

Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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Generated on: 2/15/2018 9:28:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/01/2018															
BREAKFAST K-5	Total	100													
Muffin squares, fruited	3 OZ	25	275	0	351	1.28	0.83	3.3	0	0.0	*9	3.33	57.27	4.44	0.89
Cereal assorted, WG toast	BOWL	75	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			463	7	483	6.42	3.77	363.5	729	51.92	*54	14.00	96.89	3.50	0.68
% of Calories											*46.4%	12.1%	83.7%	6.8%	1.3%
Nutrient Guideline			350-500		540										<10.00

Fri - 03/02/2018															
BREAKFAST K-5	Total	100													
Pancake, WG blue&saus on stick	1 EACH	30	220	25	450	1.00	0.00	0.0	0	0.0	10	8.0	25.0	11.0	3.00
Syrup, breakfast	1 OZ	30	120	0	45	0.00	0.00	0.0	0	0.0	16	0.0	31.0	0.0	0.00
Cereal assorted, WG toast	BOWL	70	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			487	14	530	6.19	3.34	359.7	721	51.85	59	15.32	97.15	5.61	1.36
% of Calories											48.3%	12.6%	79.9%	10.4%	2.5%
Nutrient Guideline			350-500		540										<10.00

Mon - 03/05/2018															
BREAKFAST K-5	Total	100													
Biscuit, whole grain	1 EACH	25	180	0	330	2.00	1.44	80.0	1000	0.0	3	4.0	26.0	7.0	2.00
Gravy, sausage - Signature	1 OZ	25	35	4	115	0.00	0.00	0.0	0	0.0	0	0.89	1.77	2.66	0.66
Cereal assorted, WG toast	BOWL	75	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00

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

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

Page 2

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			448	8	507	6.60	3.92	382.7	979	51.92	52	14.39	89.51	4.81	1.13
% of Calories											46.7%	12.8%	79.9%	9.7%	2.3%
Nutrient Guideline			350-500		540										<10.00

Tue - 03/06/2018															
BREAKFAST K-5	Total	100													
Breakfast pizza	3.3 oz	25	210	15	470	2.00	1.80	150.0	0	0.0	6	10.0	26.0	7.0	2.00
Cereal assorted, WG toast	BOWL	75	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			447	10	513	6.60	4.01	400.2	729	51.92	53	15.67	89.07	4.14	0.96
% of Calories											47.6%	14.0%	79.7%	8.3%	1.9%
Nutrient Guideline			350-500		540										<10.00

Wed - 03/07/2018															
BREAKFAST K-5	Total	100													
Eggo mini french toast	POUCH	60	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	6.0	1.50
Cereal assorted, WG toast	BOWL	40	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			515	7	466	6.12	3.67	399.6	1362	30.34	68	14.40	104.26	5.02	1.35
% of Calories											53.2%	11.2%	81.0%	8.8%	2.4%
Nutrient Guideline			350-500		540										<10.00

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Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

Page 3

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/08/2018															
BREAKFAST K-5	Total	100													
Pancake, WG blue&saus on stick	1 EACH	25	220	25	450	1.00	0.00	0.0	0	0.0	10	8.0	25.0	11.0	3.00
Syrup, breakfast	1 OZ	25	120	0	45	0.00	0.00	0.0	0	0.0	16	0.0	31.0	0.0	0.00
Cereal assorted, WG toast	BOWL	75	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			479	13	519	6.35	3.56	362.7	729	51.92	58	15.17	96.57	5.14	1.21
% of Calories											48.5%	12.7%	80.6%	9.7%	2.3%
Nutrient Guideline			350-500		540										<10.00

Fri - 03/09/2018															
BREAKFAST K-5	Total	100													
Sausage, egg & cheese sliders	2 SLIDERS	60	150	35	280	2.00	1.80	100.0	100	0.0	8	8.0	21.0	4.5	1.50
Cereal assorted, WG toast	BOWL	40	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			416	28	463	5.80	3.09	402.0	734	51.42	52	16.22	79.63	4.51	1.36
% of Calories											50.1%	15.6%	76.6%	9.8%	3.0%
Nutrient Guideline			350-500		540										<10.00

Mon - 03/12/2018															
BREAKFAST K-5	Total	100													
SAUSAGE,EGG, ON A BUN	1 EACH	20	400	165	575	3.00	1.80	330.0	200	0.0	3	16.0	29.0	25.5	7.50
Cereal assorted, WG toast	BOWL	80	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			484	40	525	6.91	4.14	431.6	776	51.99	53	16.62	90.59	7.58	1.96
% of Calories											43.7%	13.7%	74.8%	14.1%	3.6%
Nutrient Guideline			350-500		540										<10.00

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Base Menu Spreadsheet

BREAKFAST 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/13/2018															
BREAKFAST K-5	Total	100													
Eggo mini waffles	1 EACH	60	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50
Cereal assorted, WG toast	BOWL	40	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			446	7	427	6.99	3.63	402.0	974	51.42	53	13.82	88.03	4.81	1.36
% of Calories											47.8%	12.4%	79.0%	9.7%	2.8%
Nutrient Guideline			350-500		540										<10.00

Wed - 03/14/2018															
BREAKFAST K-5	Total	100													
Donut long john WG	1 EACH	40	250	0	360	3.00	1.44	20.0	0	0.0	4	5.0	28.0	13.0	6.00
Cereal assorted, WG toast	BOWL	60	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			528	7	512	5.78	3.51	359.4	1093	30.62	67	14.40	103.34	6.95	2.85
% of Calories											50.9%	10.9%	78.2%	11.8%	4.9%
Nutrient Guideline			350-500		540										<10.00

Thu - 03/15/2018															
BREAKFAST K-5	Total	100													
Omelet, colby cheese wrap	1 EACH	25	206	195	453	0.50	17.46	640.0	*0	0.0	0	10.5	16.3	10.4	3.50
Cereal assorted, WG toast	BOWL	75	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00

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Base Menu Spreadsheet

BREAKFAST 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			446	55	509	6.22	7.92	522.7	*729	51.92	52	15.79	86.65	4.99	1.34
% of Calories											46.4%	14.2%	77.7%	10.1%	2.7%
Nutrient Guideline			350-500		540										<10.00

Fri - 03/16/2018															
BREAKFAST K-5	Total	100													
Breakfast burrito	3.75 OZ	25	236	43	332	4.29	1.93	107.1	536	16.07	2	10.71	26.79	9.64	4.29
Cereal assorted, WG toast	BOWL	75	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			453	17	479	7.17	4.04	389.5	863	55.94	52	15.85	89.27	4.80	1.53
% of Calories											46.0%	14.0%	78.8%	9.5%	3.0%
Nutrient Guideline			350-500		540										<10.00

Mon - 03/19/2018															
BREAKFAST K-5	Total	100													
Hot cereal	3/4 CUP	60	150	0	7	4.00	1.80	7.1	5	0.0	*1	5.0	27.0	3.0	0.00
Cereal assorted, WG toast	BOWL	40	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			479	7	314	6.12	3.13	343.9	1065	30.34	*64	14.40	99.46	3.22	0.45
% of Calories											*53.2%	12.0%	83.1%	6.0%	0.8%
Nutrient Guideline			350-500		540										<10.00

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BREAKFAST 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/20/2018															
BREAKFAST K-5	Total	100													
EGGO MINIS PANCAKES	1 EACH	40	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00
Cereal assorted, WG toast	BOWL	60	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			449	11	480	7.05	3.98	377.8	905	51.71	54	14.02	89.91	4.54	0.86
% of Calories											48.3%	12.5%	80.1%	9.1%	1.7%
Nutrient Guideline			350-500		540										<10.00

Wed - 03/21/2018															
BREAKFAST K-5	Total	100													
SAUSAGE,EGG/MUFFIN	1 EACH	20	380	165	585	1.00	2.88	100.0	200	0.0	*1	13.0	27.0	25.0	7.50
Cereal assorted, WG toast	BOWL	80	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			544	40	543	5.64	4.39	383.2	1164	30.91	*68	16.00	106.42	7.09	1.95
% of Calories											*50.3%	11.8%	78.3%	11.7%	3.2%
Nutrient Guideline			350-500		540										<10.00

Thu - 03/22/2018															
BREAKFAST K-5	Total	100													
Donut long john WG	1 EACH	50	250	0	360	3.00	1.44	20.0	0	0.0	4	5.0	28.0	13.0	6.00
Cereal assorted, WG toast	BOWL	50	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			470	7	503	6.52	3.18	357.9	690	51.56	51	14.42	85.47	8.47	3.46
% of Calories											43.0%	12.3%	72.7%	16.2%	6.6%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

BREAKFAST 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/23/2018															
BREAKFAST K-5	Total	100													
Muffin squares, fruited	3 OZ	25	275	0	351	1.28	0.83	3.3	0	0.0	*9	3.33	57.27	4.44	0.89
Cereal assorted, WG toast	BOWL	75	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			463	7	483	6.42	3.77	363.5	729	51.92	*54	14.00	96.89	3.50	0.68
% of Calories											*46.4%	12.1%	83.7%	6.8%	1.3%
Nutrient Guideline			350-500		540										<10.00

Mon - 03/26/2018															
BREAKFAST 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	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540										<10.00

Tue - 03/27/2018															
BREAKFAST 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	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540										<10.00

Wed - 03/28/2018															
BREAKFAST 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	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

BREAKFAST 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/29/2018															
BREAKFAST 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	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540										<10.00

Fri - 03/30/2018															
BREAKFAST 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	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540										<10.00

Weighted Average			472	16	486	6.41	3.94	388.3	*881	47.04	*57 *108.3	14.97 12.7%	93.48 79.3%	5.22 10.0%	1.44 2.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	472		350 - 500	100%				
Cholesterol (mg)	16							
Sodium 1 (mg)	486		540					
Sodium 2 (mg)	486		485				1	Correction Required - Sodium too High
Fiber (g)	6.41							
Iron (mg)	3.94							
Calcium (mg)	388.3							
Vitamin A (IU)	881				Missing			
Sugars (g)	57	48.12%			Missing			
Vitamin C (mg)	47.04							
Protein (g)	14.97	12.70%						
Carbohydrate (g)	93.48	79.28%						
Total Fat (g)	5.22	9.96%						
Saturated Fat (g)	1.44	2.75%	<10.00%					

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