

Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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Generated on: 1/17/2018 10:59:31 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 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| Sausage, egg & cheese sliders | 2 SLIDERS | 50 | 150 | 35 | 280 | 2.00 | 1.80 | 100.0 | 100 | 0.0 | 8.0 | 21.0 | 4.5 |
| Cereal assorted, WG toast | BOWL | 125 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, fresh | 1 EACH | 275 | 73 | 0 | 0 | 2.87 | 0.25 | 18.4 | 112 | 36.68 | 0.82 | 18.17 | 0.39 |
| Fruit juice assorted | .50 CUP | 275 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 250 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 75 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 100 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| 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 | | | 470 | 16 | 597 | 5.47 | 2.74 | 441.4 | 697 | 45.15 | 16.26 | 86.44 | 7.55 |
| % of Calories | | | | | | | | | | | 13.8% | 73.5% | 14.4% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

| | | | | | | | | | | | | | |
|--------------------------------|----------|-----|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|
| Fri - 02/02/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| Eggo mini french toast | POUCH | 150 | 210 | 0 | 260 | 4.00 | 2.70 | 100.0 | 500 | 0.0 | 5.0 | 35.0 | 6.0 |
| Cereal assorted, WG toast | BOWL | 100 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, fresh | EACH | 325 | 73 | 0 | 0 | 2.87 | 0.25 | 18.4 | 112 | 36.68 | 0.82 | 18.17 | 0.39 |
| Fruit juice assorted | .50 CUP | 275 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 210 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 100 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 60 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 15 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 461 | 9 | 523 | 6.51 | 3.12 | 391.0 | 875 | 50.55 | 14.61 | 85.99 | 7.30 |
| % of Calories | | | | | | | | | | | 12.7% | 74.5% | 14.2% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

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 9-12

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 - 02/05/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| SAUSAGE,CHEESE,EGG/BUN | 1 EACH | 80 | 475 | 180 | 865 | 3.00 | 5.04 | 3200.0 | 4700 | 0.0 | 22.0 | 31.0 | 30.0 |
| 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 | EACH | 325 | 73 | 0 | 0 | 2.87 | 0.25 | 18.4 | 112 | 36.68 | 0.82 | 18.17 | 0.39 |
| Fruit juice assorted | .50 CUP | 275 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 200 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 125 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 100 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toast 1/8 | EACH | 25 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 542 | 55 | 735 | 5.97 | 3.56 | 1164.8 | 1838 | 50.84 | 19.57 | 86.36 | 14.12 |
| % of Calories | | | | | | | | | | | 14.4% | 63.7% | 23.4% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

| | | | | | | | | | | | | | |
|--------------------------------|----------|-----|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|
| Tue - 02/06/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| Eggo mini waffles | 1 EACH | 185 | 200 | 0 | 220 | 4.00 | 2.70 | 100.0 | 500 | 0.0 | 4.0 | 35.0 | 5.0 |
| Cereal assorted, WG toast | BOWL | 80 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, fresh | 1 EACH | 325 | 73 | 0 | 0 | 2.87 | 0.25 | 18.4 | 112 | 36.68 | 0.82 | 18.17 | 0.39 |
| Fruit juice assorted | .50 CUP | 275 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 200 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 125 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 40 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toast 1/8 | EACH | 20 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 461 | 9 | 477 | 6.58 | 3.09 | 412.0 | 944 | 50.64 | 14.49 | 86.85 | 6.58 |
| % of Calories | | | | | | | | | | | 12.6% | 75.4% | 12.8% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

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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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 - 02/07/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| Donut long john WG | 1 EACH | 185 | 250 | 0 | 360 | 3.00 | 1.44 | 20.0 | 0 | 0.0 | 5.0 | 28.0 | 13.0 |
| Cereal assorted, WG toast | BOWL | 80 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, canned | 1 cup | 325 | 136 | 0 | 16 | 2.00 | 0.29 | 16.0 | 500 | 15.6 | 0.8 | 34.4 | 0.0 |
| Fruit juice assorted | .50 CUP | 275 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 200 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 125 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 40 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 20 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 553 | 9 | 573 | 5.14 | 2.41 | 364.1 | 1047 | 29.55 | 15.04 | 99.09 | 10.74 |
| % of Calories | | | | | | | | | | | 10.9% | 71.7% | 17.5% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

| | 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 9-12 | Total | 325 | | | | | | | | | | | |
| Omelet, colby cheese wrap sec | 1 EACH | 145 | 249 | 193 | 528 | 1.00 | 2.15 | 179.4 | 397 | 0.0 | 11.94 | 22.99 | 10.94 |
| 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 | 325 | 73 | 0 | 0 | 2.87 | 0.25 | 18.4 | 112 | 36.68 | 0.82 | 18.17 | 0.39 |
| Fruit juice assorted | .50 CUP | 275 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 200 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 125 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 40 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 20 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 483 | 95 | 623 | 5.28 | 3.06 | 442.4 | 856 | 50.81 | 18.16 | 82.65 | 8.82 |
| % of Calories | | | | | | | | | | | 15.1% | 68.5% | 16.4% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

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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 - 02/09/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| Breakfast burrito | 3.50 OZ | 160 | 220 | 40 | 310 | 4.00 | 1.80 | 100.0 | 500 | 15.0 | 10.0 | 25.0 | 9.0 |
| Cereal assorted, WG toast | BOWL | 100 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, fresh | 1 EACH | 325 | 73 | 0 | 0 | 2.87 | 0.25 | 18.4 | 112 | 36.68 | 0.82 | 18.17 | 0.39 |
| Fruit juice assorted | .50 CUP | 275 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 200 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 125 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 40 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 25 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 474 | 29 | 528 | 6.57 | 2.74 | 411.7 | 918 | 58.13 | 17.66 | 83.13 | 8.29 |
| % of Calories | | | | | | | | | | | 14.9% | 70.2% | 15.8% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

| | | | | | | | | | | | | | |
|--------------------------------|----------|-----|---------|----|-----|------|------|-------|-----|-------|-------|--------|-------|
| Mon - 02/12/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| Hot cereal - 1 2/3 cup | 1.66 CUP | 195 | 300 | 0 | 12 | 8.00 | 3.60 | 11.9 | 10 | 0.0 | 10.0 | 54.0 | 6.0 |
| Cereal assorted, WG toast | BOWL | 65 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, canned | 1 cup | 310 | 136 | 0 | 16 | 2.00 | 0.29 | 16.0 | 500 | 15.6 | 0.8 | 34.4 | 0.0 |
| Fruit juice assorted | .50 CUP | 310 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 210 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 100 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 50 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 15 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 579 | 8 | 374 | 7.97 | 3.55 | 340.6 | 998 | 30.10 | 17.60 | 112.81 | 7.10 |
| % of Calories | | | | | | | | | | | 12.2% | 77.9% | 11.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

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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 - 02/13/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| EGGO MINIS PANCAKES | 1 EACH | 155 | 210 | 10 | 320 | 4.00 | 2.70 | 60.0 | 500 | 0.0 | 4.0 | 35.0 | 6.0 |
| Cereal assorted, WG toast | BOWL | 100 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, canned | 1 cup | 325 | 136 | 0 | 16 | 2.00 | 0.29 | 16.0 | 500 | 15.6 | 0.8 | 34.4 | 0.0 |
| Fruit juice assorted | .50 CUP | 275 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 250 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 75 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 55 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toast jel 8 | 1 EACH | 15 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 530 | 13 | 571 | 5.71 | 3.18 | 393.7 | 1294 | 29.44 | 14.42 | 103.69 | 6.70 |
| % of Calories | | | | | | | | | | | 10.9% | 78.3% | 11.4% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

| | 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 - 02/14/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| SAUSAGE, EGG/MUFFIN | 1 EACH | 145 | 380 | 165 | 585 | 1.00 | 2.88 | 100.0 | 200 | 0.0 | 13.0 | 27.0 | 25.0 |
| Cereal assorted, WG toast | BOWL | 125 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, canned | 1 cup | 325 | 136 | 0 | 16 | 2.00 | 0.29 | 16.0 | 500 | 15.6 | 0.8 | 34.4 | 0.0 |
| Fruit juice assorted | .50 CUP | 275 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 250 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 75 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 30 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toast jel 8 | 1 EACH | 25 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 606 | 81 | 657 | 4.52 | 3.48 | 423.5 | 1162 | 29.59 | 18.64 | 102.58 | 14.11 |
| % of Calories | | | | | | | | | | | 12.3% | 67.7% | 20.9% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

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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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Thu - 02/15/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| Donut long john WG | 1 EACH | 155 | 250 | 0 | 360 | 3.00 | 1.44 | 20.0 | 0 | 0.0 | 5.0 | 28.0 | 13.0 |
| Cereal assorted, WG toast | BOWL | 100 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, fresh | 1 EACH | 325 | 73 | 0 | 0 | 2.87 | 0.25 | 18.4 | 112 | 36.68 | 0.82 | 18.17 | 0.39 |
| Fruit juice assorted | .50 CUP | 325 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 250 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 75 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 55 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toast jel 8 | 1 EACH | 15 | 380 | 10 | 300 | 3.00 | 1.44 | 450.0 | 173 | 1.5 | 13.0 | 73.75 | 4.5 |
| Weighted Daily Average | | | 495 | 8 | 577 | 6.11 | 2.54 | 377.0 | 668 | 52.67 | 15.02 | 86.38 | 10.42 |
| % of Calories | | | | | | | | | | | 12.1% | 69.8% | 18.9% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

| | | | | | | | | | | | | | |
|------------------------|---------|---|---------|---|-----|------|------|-----|---|------|------|------|------|
| Fri - 02/16/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | 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 | | | 450-600 | | 640 | | | | | | | | |

| | | | | | | | | | | | | | |
|------------------------|---------|---|---------|---|-----|------|------|-----|---|------|------|------|------|
| Mon - 02/19/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | 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 | | | 450-600 | | 640 | | | | | | | | |

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

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 9-12 | Total | 325 | | | | | | | | | | | |
| Breakfast burrito | 3.50 OZ | 170 | 220 | 40 | 310 | 4.00 | 1.80 | 100.0 | 500 | 15.0 | 10.0 | 25.0 | 9.0 |
| Salsa | TBSP | 170 | 10 | 0 | 35 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 2.0 | 0.0 |
| Cereal assorted, WG toast | BOWL | 80 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, fresh | 1 EACH | 325 | 73 | 0 | 0 | 2.87 | 0.25 | 18.4 | 112 | 36.68 | 0.82 | 18.17 | 0.39 |
| Fruit juice assorted | .50 CUP | 325 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 250 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 75 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 60 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 15 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 489 | 29 | 580 | 7.01 | 2.54 | 407.4 | 919 | 60.43 | 17.70 | 84.94 | 8.94 |
| % of Calories | | | | | | | | | | | 14.5% | 69.5% | 16.5% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

| | 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 9-12 | Total | 325 | | | | | | | | | | | |
| Pork sausage/bun | EACH | 125 | 320 | 30 | 450 | 3.00 | 1.08 | 310.0 | 0 | 0.0 | 12.0 | 28.0 | 18.5 |
| Egg pattie, grilled | EACH | 125 | 80 | 135 | 125 | 0.00 | 0.72 | 20.0 | 200 | 0.0 | 4.0 | 1.0 | 7.0 |
| Cereal assorted, WG toast | BOWL | 125 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, canned | 1 cup | 325 | 136 | 0 | 16 | 2.00 | 0.29 | 16.0 | 500 | 15.6 | 0.8 | 34.4 | 0.0 |
| Fruit juice assorted | .50 CUP | 275 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 250 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 75 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 60 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 15 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 603 | 72 | 674 | 5.27 | 2.94 | 487.8 | 1143 | 29.55 | 19.19 | 102.09 | 13.89 |
| % of Calories | | | | | | | | | | | 12.7% | 67.7% | 20.7% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

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Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

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 9-12 | Total | 325 | | | | | | | | | | | |
| Bagel whole wheat | BAGEL | 185 | 120 | 0 | 170 | 3.00 | 1.08 | 40.0 | 15 | 0.0 | 5.0 | 24.0 | 1.0 |
| Cheese, cream 1 oz | 1 OZ | 185 | 100 | 35 | 105 | 0.00 | 0.00 | 20.0 | 300 | 0.0 | 2.0 | 1.0 | 9.0 |
| Cereal assorted, WG toast | BOWL | 65 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, fresh | EACH | 325 | 73 | 0 | 0 | 2.87 | 0.25 | 18.4 | 112 | 36.68 | 0.82 | 18.17 | 0.39 |
| Fruit juice assorted | .50 CUP | 325 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 250 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 75 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 60 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 15 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 485 | 28 | 543 | 5.90 | 2.01 | 386.5 | 830 | 52.52 | 16.22 | 83.00 | 9.85 |
| % of Calories | | | | | | | | | | | 13.4% | 68.5% | 18.3% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

| | | | | | | | | | | | | | |
|--------------------------------|----------|-----|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|
| Fri - 02/23/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| Eggo mini waffles | 1 EACH | 185 | 200 | 0 | 220 | 4.00 | 2.70 | 100.0 | 500 | 0.0 | 4.0 | 35.0 | 5.0 |
| Cereal assorted, WG toast | BOWL | 65 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, fresh | EACH | 325 | 73 | 0 | 0 | 2.87 | 0.25 | 18.4 | 112 | 36.68 | 0.82 | 18.17 | 0.39 |
| Fruit juice assorted | .50 CUP | 325 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 250 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 75 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 60 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 15 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 473 | 8 | 512 | 6.47 | 2.94 | 409.3 | 935 | 52.52 | 14.52 | 88.69 | 7.01 |
| % of Calories | | | | | | | | | | | 12.3% | 75.0% | 13.3% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

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Natrona County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

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 - 02/26/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| French toast WG, 2 slices | SLICE | 150 | 400 | 100 | 820 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 6.0 | 50.0 | 7.0 |
| Syrup, breakfast | 1 OZ | 150 | 120 | 0 | 45 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 31.0 | 0.0 |
| Cereal assorted, WG toast | BOWL | 135 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, fresh | EACH | 325 | 73 | 0 | 0 | 2.87 | 0.25 | 18.4 | 112 | 36.68 | 0.82 | 18.17 | 0.39 |
| Fruit juice assorted | .50 CUP | 325 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 250 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 75 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 20 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 20 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 616 | 54 | 767 | 5.83 | 2.24 | 361.4 | 686 | 52.85 | 15.56 | 113.44 | 5.94 |
| % of Calories | | | | | | | | | | | 10.1% | 73.7% | 8.7% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

| | | | | | | | | | | | | | |
|--------------------------------|----------|-----|---------|-----|-----|------|------|-------|------|-------|-------|--------|-------|
| Tue - 02/27/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | Total | 325 | | | | | | | | | | | |
| Hot ham & cheese/bun | EACH | 125 | 291 | 54 | 728 | 3.00 | 0.36 | 310.0 | 0 | 0.0 | 18.97 | 29.0 | 12.49 |
| Egg pattie, grilled | EACH | 125 | 80 | 135 | 125 | 0.00 | 0.72 | 20.0 | 200 | 0.0 | 4.0 | 1.0 | 7.0 |
| Cereal assorted, WG toast | BOWL | 125 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, canned | 1 cup | 325 | 136 | 0 | 16 | 2.00 | 0.29 | 16.0 | 500 | 15.6 | 0.8 | 34.4 | 0.0 |
| Fruit juice assorted | .50 CUP | 325 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 250 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 75 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 60 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 15 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 602 | 81 | 784 | 5.27 | 2.67 | 487.8 | 1143 | 31.70 | 21.98 | 104.73 | 11.58 |
| % of Calories | | | | | | | | | | | 14.6% | 69.6% | 17.3% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

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Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

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 - 02/28/2018 | | | | | | | | | | | | | |
| BREAKFAST 9-12 | | | | | | | | | | | | | |
| | Total | 325 | | | | | | | | | | | |
| Cinnamon rolls/frosted sec | 1 EACH | 185 | 251 | 1 | 200 | 2.43 | 1.36 | 139.0 | 139 | 0.2 | 4.7 | 43.73 | 6.69 |
| Cereal assorted, WG toast | BOWL | 65 | 196 | 0 | 289 | 4.30 | 4.41 | 59.0 | 155 | 1.44 | 5.0 | 44.4 | 1.67 |
| Fruit, canned | 1 cup | 325 | 136 | 0 | 16 | 2.00 | 0.29 | 16.0 | 500 | 15.6 | 0.8 | 34.4 | 0.0 |
| Fruit juice assorted | .50 CUP | 325 | 63 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 14.0 | 0.67 | 14.67 | 0.0 |
| Milk, chocolate fat free | 1 CUP | 250 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 8.0 | 20.0 | 0.0 |
| Milk, white 1% | 1 CUP | 75 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 8.0 | 13.0 | 2.5 |
| Alternate biscuits & gravy mid | SERVINGS | 60 | 260 | 10 | 700 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 6.0 | 28.0 | 15.0 |
| Alternate yogurt & toastjel 8 | EACH | 15 | 390 | 10 | 340 | 2.00 | 1.44 | 240.0 | 148 | 1.5 | 14.0 | 75.75 | 2.0 |
| Weighted Daily Average | | | 565 | 9 | 516 | 4.70 | 2.21 | 429.1 | 1117 | 31.55 | 14.90 | 109.89 | 7.58 |
| % of Calories | | | | | | | | | | | 10.5% | 77.7% | 12.1% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | |

| | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|
| Weighted Average | | | 527 | 34 | 590 | 5.90 | 2.83 | 451.7 | 1004 | 43.81 | 16.75 | 94.60 | 9.25 |
| | | | | | | | | | | | 12.7% | 71.8% | 15.8% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---------------------------------------|
| Calories | 527 | | 450 - 600 | 100% | | | | |
| Cholesterol (mg) | 34 | | | | | | | |
| Sodium 1 (mg) | 590 | | 640 | | | | | |
| Sodium 2 (mg) | 590 | | 570 | | | | 20 | Correction Required - Sodium too High |
| Fiber (g) | 5.90 | | | | | | | |
| Iron (mg) | 2.83 | | | | | | | |
| Calcium (mg) | 451.7 | | | | | | | |
| Vitamin A (IU) | 1004 | | | | | | | |
| Vitamin C (mg) | 43.81 | | | | | | | |
| Protein (g) | 16.75 | 12.71% | | | | | | |
| Carbohydrate (g) | 94.60 | 71.80% | | | | | | |
| Total Fat (g) | 9.25 | 15.80% | | | | | | |

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