

Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/01/2018															
Lunch 9-12	Total	2500													
Country fried steak	EACH	950	330	50	530	3.00	1.80	20.0	0	0.0	0	17.0	16.0	21.0	6.00
Hot pocket - pepperoni	1 EACH	750	300	15	550	4.00	2.70	250.0	400	0.0	9	15.0	33.0	11.0	4.00
Potato pearls low sodium	1/2 CUP	950	160	0	220	2.00	0.72	40.0	0	60.0	2	4.0	34.0	2.0	0.00
Gravy, chicken,from dehydr &WA	.25 cup	950	16	0	262	0.00	0.00	1.8	0	0.0	*1	0.0	3.25	1.08	0.00
Corn: canned yellow cup	1 CUP	1800	120	0	280	4.00	0.72	0.0	0	7.2	14	4.0	18.0	3.0	0.00
Carrots, raw, coin	1 CUP	1800	47	0	61	2.66	0.00	26.6	3988	1.6	5	1.33	7.98	0.0	0.00
Fruit, canned	1 CUP	2500	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Dinner roll 100 % wheat	1 EACH	950	70	0	90	1.00	0.00	20.0	0	0.0	1	3.0	12.0	0.5	0.00
Milk, chocolate fat free	1 CUP	1100	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	400	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar Salad sec	1 EACH	300	392	38	470	9.69	13.18	409.4	632	77.29	*4	21.22	28.12	20.89	5.84
Weighted Daily Average			751	38	1135	12.13	4.62	443.3	3964	54.92	*58	30.41	108.65	20.38	5.49
% of Calories											*31.1%	16.2%	57.8%	24.4%	6.6%
Nutrient Guideline			750-850		1420										<10.00

Fri - 03/02/2018															
Lunch 9-12	Total	2500													
Bread stick mozzarella	2 STIXS	1000	320	20	780	2.00	1.44	200.0	0	0.0	2	14.0	32.0	14.0	4.00
Burrito beef/bean gre chile WG	1 EACH	500	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Spaghetti sauce low sodium	1/4 CUP	700	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Carrots, raw, coin	1 CUP	1800	47	0	61	2.66	0.00	26.6	3988	1.6	5	1.33	7.98	0.0	0.00
Cauliflower,raw: fresh cup	1 CUP	1800	25	0	30	2.00	7.56	220.0	0	289.2	2	1.92	4.97	0.28	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	2000	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar Salad sec	1 EACH	600	392	38	470	9.69	13.18	409.4	632	77.29	*4	21.22	28.12	20.89	5.84
Weighted Daily Average			700	33	886	12.08	13.09	796.7	4464	275.64	*60	29.52	103.64	17.53	5.83
% of Calories											*34.0%	16.9%	59.2%	22.5%	7.5%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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															
Lunch 9-12	Total	2500													
Chicken Mandarin orange- Asian	3.92 OZ	1200	273	72	527	0.00	0.00	0.0	0	0.0	27	18.82	32.93	6.27	3.14
Bread stick mozzarella	2 STIXS	400	320	20	780	2.00	1.44	200.0	0	0.0	2	14.0	32.0	14.0	4.00
Spaghetti sauce low sodium	1/4 CUP	400	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Rice, brown	1 CUP	400	160	0	0	1.00	0.00	0.0	0	0.0	0	4.0	35.0	1.5	0.00
Peas, frozen, green	1 CUP	1800	124	0	116	8.00	0.00	0.0	0	0.0	8	8.0	22.0	0.0	0.00
Fruit, canned	1 CUP	2000	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	200	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			735	56	896	12.31	4.03	519.3	1556	67.25	*73	35.49	119.63	12.42	4.64
% of Calories											*39.5%	19.3%	65.1%	15.2%	5.7%
Nutrient Guideline			750-850		1420										<10.00

Tue - 03/06/2018															
Lunch 9-12	Total	2500													
Chili White	1 CUP	600	256	54	395	6.22	2.75	136.9	154	5.8	*0	20.99	28.53	6.33	2.31
Hot pocket - pepperoni	1 EACH	400	300	15	550	4.00	2.70	250.0	400	0.0	9	15.0	33.0	11.0	4.00
Tortilla, whole wheat	2 EACH	600	192	0	486	1.00	33.48	1120.0	0	0.0	1	5.0	30.6	4.8	1.00
Carrot and celery sticks	1 CUP	2000	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, canned	1 CUP	2000	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Chocolate chip cookies	1 EACH	2500	133	13	39	0.85	2.60	213.0	118	0.0	*5	1.58	16.66	6.86	1.98
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	1200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	300	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			836	54	980	12.01	16.52	1298.0	4364	85.71	*63	34.34	126.53	21.58	7.14
% of Calories											*30.3%	16.4%	60.6%	23.3%	7.7%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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															
Lunch 9-12	Total	2500													
Chicken & gravy	SERVINGS	700	253	57	532	8.00	27.00	460.0	7784	34.8	6	20.02	29.16	6.11	2.92
Hot dog & bun	1 EACH	1000	290	30	540	3.00	2.52	20.0	0	0.0	3	13.0	29.0	13.0	5.00
Cranberry sauce: canned,swtnd	1/3 CUP	800	139	0	26	0.66	0.24	0.0	0	1.98	35	0.0	35.64	0.0	0.00
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Carrots, baby cup	1 CUP	2000	48	0	61	2.72	0.00	27.2	6807	1.63	4	1.36	8.17	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Biscuit whole grain 2	1 EACH	600	360	0	660	4.00	2.88	160.0	2000	0.0	6	8.0	52.0	14.0	4.00
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	300	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			783	53	1059	13.64	12.28	660.9	13209	99.01	*52	31.31	106.15	25.32	7.50
% of Calories											*26.8%	16.0%	54.3%	29.1%	8.6%
Nutrient Guideline			750-850		1420										<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															
Lunch 9-12	Total	2500													
Nachos with ground beef sec	SERVINGS	800	291	59	253	0.31	0.13	476.1	1038	2.4	*19	26.5	19.47	11.9	3.94
Burrito beef/bean gre chile WG	1 EACH	700	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Cheese sauce 1/4 cup	1/4 CUP	800	60	0	470	0.00	0.00	40.0	0	0.0	2	2.0	6.0	3.5	2.00
REFRIED BEANS	3/4 cup	800	180	0	810	9.00	2.70	30.0	0	0.0	1	9.0	27.0	3.75	1.50
Tomatoes, diced sec	2 OZ	2500	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Fruit, canned	1 cup	2000	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Bar potato high	SERVINGS	400	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Alternate, Pizza Hut Pizza	SLICES	600	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			756	46	1084	11.81	4.51	693.2	2123	95.98	*65	35.44	112.62	18.26	7.02
% of Calories											*34.2%	18.7%	59.6%	21.7%	8.4%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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															
Lunch 9-12	Total	2500													
Tomato Soup	1 cup	900	80	0	414	1.00	0.36	3.6	400	6.0	*10	1.0	16.0	1.0	0.50
Sandwich, Grilled Cheese - sec	1 EACH	900	310	30	856	4.00	2.00	445.0	447	0.0	*4	20.17	32.05	15.07	7.25
Corn dog - whole grain	1 EACH	800	240	20	590	5.00	2.70	150.0	0	0.0	*N/A*	9.0	33.0	8.0	2.00
Salad, chopped Romaine	2 CUP	2300	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Corn: canned yellow cup	1 CUP	1500	120	0	280	4.00	0.72	0.0	0	7.2	14	4.0	18.0	3.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	300	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			845	41	1301	14.52	5.33	688.1	5588	108.06	*77	31.10	128.83	24.51	7.04
% of Calories											*36.3%	14.7%	61.0%	26.1%	7.5%
Nutrient Guideline			750-850		1420										<10.00

Mon - 03/12/2018															
Lunch 9-12	Total	2500													
Chicken nuggets	SERVING	1300	240	20	470	0.00	2.00	39.0	0	0.0	1	13.0	16.0	14.0	2.50
Pork patties sandwich	1 EACH	200	412	40	574	5.00	2.44	350.4	0	0.0	*3	23.0	39.17	19.2	4.73
POTATO PEARLS LOW SODIUM	2/3 CUP	1300	213	0	293	2.67	0.96	53.3	0	79.99	3	5.33	45.33	2.67	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	1300	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
MIXED VEGETABLES, FROZEN CUP	1 CUP	2000	118	0	64	8.00	27.00	460.0	7784	34.8	6	5.2	23.82	0.28	0.00
Fruit, canned	1 CUP	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Dinner roll 100 % wheat	1 EACH	1095	70	0	90	1.00	0.00	20.0	0	0.0	1	3.0	12.0	0.5	0.00
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	900	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	100	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			844	33	1250	14.31	24.72	919.3	7382	119.09	*61	35.36	138.12	18.65	4.39
% of Calories											*28.9%	16.8%	65.5%	19.9%	4.7%
Nutrient Guideline			750-850		1420										<10.00

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Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/13/2018															
Lunch 9-12	Total	2500													
Macaroni & cheese whole grain	CUP	400	378	40	1314	1.80	1.62	540.0	900	0.0	8	21.6	41.4	14.4	8.10
Chicken patty/whole grain bun	1 EACH	1000	370	20	680	6.00	2.16	350.0	0	0.0	*2	20.0	42.0	14.5	2.00
Broccoli,raw: fresh cup	1 CUP	2000	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Bread stick whole wheat	EACH	400	90	0	120	1.00	0.72	0.0	0	1.2	2	3.0	14.0	2.5	0.00
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	600	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			783	40	1008	12.29	3.36	686.2	3004	103.24	*69	32.29	124.55	18.14	5.76
% of Calories											*35.4%	16.5%	63.6%	20.8%	6.6%
Nutrient Guideline			750-850		1420										<10.00

	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)
Wed - 03/14/2018															
Lunch 9-12	Total	2500													
Dug out sec	SERVING	900	607	39	905	8.08	1.73	115.1	196	7.26	*9	21.83	58.79	31.64	6.32
Hot pocket - pepperoni	1 EACH	500	300	15	550	4.00	2.70	250.0	400	0.0	9	15.0	33.0	11.0	4.00
Salad, chopped Romaine	2 CUP	2000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Carrots, raw, coin	1 CUP	2000	47	0	61	2.66	0.00	26.6	3988	1.6	5	1.33	7.98	0.0	0.00
Fruit, fresh	1 EACH	1540	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	880	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	220	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			855	45	1031	12.36	3.08	588.7	7799	57.51	*66	31.73	116.95	28.19	7.37
% of Calories											*31.1%	14.9%	54.7%	29.7%	7.8%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 6

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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 - 03/15/2018															
Lunch 9-12	Total	2500													
Bread stick mozzarella	2 STIXS	850	320	20	780	2.00	1.44	200.0	0	0.0	2	14.0	32.0	14.0	4.00
Corn dog - whole grain	1 EACH	500	240	20	590	5.00	2.70	150.0	0	0.0	*N/A*	9.0	33.0	8.0	2.00
Spaghetti sauce low sodium	1/4 CUP	850	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Sweet potato chopped wedge	.75 CUP	1500	135	0	60	4.50	1.08	30.0	5252	5.4	*N/A*	1.5	25.51	3.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	800	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	350	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			723	34	924	10.37	6.62	617.1	4664	58.41	*57	26.31	114.93	17.64	5.33
% of Calories											*31.3%	14.6%	63.6%	22.0%	6.6%
Nutrient Guideline			750-850		1420										<10.00

Fri - 03/16/2018															
Lunch 9-12	Total	2500													
BBQ pork (shredded) on WG bun	1 EACH	775	310	44	757	5.00	0.54	680.0	18550	3.0	11	24.0	40.0	7.5	2.10
Cheeseburger/wheat bun 1.60oz	1 EACH	775	298	48	435	3.00	3.06	1745.0	2250	0.0	*2	20.0	28.0	11.75	4.75
Carrot and celery sticks	1 CUP	2000	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	500	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			665	59	944	9.75	4.45	1360.3	13728	65.63	*41	31.56	82.84	23.20	6.92
% of Calories											*24.7%	19.0%	49.8%	31.4%	9.4%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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															
Lunch 9-12	Total	2500													
Meatloaf	SERVING	800	170	30	390	1.00	1.44	60.0	200	9.0	5	12.0	8.0	10.0	5.00
Chicken patty/whole grain bun	1 EACH	950	370	20	680	6.00	2.16	350.0	0	0.0	*2	20.0	42.0	14.5	2.00
Potato pearls low sodium	1/2 CUP	800	160	0	220	2.00	0.72	40.0	0	60.0	2	4.0	34.0	2.0	0.00
Gravy - brown	.50 CUP	800	30	0	600	0.00	0.00	0.0	0	0.0	0	2.0	6.0	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
CARROTS, BABY	1 CUP	2500	84	0	108	4.82	0.00	48.2	12048	2.89	7	2.41	14.46	0.0	0.00
Dinner roll 100 % wheat 2	2 EACH	900	140	0	180	2.00	0.00	40.0	0	0.0	2	6.0	24.0	1.0	0.00
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	600	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	150	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			829	34	1244	14.92	2.76	682.2	13438	79.75	*72	35.43	135.84	15.09	4.49
% of Calories											*34.9%	17.1%	65.5%	16.4%	4.9%
Nutrient Guideline			750-850		1420										<10.00

Tue - 03/20/2018															
Lunch 9-12	Total	2500													
Chicken fajita tortilla sec	SERVING	600	474	114	1494	1.00	33.48	1120.0	0	0.0	1	37.07	34.61	20.82	11.01
Hot dog & bun	1 EACH	1000	290	30	540	3.00	2.52	20.0	0	0.0	3	13.0	29.0	13.0	5.00
Vegetable fajita blend sec	1 CUP	600	33	0	7	0.00	0.00	0.0	20	0.0	4	0.0	6.65	0.0	0.00
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit fresh 2	1 EACH	2500	51	0	0	2.01	0.18	12.9	79	25.68	10	0.57	12.72	0.27	0.01
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Bar nacho mid	SERVING	150	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Alternate, Pizza Hut Pizza	SLICES	750	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			767	66	1130	8.53	10.93	763.8	5326	60.57	*60	34.10	101.90	24.76	8.59
% of Calories											*31.4%	17.8%	53.1%	29.0%	10.1%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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 - 03/21/2018															
Lunch 9-12	Total	2500													
Country fried steak	EACH	950	330	50	530	3.00	1.80	20.0	0	0.0	0	17.0	16.0	21.0	6.00
Joe Cheeser - ham L	1 EACH	400	270	55	420	0.00	3.60	60.0	0	2.4	7	19.0	30.0	8.0	1.50
Potato pearls low sodium	1/2 CUP	950	160	0	220	2.00	0.72	40.0	0	60.0	2	4.0	34.0	2.0	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	950	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
Corn: canned yellow cup	1 CUP	1500	120	0	280	4.00	0.72	0.0	0	7.2	14	4.0	18.0	3.0	0.00
CARROTS, RAW, COIN	1 CUP	1500	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05
Fruit, canned	1 CUP	2500	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Dinner roll 100 % wheat	1 EACH	950	70	0	90	1.00	0.00	20.0	0	0.0	1	3.0	12.0	0.5	0.00
Milk, chocolate fat free	1 CUP	1100	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	400	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	750	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	400	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			759	50	1340	10.92	3.58	458.1	13434	50.89	*58	33.68	111.54	20.31	5.50
% of Calories											*30.8%	17.7%	58.8%	24.1%	6.5%
Nutrient Guideline			750-850		1420										<10.00

Thu - 03/22/2018															
Lunch 9-12	Total	2500													
Chicken roasted drumstick	1 EACH	800	130	45	330	0.00	0.36	0.0	0	0.0	0	13.0	2.0	8.0	2.00
BBQ pork rib on a bun	SERVING	500	304	51	611	3.98	21.96	342.7	136	1.22	*2	20.4	34.86	11.47	3.42
Harvest apple crisp	SERVINGS	2000	208	0	46	5.81	7.55	83.5	3710	23.66	*18	1.87	41.39	4.9	0.58
Cauliflower, raw: fresh cup	1 CUP	2500	25	0	30	2.00	7.56	220.0	0	289.2	2	1.92	4.97	0.28	0.00
Strawberries frozen sec	1/2 CUP	2500	122	0	4	2.40	0.75	14.0	31	52.8	*N/A*	0.98	33.05	0.17	0.01
Fruit, fresh	EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Bread stick whole wheat 2	2 OZ	800	180	0	240	2.00	1.44	0.0	0	2.4	4	6.0	28.0	5.0	0.00
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Bar nacho mid	SERVING	500	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			859	52	1004	15.77	20.74	898.8	4100	403.35	*53	37.14	142.80	19.27	5.12
% of Calories											*24.8%	17.3%	66.5%	20.2%	5.4%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/23/2018															
Lunch 9-12	Total	2500													
Chili con carne & beans	CUP	900	329	49	494	8.11	2.31	73.5	262	9.68	*11	23.1	32.38	11.52	3.76
Hot pocket - pepperoni	1 EACH	550	300	15	550	4.00	2.70	250.0	400	0.0	9	15.0	33.0	11.0	4.00
Green beans: canned,cooked	1 CUP	1500	32	0	280	4.00	0.00	0.0	0	0.0	2	2.0	6.0	0.0	0.00
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit fresh 2	1 EACH	2500	51	0	0	2.01	0.18	12.9	79	25.68	10	0.57	12.72	0.27	0.01
Bread, mini garlic toast WGsec	2 SLICES	900	137	0	186	1.95	1.41	0.0	0	0.0	0	3.91	21.51	4.89	0.98
Milk, chocolate fat free	1 CUP	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Bar nacho mid	SERVING	350	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			723	44	1095	12.89	3.41	588.8	1624	48.53	*66	35.26	111.41	15.57	5.48
% of Calories											*36.6%	19.5%	61.6%	19.4%	6.8%
Nutrient Guideline			750-850		1420										<10.00

Mon - 03/26/2018															
Lunch 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			750-850		1420										<10.00

Tue - 03/27/2018															
Lunch 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			750-850		1420										<10.00

Wed - 03/28/2018															
Lunch 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

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00

Thu - 03/29/2018															
Lunch 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00

Fri - 03/30/2018															
Lunch 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00

Weighted Average			777	46	1077	12.39	8.47	744.9	6457	107.85	*62 *71.7%	32.97 17.0%	116.88 60.2%	20.05 23.2%	6.10 7.1%
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 11

Generated on: 2/14/2018 11:58:50 AM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	777		750 - 850	100%												
Cholesterol (mg)	46															
Sodium 1 (mg)	1077		1420													
Sodium 2 (mg)	1077		1080													
Fiber (g)	12.39															
Iron (mg)	8.47															
Calcium (mg)	744.9															
Vitamin A (IU)	6457															
Sugars (g)	62	31.86%				Missing										
Vitamin C (mg)	107.85															
Protein (g)	32.97	16.97%														
Carbohydrate (g)	116.88	60.15%														
Total Fat (g)	20.05	23.22%														
Saturated Fat (g)	6.10	7.06%	<10.00%													

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