	1.73	115.1	196	7.26	21.83	58.79	31.64
Joe Cheeser - ham L	1 EACH	500	270	55	420	0.00	3.60	60.0	0	2.4	19.0	30.0	8.0
Salad, chopped Romaine	2 CUP	2000	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Carrots, raw, coin	1 CUP	2000	47	0	61	2.66	0.00	26.6	3988	1.6	1.33	7.98	0.0
Fruit, fresh	1 EACH	1540	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	880	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	220	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average			849	53	1005	11.56	3.26	550.7	7719	57.99	32.53	116.35	27.59
% of Calories											15.3%	54.8%	29.3%
Nutrient Guideline			750-850		1420								

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 6

Generated on: 1/17/2018 11:01:18 AM

	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 - 02/15/2018													
Lunch 9-12	Total	2500											
Bread stick mozzarella	2 STIXS	850	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
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
Spaghetti sauce low sodium	1/4 CUP	850	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Salad, chopped Romaine	2 CUP	2200	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet potato chopped wedge	.75 CUP	1500	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	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	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	350	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average % of Calories			804	41	1002	11.78	6.64	631.1	8184	73.19	27.46 13.7%	117.09 58.3%	25.12 28.1%
Nutrient Guideline			750-850		1420								

Fri - 02/16/2018													
Lunch 9-12	Total	2500											
NO SCHOOL TODAY	SERVING	2500	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420								

Mon - 02/19/2018													
Lunch 9-12	Total	2500											
NO SCHOOL TODAY	SERVING	2500	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420								

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Natrona County School District**

**Feb 1, 2018 thru Feb 28, 2018**

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Tue - 02/20/2018</b>													
Lunch 9-12	Total	2500											
Chicken fajita tortilla sec	SERVING	600	474	114	1494	1.00	33.48	1120.0	0	0.0	37.07	34.61	20.82
Hot dog & bun	1 EACH	1000	290	30	540	3.00	2.52	20.0	0	0.0	13.0	29.0	13.0
Vegetable fajita blend sec	1 CUP	600	33	0	7	0.00	0.00	0.0	20	0.0	0.0	6.65	0.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit fresh 2	1 EACH	2500	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
Bar nacho mid	SERVING	150	494	59	1379	7.16	2.60	545.0	1630	15.96	35.15	48.26	18.05
Alternate, Pizza Hut Pizza	SLICES	750	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			767	66	1130	8.53	10.93	763.8	5326	60.57	34.10	101.90	24.76
% of Calories											17.8%	53.1%	29.0%
Nutrient Guideline			750-850		1420								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Wed - 02/21/2018</b>													
Lunch 9-12	Total	2500											
Country fried steak	EACH	950	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	750	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Potato pearls low sodium	1/2 CUP	950	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy, chicken,from dehydr &WA	.25 cup	950	16	0	262	0.00	0.00	1.8	0	0.0	0.0	3.25	1.08
Corn: canned yellow cup	1 CUP	1800	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
Carrots, baby cup	1 CUP	2500	48	0	61	2.72	0.00	27.2	6807	1.63	1.36	8.17	0.0
Fruit, canned	1 CUP	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Dinner roll 100 % wheat	1 EACH	950	70	0	90	1.00	0.00	20.0	0	0.0	3.0	12.0	0.5
Milk, chocolate fat free	1 CUP	1100	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	400	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	300	392	38	470	9.69	13.18	409.4	632	77.29	21.22	28.12	20.89
Weighted Daily Average			766	38	1152	12.94	4.62	451.4	7900	55.40	30.82	111.07	20.38
% of Calories											16.1%	58.0%	24.0%
Nutrient Guideline			750-850		1420								

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 8

Generated on: 1/17/2018 11:01:18 AM

	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 - 02/22/2018													
Lunch 9-12	Total	2500											
Chicken roasted drumstick	1 EACH	800	130	45	330	0.00	0.36	0.0	0	0.0	13.0	2.0	8.0
BBQ pork rib on a bun	SERVING	500	304	51	611	3.98	21.96	342.7	136	1.22	20.4	34.86	11.47
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 cup	1 CUP	2500	25	0	30	2.00	7.56	220.0	0	289.2	1.92	4.97	0.28
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	800	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Bar nacho mid	SERVING	500	494	59	1379	7.16	2.60	545.0	1630	15.96	35.15	48.26	18.05
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			737	52	1000	13.37	19.99	884.8	4069	350.55	36.16	109.75	19.10
% of Calories											19.6%	59.6%	23.3%
Nutrient Guideline			750-850		1420								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 02/23/2018													
Lunch 9-12	Total	2500											
Chili con carne & beans	CUP	900	329	49	494	8.11	2.31	73.5	262	9.68	23.1	32.38	11.52
Hot pocket - pepperoni	1 EACH	550	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Green beans: canned,cooked	1 CUP	1500	32	0	280	4.00	0.00	0.0	0	0.0	2.0	6.0	0.0
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit fresh 2	1 EACH	2500	51	0	0	2.01	0.18	12.9	79	25.68	0.57	12.72	0.27
Bread, mini garlic toast WGsec	2 SLICES	900	137	0	186	1.95	1.41	0.0	0	0.0	3.91	21.51	4.89
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Bar nacho mid	SERVING	350	494	59	1379	7.16	2.60	545.0	1630	15.96	35.15	48.26	18.05
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			723	44	1095	12.89	3.41	588.8	1624	48.53	35.26	111.41	15.57
% of Calories											19.5%	61.6%	19.4%
Nutrient Guideline			750-850		1420								

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



# Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 02/26/2018													
Lunch 9-12	Total	2500											
Chicken nuggets	SERVING	800	240	20	470	0.00	2.00	39.0	0	0.0	13.0	16.0	14.0
Pork patties sandwich	1 EACH	600	412	40	574	5.00	2.44	350.4	0	0.0	23.0	39.17	19.2
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet potato chopped wedge	.75 CUP	1500	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
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 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Dinner roll 100 % wheat 2	2 EACH	800	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	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	300	392	38	470	9.69	13.18	409.4	632	77.29	21.22	28.12	20.89
Weighted Daily Average			862	44	923	12.72	5.26	639.9	8472	75.80	33.50	120.86	27.51
% of Calories											15.5%	56.1%	28.7%
Nutrient Guideline			750-850		1420								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 02/27/2018													
Lunch 9-12	Total	2500											
Soft shell taco sec	2 EACH	1000	379	54	605	2.00	35.38	1203.0	294	1.22	21.92	35.48	15.5
Corn dog - whole grain	1 EACH	350	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced sec	2 OZ	1000	12	0	7	0.47	0.00	0.0	47	8.43	0.47	2.34	0.0
Refried beans	1/2 CUP	1000	120	0	540	6.00	1.80	20.0	0	0.0	6.0	18.0	2.5
Green beans: canned,cooked	1 CUP	2000	32	0	280	4.00	0.00	0.0	0	0.0	2.0	6.0	0.0
Fruit, canned	1 cup	2000	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	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	2000	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	300	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	450	392	38	470	9.69	13.18	409.4	632	77.29	21.22	28.12	20.89
Weighted Daily Average			675	41	1115	13.92	18.38	958.9	1320	68.38	30.38	105.06	14.57
% of Calories											18.0%	62.2%	19.4%
Nutrient Guideline			750-850		1420								

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 10

Generated on: 1/17/2018 11:01:18 AM

	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 - 02/28/2018													
Lunch 9-12	Total	2500											
Potatoes au gratin & ham	1 CUP	300	199	30	1099	2.50	2.62	50.0	0	7.5	10.83	30.83	5.21
Cheeseburger/wheat bun 1.60oz	1 EACH	1000	298	48	435	3.00	3.06	1745.0	2250	0.0	20.0	28.0	11.75
Carrots, baby cup	CUP	2000	48	0	61	2.72	0.00	27.2	6807	1.63	1.36	8.17	0.0
Fruit, canned	1 CUP	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit fresh 2	1 EACH	2500	51	0	0	2.01	0.18	12.9	79	25.68	0.57	12.72	0.27
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	2000	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	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	700	392	38	470	9.69	13.18	409.4	632	77.29	21.22	28.12	20.89
Weighted Daily Average			701	45	854	11.50	6.44	1242.2	7698	67.04	31.72	107.23	15.62
% of Calories											18.1%	61.2%	20.1%
Nutrient Guideline			750-850		1420								

Weighted Average			794	46	1056	13.05	9.64	755.8	5797	107.12	33.12 16.7%	118.68 59.8%	20.88 23.7%
------------------	--	--	-----	----	------	-------	------	-------	------	--------	----------------	-----------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	794		750 - 850	100%				
Cholesterol (mg)	46							
Sodium 1 (mg)	1056		1420					
Sodium 2 (mg)	1056		1080					
Fiber (g)	13.05							
Iron (mg)	9.64							
Calcium (mg)	755.8							
Vitamin A (IU)	5797							
Vitamin C (mg)	107.12							
Protein (g)	33.12	16.69%						
Carbohydrate (g)	118.68	59.80%						
Total Fat (g)	20.88	23.67%						

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.