

# Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch K-5

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															
Lunch K-5	Total	4000													
Country fried steak	EACH	1150	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	2050	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	1150	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	1150	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	3000	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	.75 CUP	3000	35	0	46	2.00	0.00	20.0	3000	1.2	4	1.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Dinner roll 100 % wheat	1 EACH	1150	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	3000	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	1000	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
Weighted Daily Average			655	34	1173	8.97	3.09	546.1	3239	29.55	*45	30.70	88.98	18.00	5.22
% of Calories											*27.4%	18.7%	54.3%	24.7%	7.2%
Nutrient Guideline			550-650		1230										<10.00

Fri - 03/02/2018															
Lunch K-5	Total	4000													
Bread stick mozzarella	2 STIXS	2000	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	2000	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	1000	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	3000	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	3000	13	0	15	1.00	3.78	110.0	0	144.6	1	0.96	2.49	0.14	0.00
Fruit, fresh	EACH	3500	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	3000	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	2800	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	1200	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
Weighted Daily Average			620	30	908	8.39	9.14	693.3	3030	156.21	46	27.50	88.31	16.29	5.80
% of Calories											29.4%	17.7%	57.0%	23.7%	8.4%
Nutrient Guideline			550-650		1230										<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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# Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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)
Mon - 03/05/2018															
Lunch K-5	Total	4000													
Chicken Mandarin orange- Asian	2.50 oz	3000	174	46	336	0.00	0.00	0.0	0	0.0	17	12.0	21.0	4.0	2.00
Sun butter sandwich	SANDWIC	1000	310	0	310	5.00	5.40	20.0	55	0.0	11	9.0	33.0	15.0	2.00
Rice, brown	1/2 cup	3000	82	0	0	0.51	0.37	0.0	0	0.0	0	2.04	17.87	0.77	0.00
Peas, frozen, green -el	3/4 CUP	3500	93	0	87	6.00	0.00	0.0	0	0.0	6	6.0	16.5	0.0	0.00
Fruit, fresh	EACH	3500	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	3500	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	2800	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	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			591	41	578	10.27	1.97	328.1	831	40.48	62	27.10	100.69	8.41	2.46
% of Calories											41.9%	18.3%	68.1%	12.8%	3.7%
Nutrient Guideline			550-650		1230										<10.00

Tue - 03/06/2018															
Lunch K-5	Total	4000													
Chili white el	3/4 CUP	2700	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	500	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	2700	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	3000	21	0	59	1.58	1.98	226.8	2302	10.61	2	0.72	3.68	0.1	0.00
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	EACH	3500	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	4000	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	2000	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	1500	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
Weighted Daily Average			672	46	802	10.89	18.12	1230.5	2796	50.67	*45	28.57	102.39	16.51	5.50
% of Calories											*26.8%	17.0%	60.9%	22.1%	7.4%
Nutrient Guideline			550-650		1230										<10.00

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\* - 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 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)
Wed - 03/07/2018															
Lunch K-5	Total	4000													
Chicken & gravy ele	SERVINGS	2000	129	21	363	4.00	13.50	230.0	3892	17.4	3	8.08	17.25	2.86	1.36
Hot dog & bun	1 EACH	1500	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	2500	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	3000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Carrots, baby 3/4 cup	.75 CUP	2000	36	0	46	2.04	0.00	20.4	5105	1.23	3	1.02	6.13	0.0	0.00
Fruit, fresh	EACH	3500	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	2000	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	2800	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	1200	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
Weighted Daily Average			639	38	900	9.61	9.47	546.4	8657	56.51	*51	24.13	92.20	18.94	5.81
% of Calories											*31.8%	15.1%	57.7%	26.7%	8.2%
Nutrient Guideline			550-650		1230										<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 K-5	Total	4000													
Nachos with ground beef ele	SERVINGS	1500	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	1500	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	1500	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	1500	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	1500	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	EACH	3500	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	2800	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	1200	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
Weighted Daily Average			661	39	958	9.78	2.17	588.6	1300	44.66	*48	31.65	92.96	17.53	6.84
% of Calories											*29.2%	19.1%	56.2%	23.9%	9.3%
Nutrient Guideline			550-650		1230										<10.00

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# Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

## Base Menu Spreadsheet

Lunch 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 - 03/09/2018															
Lunch K-5	Total	4000													
Sandwich, Grilled Cheese - el	1 EACH	2000	155	15	428	2.00	1.00	222.5	223	0.0	*2	10.09	16.03	7.53	3.63
Pizza, Toni pepperoni	SLICE	1000	290	15	620	4.00	2.70	250.0	400	0.0	14	15.0	33.0	11.0	4.00
Tomato Soup	1 cup	2000	80	0	414	1.00	0.36	3.6	400	6.0	*10	1.0	16.0	1.0	0.50
Corn: canned, yellow .75 cup	3/4 CUP	2000	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	3500	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	3500	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Milk, chocolate fat free	1 CUP	2800	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	1200	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
Weighted Daily Average			642	32	1098	9.67	3.05	603.8	4849	60.89	*57	27.02	90.27	20.01	6.17
% of Calories											*35.3%	16.8%	56.2%	28.1%	8.6%
Nutrient Guideline			550-650		1230										<10.00

Mon - 03/12/2018															
Lunch K-5	Total	4000													
Chicken nuggets	SERVING	3500	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	500	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	500	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	500	16	0	262	0.00	0.00	1.8	0	0.0	*1	0.0	3.25	1.08	0.00
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	2000	88	0	48	6.00	20.25	345.0	5838	26.1	4	3.9	17.87	0.21	0.00
Fruit, fresh	1 EACH	3500	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	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Dinner roll 100 % wheat	1 EACH	3500	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	2800	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	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			604	29	815	7.77	12.56	593.3	3642	58.11	*40	28.24	85.39	16.67	3.24
% of Calories											*26.7%	18.7%	56.5%	24.8%	4.8%
Nutrient Guideline			550-650		1230										<10.00

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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)
Tue - 03/13/2018															
Lunch K-5	Total	4000													
Macaroni & cheese whole grain	3/4 CUP	1700	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	1500	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	2500	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	3500	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	3035	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	3000	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	1200	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
Weighted Daily Average			658	33	1097	9.42	3.00	732.1	2132	68.60	*46	32.76	97.61	15.69	4.86
% of Calories											*28.1%	19.9%	59.4%	21.5%	6.6%
Nutrient Guideline			550-650		1230										<10.00

Wed - 03/14/2018															
Lunch K-5	Total	4000													
Dug Out el	SERVING	800	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	2400	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	3500	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	3500	23	0	31	1.33	0.00	13.3	2000	0.8	3	0.67	4.0	0.0	0.00
Fruit, fresh	EACH	3500	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	3000	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	2800	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	1200	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
Weighted Daily Average			671	36	888	10.35	3.26	589.8	6412	56.36	*50	28.51	87.30	22.13	6.21
% of Calories											*29.5%	17.0%	52.0%	29.7%	8.3%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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 - 03/15/2018															
Lunch K-5	Total	4000													
Bread stick mozzarella	2 STIXS	1500	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	2000	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	1500	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	2500	202	0	107	3.00	0.72	20.0	3804	3.6	*N/A*	1.0	32.08	8.11	1.22
Fruit, fresh	1 EACH	3500	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	3500	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	2800	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	1200	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
Weighted Daily Average			724	28	941	10.01	6.34	585.1	3867	55.07	*56	22.99	118.45	17.83	4.58
% of Calories											*31.0%	12.7%	65.4%	22.2%	5.7%
Nutrient Guideline			550-650		1230										<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)
Fri - 03/16/2018															
Lunch K-5	Total	4000													
BBQ pork (shredded) on WG bun	1 EACH	1300	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	1400	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	3000	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	4000	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	3000	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	2800	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	1200	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	1300	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			596	55	913	8.75	4.25	1450.2	13284	54.80	*33	33.07	70.25	20.51	6.04
% of Calories											*22.1%	22.2%	47.2%	31.0%	9.1%
Nutrient Guideline			550-650		1230										<10.00

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# Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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)
Mon - 03/19/2018															
Lunch K-5	Total	4000													
Meatloaf	Serving	1200	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	2800	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	1200	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	1200	16	0	262	0.00	0.00	1.8	0	0.0	*1	0.0	3.25	1.08	0.00
Fruit, fresh	EACH	3500	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	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Carrots, baby 3/4 cup	3/4 CUP	3000	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	1500	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	2700	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	1300	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			674	30	1010	10.65	2.49	628.0	4675	61.16	*46	30.83	103.10	15.60	3.40
% of Calories											*27.3%	18.3%	61.2%	20.8%	4.5%
Nutrient Guideline			550-650		1230										<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)
Tue - 03/20/2018															
Lunch K-5	Total	4000													
Chicken fajita tortillas el	SERVING	2400	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	500	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	2000	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	3500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Fruit, fresh	EACH	3500	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	3500	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	2800	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	1200	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	1100	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			607	59	952	6.42	11.85	775.9	4457	55.18	*44	29.57	76.57	20.07	7.17
% of Calories											*29.1%	19.5%	50.5%	29.8%	10.6%
Nutrient Guideline			550-650		1230										<10.00

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# Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

## Base Menu Spreadsheet

Lunch 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)
Wed - 03/21/2018															
Lunch K-5	Total	4000													
Country fried steak	EACH	1000	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	2200	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	1000	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	1000	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	2500	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	.75 CUP	3000	35	0	46	2.00	0.00	20.0	3000	1.2	4	1.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Dinner roll 100 % wheat	1 EACH	1400	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	3000	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	1000	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
Weighted Daily Average			623	55	1053	6.42	3.52	449.8	3034	27.94	*43	32.48	85.51	15.57	3.77
% of Calories											*27.4%	20.8%	54.9%	22.5%	5.4%
Nutrient Guideline			550-650		1230										<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															
Lunch K-5	Total	4000													
Chicken roasted drumstick	1 EACH	2500	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	500	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	2500	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	3000	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	0.00
Fruit, fresh	EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Strawberries frozen el	1/4 CUP	3500	61	0	2	1.20	0.38	7.0	16	26.4	*N/A*	0.49	16.52	0.09	0.01
Bread stick whole wheat	1 EACH	2500	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	2800	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	1200	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
Weighted Daily Average			646	49	773	10.35	13.54	633.3	3076	235.14	*44	29.99	100.97	15.75	3.84
% of Calories											*27.1%	18.6%	62.5%	21.9%	5.4%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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															
Lunch K-5	Total	4000													
Chili con carne & beans	3/4 CUP	1400	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	1600	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	1400	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	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	3500	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	2800	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	1200	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
Weighted Daily Average			608	37	914	10.88	3.79	540.9	1150	42.59	*48	32.00	88.79	13.66	4.89
% of Calories											*31.3%	21.1%	58.4%	20.2%	7.2%
Nutrient Guideline			550-650		1230										<10.00

Mon - 03/26/2018															
Lunch 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			550-650		1230										<10.00

Tue - 03/27/2018															
Lunch 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			550-650		1230										<10.00

Wed - 03/28/2018															
Lunch 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

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# Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch 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 % 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			550-650		1230										<10.00

Thu - 03/29/2018															
Lunch 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 % 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			550-650		1230										<10.00

Fri - 03/30/2018															
Lunch 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 % 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			550-650		1230										<10.00

Weighted Average			641	39	928	9.33	6.57	677.4	4143	67.88	*47 *66.3%	29.24 18.3%	92.34 57.6%	17.01 23.9%	5.05 7.1%
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# Natrona County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

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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	641		550 - 650	100%												
Cholesterol (mg)	39															
Sodium 1 (mg)	928		1230													
Sodium 2 (mg)	928		935													
Fiber (g)	9.33															
Iron (mg)	6.57															
Calcium (mg)	677.4															
Vitamin A (IU)	4143															
Sugars (g)	47	29.47%				Missing										
Vitamin C (mg)	67.88															
Protein (g)	29.24	18.26%														
Carbohydrate (g)	92.34	57.65%														
Total Fat (g)	17.01	23.89%														
Saturated Fat (g)	5.05	7.09%	<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.

**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.