

# Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/01/2018															
Lunch 6-8	Total	2500													
Country fried steak	EACH	850	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	600	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	850	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	850	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
CORN CANNED YELLOW .75 cup	.75 cup	1800	90	0	210	3.00	0.54	0.0	0	5.4	11	3.0	13.5	2.25	0.00
Carrots, raw, coin .75 cup	1/2 CUP	1800	23	0	31	1.33	0.00	13.3	2000	0.8	3	0.67	4.0	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
Dinner roll 100 % wheat	1 EACH	1050	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	800	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	250	392	38	470	9.69	13.18	409.4	632	77.29	*4	21.22	28.12	20.89	5.84
Weighted Daily Average			736	40	1215	9.88	4.18	570.0	2654	46.61	*54	33.10	103.69	20.10	5.71
% of Calories											*29.5%	18.0%	56.4%	24.6%	7.0%
Nutrient Guideline			600-700		1360										<10.00

Fri - 03/02/2018															
Lunch 6-8	Total	2500													
Bread stick mozzarella	2 STIXS	800	320	20	780	2.00	0.00	200.0	0	0.0	2	14.0	32.0	14.0	4.00
Spaghetti sauce low sodium	1/4 CUP	800	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Burrito beef/bean gre chile WG	1 EACH	450	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Carrots, raw, coin .75 cup	1/2 CUP	2000	23	0	31	1.33	0.00	13.3	2000	0.8	3	0.67	4.0	0.0	0.00
Cauliflower,raw: fresh.50cup	1/2 CUP	2000	13	0	15	1.00	3.78	110.0	0	144.6	1	0.96	2.49	0.14	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
Bar Salad sec	1 EACH	550	392	38	470	9.69	13.18	409.4	632	77.29	*4	21.22	28.12	20.89	5.84
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			679	34	858	10.57	10.49	740.4	3271	181.60	*57	29.52	99.75	17.28	5.91
% of Calories											*33.7%	17.4%	58.7%	22.9%	7.8%
Nutrient Guideline			600-700		1360										<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

Lunch 6-8

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)
Mon - 03/05/2018															
Lunch 6-8	Total	2500													
Chicken Mandarin orange- Asian	2.50 oz	1100	174	46	336	0.00	0.00	0.0	0	0.0	17	12.0	21.0	4.0	2.00
Bread stick mozzarella	2 STIXS	750	320	20	780	2.00	0.00	200.0	0	0.0	2	14.0	32.0	14.0	4.00
Spaghetti sauce low sodium	1/4 CUP	750	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Rice, brown	1/4 CUP	1100	41	0	0	0.26	0.18	0.0	0	0.0	0	1.02	8.94	0.38	0.00
Peas, frozen, green -el	3/4 CUP	2000	93	0	87	6.00	0.00	0.0	0	0.0	6	6.0	16.5	0.0	0.00
Fruit, fresh	EACH	2200	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	1500	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	150	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			647	41	824	10.93	4.79	524.5	1507	63.74	*62	30.18	104.09	11.84	4.09
% of Calories											*38.1%	18.7%	64.4%	16.5%	5.7%
Nutrient Guideline			600-700		1360										<10.00

Tue - 03/06/2018															
Lunch 6-8	Total	2500													
Chili white el	3/4 CUP	1575	202	29	308	6.00	2.38	119.3	121	4.83	*0	14.9	27.04	3.89	1.55
Hot pocket - pepperoni	1 EACH	300	300	15	550	4.00	2.70	250.0	400	0.0	9	15.0	33.0	11.0	4.00
Tortilla, whole wheat	1 EACH	1575	96	0	243	0.50	16.74	560.0	0	0.0	0	2.5	15.3	2.4	0.50
Carrot and celery sticks el	3/4 CUP	1800	21	0	59	1.58	1.98	226.8	2302	10.61	2	0.72	3.68	0.1	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	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	2000	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	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	125	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			719	45	835	11.53	17.44	1214.4	3087	66.26	*57	29.65	115.01	15.69	5.16
% of Calories											*31.7%	16.5%	63.9%	19.6%	6.5%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 6-8

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)
Wed - 03/07/2018															
Lunch 6-8	Total	2500													
Chicken & gravy	SERVINGS	1000	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	800	290	30	540	3.00	2.52	20.0	0	0.0	3	13.0	29.0	13.0	5.00
Cranberry sauce:cannedswt.25cu	1/4 CUP	1000	105	0	20	0.50	0.18	0.0	0	1.5	26	0.0	27.0	0.0	0.00
Salad, chopped Romaine	2 CUP	1800	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	1500	48	0	61	2.72	0.00	27.2	6807	1.63	4	1.36	8.17	0.0	0.00
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
Biscuit, whole grain	1 EACH	900	180	0	330	2.00	1.44	80.0	1000	0.0	3	4.0	26.0	7.0	2.00
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 potato high	SERVINGS	100	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			694	53	969	12.14	13.97	671.8	11298	76.58	*49	30.81	95.46	20.47	6.52
% of Calories											*28.3%	17.8%	55.1%	26.6%	8.5%
Nutrient Guideline			600-700		1360										<10.00

Thu - 03/08/2018															
Lunch 6-8	Total	2500													
Nachos with ground beef ele	SERVINGS	775	321	42	174	3.24	0.07	304.8	519	1.5	*10	19.73	29.3	13.92	3.45
Burrito beef/bean gre chile WG	1 EACH	750	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	775	60	0	470	0.00	0.00	40.0	0	0.0	2	2.0	6.0	3.5	2.00
Refried beans	1/2 CUP	775	120	0	540	6.00	1.80	20.0	0	0.0	1	6.0	18.0	2.5	1.00
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	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
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	875	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	100	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			711	39	954	10.51	2.81	617.1	1618	63.39	*59	32.43	106.07	17.30	6.64
% of Calories											*33.1%	18.2%	59.6%	21.9%	8.4%
Nutrient Guideline			600-700		1360										<10.00

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**Natrona County School District**

**Mar 1, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

Lunch 6-8

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 - 03/09/2018															
Lunch 6-8	Total	2500													
Sandwich, Grilled Cheese - sec	1 EACH	1000	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	900	240	20	590	5.00	2.70	150.0	0	0.0	*N/A*	9.0	33.0	8.0	2.00
Tomato Soup	1 cup	1000	80	0	414	1.00	0.36	3.6	400	6.0	*10	1.0	16.0	1.0	0.50
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
Corn: canned, yellow .75 cup	3/4 CUP	1500	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	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	1/2 CUP	1500	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	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	100	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			681	39	1252	11.04	4.00	657.5	4507	65.42	*50	29.12	94.24	22.07	6.76
% of Calories											*29.2%	17.1%	55.4%	29.2%	8.9%
Nutrient Guideline			600-700		1360										<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)
Mon - 03/12/2018															
Lunch 6-8	Total	2500													
Chicken nuggets	SERVING	1200	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	300	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	1/2 CUP	100	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	300	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
MIXED VEGETABLES, FROZEN 3 /4 C	.75 CUP	1800	88	0	48	6.00	20.25	345.0	5838	26.1	4	3.9	17.87	0.21	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	1200	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	850	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	150	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			709	34	888	11.15	17.25	779.8	5353	70.95	*58	31.66	109.16	16.86	4.56
% of Calories											*32.7%	17.9%	61.6%	21.4%	5.8%
Nutrient Guideline			600-700		1360										<10.00

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Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/13/2018															
Lunch 6-8	Total	2500													
Macaroni & cheese whole grain	3/4 CUP	1300	283	30	985	1.35	1.21	404.8	675	0.0	6	16.19	31.03	10.79	6.07
Chicken patty/whole grain bun	1 EACH	400	370	20	680	6.00	2.16	350.0	0	0.0	*2	20.0	42.0	14.5	2.00
Broccoli,raw: fresh .75	.75 CUP	2000	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	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	1 EACH	2000	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	EACH	1335	90	0	120	1.00	0.72	0.0	0	1.2	2	3.0	14.0	2.5	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	650	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	150	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			690	36	1101	9.57	2.96	717.9	2679	80.31	*58	31.85	107.62	15.22	5.84
% of Calories											*33.9%	18.5%	62.4%	19.9%	7.6%
Nutrient Guideline			600-700		1360										<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)
Wed - 03/14/2018															
Lunch 6-8	Total	2500													
Dug Out el	SERVING	650	447	39	745	7.08	1.73	95.1	196	7.26	*9	19.83	42.79	21.64	4.82
Hot pocket - pepperoni	1 EACH	1200	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	2200	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Carrots, raw, coin .75 cup	1/2 CUP	2000	23	0	31	1.33	0.00	13.3	2000	0.8	3	0.67	4.0	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
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
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	150	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			734	40	911	10.84	3.26	573.8	6422	59.73	*59	28.76	100.08	23.54	6.53
% of Calories											*32.4%	15.7%	54.6%	28.9%	8.0%
Nutrient Guideline			600-700		1360										<10.00

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# Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 6

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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															
Lunch 6-8	Total	2500													
Bread stick mozzarella	2 STIXS	725	320	20	780	2.00	0.00	200.0	0	0.0	2	14.0	32.0	14.0	4.00
Corn dog - whole grain	1 EACH	850	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	725	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Sweet pot chopwedg & sauc el	.50 CUP	850	202	0	107	3.00	0.72	20.0	3804	3.6	*N/A*	1.0	32.08	8.11	1.22
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	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	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	125	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			664	31	905	8.44	5.35	599.3	2712	47.86	*52	25.10	103.94	16.63	4.99
% of Calories											*31.1%	15.1%	62.6%	22.5%	6.8%
Nutrient Guideline			600-700		1360										<10.00

Fri - 03/16/2018															
Lunch 6-8	Total	2500													
BBQ pork (shredded) on WG bun	1 EACH	800	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	800	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 el	3/4 CUP	2000	21	0	59	1.58	1.98	226.8	2302	10.61	2	0.72	3.68	0.1	0.00
Salad, chopped Romaine	2 CUP	2200	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Fruit fresh 2	1 EACH	2200	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
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	400	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			606	57	912	8.15	4.23	1369.4	12718	49.18	*35	30.93	72.87	21.25	6.45
% of Calories											*22.8%	20.4%	48.1%	31.5%	9.6%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/19/2018															
Lunch 6-8	Total	2500													
Meatloaf	SERVING	850	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	1000	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	850	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	850	16	0	262	0.00	0.00	1.8	0	0.0	*1	0.0	3.25	1.08	0.00
Fruit, fresh	EACH	1800	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	1500	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Carrots, baby 3/4 cup	3/4 CUP	2000	36	0	46	2.04	0.00	20.4	5105	1.23	3	1.02	6.13	0.0	0.00
Dinner roll 100 % wheat 2	2 EACH	1000	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	500	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			700	34	1069	10.25	2.57	635.4	5228	62.70	*52	32.65	107.94	15.39	4.41
% of Calories											*29.9%	18.6%	61.7%	19.8%	5.7%
Nutrient Guideline			600-700		1360										<10.00

Tue - 03/20/2018															
Lunch 6-8	Total	2500													
Chicken fajita tortillas el	SERVING	800	237	57	747	0.50	16.74	560.0	0	0.0	0	18.54	17.3	10.41	5.50
Hot dog & bun	1 EACH	900	290	30	540	3.00	2.52	20.0	0	0.0	3	13.0	29.0	13.0	5.00
Vegetable fajita blend	.75 CUP	800	25	0	5	0.00	0.00	0.0	15	0.0	3	0.0	5.0	0.0	0.00
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
Fruit, canned	1 cup	1500	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
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	200	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			641	53	952	7.43	7.86	654.7	4341	54.96	*50	29.37	84.53	20.47	7.03
% of Calories											*31.0%	18.3%	52.7%	28.7%	9.9%
Nutrient Guideline			600-700		1360										<10.00

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# Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/21/2018															
Lunch 6-8	Total	2500													
Country fried steak	EACH	800	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	450	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	800	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	800	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
Corn: canned, yellow .75 cup	3/4 CUP	1800	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Carrots, raw, coin .75 cup	.75 CUP	1800	35	0	46	2.00	0.00	20.0	3000	1.2	4	1.0	6.0	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
Dinner roll 100 % wheat	1 EACH	800	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	1000	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	250	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			741	50	1280	9.24	3.26	565.1	3416	40.01	*56	35.76	104.96	19.13	5.44
% of Calories											*30.3%	19.3%	56.6%	23.2%	6.6%
Nutrient Guideline			600-700		1360										<10.00

Thu - 03/22/2018															
Lunch 6-8	Total	2500													
Chicken roasted drumstick	1 EACH	850	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 wheat bun	1 EACH	450	353	51	902	4.24	22.14	352.0	199	1.39	*11	20.63	46.42	11.65	3.43
Harvest apple crisp	SERVINGS	1500	208	0	46	5.81	7.55	83.5	3710	23.66	*18	1.87	41.39	4.9	0.58
Cauliflower, raw: fresh.75cup	.75 CUP	1800	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	0.00
Strawberries frozen el	1/4 CUP	2000	61	0	2	1.20	0.38	7.0	16	26.4	*N/A*	0.49	16.52	0.09	0.01
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
Bread stick whole wheat 2	2 OZ	850	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
Alternate, Pizza Hut Pizza	SLICES	1025	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	175	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			707	48	937	11.20	14.84	740.2	3176	224.55	*45	33.71	108.77	17.44	4.76
% of Calories											*25.4%	19.1%	61.5%	22.2%	6.1%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/23/2018															
Lunch 6-8	Total	2500													
Chili con carne & beans	3/4 CUP	800	305	50	456	7.38	3.76	78.8	238	8.8	*10	24.76	29.44	8.9	3.30
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
Bread, mini garlic toast WGsec	2 SLICES	800	137	0	186	1.95	1.41	0.0	0	0.0	0	3.91	21.51	4.89	0.98
Green beans: canned,cooked	3/4 CUP	2500	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	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	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	1700	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	500	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	1000	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	200	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			715	41	1067	13.63	3.87	563.1	1532	57.67	*67	34.77	113.23	14.29	5.17
% of Calories											*37.3%	19.4%	63.3%	18.0%	6.5%
Nutrient Guideline			600-700		1360										<10.00

Mon - 03/26/2018															
Lunch 6-8	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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			600-700		1360										<10.00

Tue - 03/27/2018															
Lunch 6-8	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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			600-700		1360										<10.00

Wed - 03/28/2018															
Lunch 6-8	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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# Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 6-8

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)
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			600-700		1360										<10.00

Thu - 03/29/2018															
Lunch 6-8	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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			600-700		1360										<10.00

Fri - 03/30/2018															
Lunch 6-8	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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			600-700		1360										<10.00

Weighted Average			693	42	996	10.38	7.24	717.3	4442	77.15	*54 *70.3%	31.14 18.0%	101.85 58.8%	17.94 23.3%	5.65 7.3%
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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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	693		600 - 700	100%												
Cholesterol (mg)	42															
Sodium 1 (mg)	996		1360													
Sodium 2 (mg)	996		1035													
Fiber (g)	10.38															
Iron (mg)	7.24															
Calcium (mg)	717.3															
Vitamin A (IU)	4442															
Sugars (g)	54	31.24%				Missing										
Vitamin C (mg)	77.15															
Protein (g)	31.14	17.98%														
Carbohydrate (g)	101.85	58.81%														
Total Fat (g)	17.94	23.31%														
Saturated Fat (g)	5.65	7.33%	<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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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