

Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 1

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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 - 02/01/2018													
BREAKFAST 6-8	Total	650											
Sausage, egg & cheese sliders	2 SLIDERS	425	150	35	280	2.00	1.80	100.0	100	0.0	8.0	21.0	4.5
Cereal assorted, WG toast	BOWL	140	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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	260	10	700	2.00	1.08	60.0	0	0.0	6.0	28.0	15.0
Weighted Daily Average			428	31	517	5.37	2.52	404.4	711	52.56	16.58	77.64	6.42
% of Calories											15.5%	72.6%	13.5%
Nutrient Guideline			400-550		600								

Fri - 02/02/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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			483	8	452	6.81	3.15	455.4	995	52.76	15.53	92.78	6.03
% of Calories											12.9%	76.9%	11.2%
Nutrient Guideline			400-550		600								

Mon - 02/05/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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

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Natrona County School District

Feb 1, 2018 thru Feb 28, 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			525	46	537	6.67	3.60	500.1	780	53.37	18.26	96.05	8.76
% of Calories											13.9%	73.2%	15.0%
Nutrient Guideline			400-550		600								

Tue - 02/06/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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	260	10	700	2.00	1.08	60.0	0	0.0	6.0	28.0	15.0
Weighted Daily Average			460	8	478	6.68	3.11	404.4	973	52.56	13.96	86.79	6.75
% of Calories											12.1%	75.4%	13.2%
Nutrient Guideline			400-550		600								

Wed - 02/07/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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			491	8	501	5.08	3.24	401.7	950	23.01	14.94	93.92	6.69
% of Calories											12.2%	76.5%	12.3%
Nutrient Guideline			400-550		600								

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Natrona County School District

Feb 1, 2018 thru Feb 28, 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)
Thu - 02/08/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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	260	10	700	2.00	1.08	60.0	0	0.0	6.0	28.0	15.0
Weighted Daily Average			464	135	630	4.39	12.76	757.4	*646	52.56	18.21	74.57	10.28
% of Calories											15.7%	64.2%	19.9%
Nutrient Guideline			400-550		600								

Fri - 02/09/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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			489	34	484	6.81	2.57	455.4	995	62.56	18.80	86.24	7.99
% of Calories											15.4%	70.5%	14.7%
Nutrient Guideline			400-550		600								

Mon - 02/12/2018													
BREAKFAST 6-8	Total	100											
Hot cereal	3/4 CUP	60	150	0	7	4.00	1.80	7.1	5	0.0	5.0	27.0	3.0
Cereal assorted, WG toast	BOWL	40	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	100	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	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	40	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			638	10	441	7.32	3.71	523.9	1134	32.22	19.67	131.13	4.77
% of Calories											12.3%	82.2%	6.7%
Nutrient Guideline			400-550		600								

Tue - 02/13/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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	260	10	700	2.00	1.08	60.0	0	0.0	6.0	28.0	15.0
Weighted Daily Average			467	14	543	6.68	3.11	378.2	973	52.56	13.96	86.79	7.40
% of Calories											12.0%	74.4%	14.3%
Nutrient Guideline			400-550		600								

Wed - 02/14/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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			570	39	543	5.52	4.06	428.0	1166	32.34	16.93	111.35	7.26
% of Calories											11.9%	78.2%	11.5%
Nutrient Guideline			400-550		600								

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Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 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)
Thu - 02/15/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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	260	10	700	2.00	1.08	60.0	0	0.0	6.0	28.0	15.0
Weighted Daily Average			493	8	569	6.02	2.28	352.1	646	52.56	14.62	82.22	11.98
% of Calories											11.9%	66.7%	21.9%
Nutrient Guideline			400-550		600								

Fri - 02/16/2018													
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								

Mon - 02/19/2018													
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								

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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)
Tue - 02/20/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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	260	10	700	2.00	1.08	60.0	0	0.0	6.0	28.0	15.0
Weighted Daily Average			478	34	544	7.42	2.65	404.3	979	62.42	17.85	82.19	8.85
% of Calories											14.9%	68.8%	16.7%
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)
Wed - 02/21/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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			504	58	561	4.67	3.40	494.9	902	19.47	18.14	86.92	10.10
% of Calories											14.4%	69.0%	18.0%
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)
Thu - 02/22/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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	260	10	700	2.00	1.08	60.0	0	0.0	6.0	28.0	15.0
Weighted Daily Average			471	31	510	5.98	1.95	377.6	847	52.52	15.92	79.63	10.00
% of Calories											13.5%	67.6%	19.1%
Nutrient Guideline			400-550		600								

Fri - 02/23/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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			476	8	423	6.80	3.10	456.6	1006	52.71	14.85	92.49	5.48
% of Calories											12.5%	77.7%	10.3%
Nutrient Guideline			400-550		600								

Mon - 02/26/2018													
BREAKFAST 6-8	Total	650											
French toast WG	SLICE	425	200	50	410	1.00	0.00	0.0	0	0.0	3.0	25.0	3.5
Syrup, breakfast	1 OZ	425	120	0	45	0.00	0.00	0.0	0	0.0	0.0	31.0	0.0
Cereal assorted, WG toast	BOWL	120	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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

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

Feb 1, 2018 thru Feb 28, 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			560	41	579	4.81	1.30	402.0	669	52.76	14.47	107.41	4.48
% of Calories											10.3%	76.7%	7.2%
Nutrient Guideline			400-550		600								

Tue - 02/27/2018													
BREAKFAST 6-8	Total	650											
Hot ham & cheese/bun	1 EACH	325	291	54	728	3.00	0.36	310.0	0	0.0	18.97	29.0	12.49
Cereal assorted, WG toast	BOWL	220	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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	260	10	700	2.00	1.08	60.0	0	0.0	6.0	28.0	15.0
Weighted Daily Average			507	35	755	6.15	2.10	503.1	665	52.74	21.63	84.74	10.39
% of Calories											17.1%	66.8%	18.4%
Nutrient Guideline			400-550		600								

Wed - 02/28/2018													
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	196	0	289	4.30	4.41	59.0	155	1.44	5.0	44.4	1.67
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	63	0	15	0.00	0.00	0.0	0	14.0	0.67	14.67	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			430	17	473	4.27	2.61	384.0	851	18.96	14.45	83.73	4.84
% of Calories											13.4%	77.9%	10.1%
Nutrient Guideline			400-550		600								

Weighted Average			496	31	530	5.97	3.40	449.1	*883	46.15	16.60	90.92	7.69
											13.4%	73.3%	13.9%

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Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 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	496		400 - 550	100%										
Cholesterol (mg)	31													
Sodium 1 (mg)	530		600											
Sodium 2 (mg)	530		535											
Fiber (g)	5.97													
Iron (mg)	3.40													
Calcium (mg)	449.1													
Vitamin A (IU)	883				Missing									
Vitamin C (mg)	46.15													
Protein (g)	16.60	13.37%												
Carbohydrate (g)	90.92	73.27%												
Total Fat (g)	7.69	13.95%												

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