

Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 1

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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 - 03/01/2018															
BREAKFAST 9-12	Total	325													
Muffin squares, fruited	3 OZ	70	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	180	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	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	50	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	25	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			486	9	546	5.99	3.15	379.3	710	52.09	*53	14.91	96.58	5.45	1.96
% of Calories											*43.6%	12.3%	79.5%	10.1%	3.6%
Nutrient Guideline			450-600		640										<10.00

Fri - 03/02/2018															
BREAKFAST 9-12	Total	325													
Pancake, WG blue&saus on stick	1 EACH	100	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	100	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	155	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	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	50	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			510	16	596	5.66	2.61	370.4	695	51.95	*58	16.05	96.90	7.72	2.67
% of Calories											*45.4%	12.6%	76.0%	13.6%	4.7%
Nutrient Guideline			450-600		640										<10.00

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

Mar 1, 2018 thru Mar 30, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/05/2018															
BREAKFAST 9-12	Total	325													
Biscuit, whole grain	1 EACH	65	180	0	330	2.00	1.44	80.0	1000	0.0	3	4.0	26.0	7.0	2.00
Gravy, sausage - Signature	2 OZ	65	71	9	230	0.00	0.00	0.0	0	0.0	0	1.77	3.54	5.32	1.33
Cereal assorted, WG toast	BOWL	190	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	EACH	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	50	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			477	10	587	6.22	3.37	392.7	912	52.11	*52	15.28	90.36	6.98	2.42
% of Calories											*43.5%	12.8%	75.8%	13.2%	4.6%
Nutrient Guideline			450-600		640										<10.00

Tue - 03/06/2018															
BREAKFAST 9-12	Total	325													
Breakfast pizza sec	6.6 oz	50	420	30	940	4.00	3.60	300.0	0	0.0	12	20.0	52.0	14.0	4.00
Cereal assorted, WG toast	BOWL	160	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	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	95	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			509	15	688	6.31	3.38	425.6	698	51.97	*52	17.56	92.20	8.54	3.46
% of Calories											*41.2%	13.8%	72.5%	15.1%	6.1%
Nutrient Guideline			450-600		640										<10.00

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/07/2018															
BREAKFAST 9-12	Total	325													
Eggo mini french toast	POUCH	140	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	100	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	325	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	325	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	250	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	75	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/8	EACH	45	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			554	9	532	5.57	3.14	417.7	1283	31.73	*70	15.82	110.10	5.76	2.10
% of Calories											*50.7%	11.4%	79.5%	9.4%	3.4%
Nutrient Guideline			450-600		640										<10.00

	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 9-12	Total	325													
Pancake, WG blue&saus on stick	1 EACH	65	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	65	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	185	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	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			494	14	585	5.98	3.03	374.0	707	52.06	*56	15.61	94.65	7.11	2.58
% of Calories											*45.5%	12.7%	76.7%	13.0%	4.7%
Nutrient Guideline			450-600		640										<10.00

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/09/2018															
BREAKFAST 9-12	Total	325													
Sausage, egg & cheese sliders	2 SLIDERS	185	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	65	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	EACH	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/2	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			438	29	539	5.33	2.42	409.1	707	51.53	*51	16.72	79.02	6.85	2.83
% of Calories											*46.4%	15.3%	72.1%	14.1%	5.8%
Nutrient Guideline			450-600		640										<10.00

Mon - 03/12/2018															
BREAKFAST 9-12	Total	325													
SAUSAGE,CHEESE,EGG/BUN	1 EACH	80	475	180	865	3.00	5.04	3200.0	4700	0.0	*3	22.0	31.0	30.0	10.00
Cereal assorted, WG toast	BOWL	160	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	EACH	325	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	275	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/2	EACH	25	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			534	54	682	6.25	3.97	1164.5	1857	51.01	*50	19.42	88.33	12.42	4.58
% of Calories											*37.2%	14.6%	66.2%	20.9%	7.7%
Nutrient Guideline			450-600		640										<10.00

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/13/2018															
BREAKFAST 9-12	Total	325													
Eggo mini waffles	1 EACH	185	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	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	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			465	9	477	6.58	3.09	411.9	944	51.71	*52	14.53	87.95	6.53	2.48
% of Calories											*44.9%	12.5%	75.6%	12.6%	4.8%
Nutrient Guideline			450-600		640										<10.00

Wed - 03/14/2018															
BREAKFAST 9-12	Total	325													
Donut long john WG	1 EACH	185	250	0	360	3.00	1.44	20.0	0	0.0	4	5.0	28.0	13.0	6.00
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	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			557	9	572	5.14	2.41	363.9	1047	30.63	*65	15.08	100.19	10.70	5.02
% of Calories											*46.4%	10.8%	71.9%	17.3%	8.1%
Nutrient Guideline			450-600		640										<10.00

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/15/2018															
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	*0	11.94	22.99	10.94	4.48
Cereal assorted, WG toast	BOWL	120	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	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			487	95	623	5.28	3.06	442.3	856	51.89	*48	18.19	83.75	8.77	3.62
% of Calories											*39.5%	14.9%	68.8%	16.2%	6.7%
Nutrient Guideline			450-600		640										<10.00

Fri - 03/16/2018															
BREAKFAST 9-12	Total	325													
Breakfast burrito	3.50 OZ	140	220	40	310	4.00	1.80	100.0	500	15.0	2	10.0	25.0	9.0	4.00
Cereal assorted, WG toast	BOWL	120	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	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	25	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			477	26	526	6.59	2.90	409.0	896	58.37	*49	17.39	85.43	7.80	3.36
% of Calories											*41.2%	14.6%	71.7%	14.7%	6.3%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/19/2018															
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	*2	10.0	54.0	6.0	0.00
Cereal assorted, WG toast	BOWL	65	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	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	50	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			588	8	381	8.06	3.56	355.0	1044	30.45	*63	17.97	114.83	7.05	1.72
% of Calories											*43.0%	12.2%	78.1%	10.8%	2.6%
Nutrient Guideline			450-600		640										<10.00

Tue - 03/20/2018															
BREAKFAST 9-12	Total	325													
EGGO MINIS PANCAKES	1 EACH	155	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	100	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	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	50	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast jel 8	1 EACH	20	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			535	13	560	5.72	3.19	399.5	1297	30.63	*69	14.57	104.95	6.68	2.28
% of Calories											*51.6%	10.9%	78.4%	11.2%	3.8%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 8

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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)
Wed - 03/21/2018															
BREAKFAST 9-12	Total	325													
SAUSAGE,EGG/MUFFIN	1 EACH	100	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	135	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	325	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	275	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast jel 8	1 EACH	30	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			588	60	648	4.74	3.34	423.7	1142	29.75	*65	17.73	103.34	12.28	4.41
% of Calories											*44.3%	12.1%	70.3%	18.8%	6.8%
Nutrient Guideline			450-600		640										<10.00

	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 - 03/22/2018															
BREAKFAST 9-12	Total	325													
Donut long john WG	1 EACH	155	250	0	360	3.00	1.44	20.0	0	0.0	4	5.0	28.0	13.0	6.00
Cereal assorted, WG toast	BOWL	100	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	325	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	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	55	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast jel 8	1 EACH	15	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			489	9	570	6.11	2.54	376.9	668	51.69	*50	14.95	84.68	10.56	4.76
% of Calories											*40.6%	12.2%	69.3%	19.4%	8.8%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/23/2018															
BREAKFAST 9-12	Total	325													
Muffin squares, fruited	3 OZ	70	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	185	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	EACH	325	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	325	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	50	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast jel 8	1 EACH	20	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			487	9	544	6.09	3.19	389.5	711	53.16	*54	14.76	97.11	5.60	2.00
% of Calories											*44.5%	12.1%	79.7%	10.3%	3.7%
Nutrient Guideline			450-600		640										<10.00

Mon - 03/26/2018															
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	0.0	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			450-600		640										<10.00

Tue - 03/27/2018															
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	0.0	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			450-600		640										<10.00

Wed - 03/28/2018															
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	0.0	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			450-600		640										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 10

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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 - 03/29/2018															
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	0.0	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			450-600		640										<10.00

Fri - 03/30/2018															
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	0.0	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			450-600		640										<10.00

Weighted Average			510	23	568	5.98	3.08	441.5	951	46.04	*56 *99.3%	16.27 12.8%	94.73 74.3%	8.05 14.2%	3.07 5.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	510		450 - 600	100%				
Cholesterol (mg)	23							
Sodium 1 (mg)	568		640					
Sodium 2 (mg)	568		570					
Fiber (g)	5.98							
Iron (mg)	3.08							
Calcium (mg)	441.5							
Vitamin A (IU)	951							
Sugars (g)	56	44.14%			Missing			
Vitamin C (mg)	46.04							
Protein (g)	16.27	12.75%						
Carbohydrate (g)	94.73	74.25%						
Total Fat (g)	8.05	14.19%						
Saturated Fat (g)	3.07	5.42%	<10.00%					

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