

Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 1

Generated on: 3/16/2018 1:53:57 PM

	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 - 04/02/2018															
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 - 04/03/2018															
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

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 2

Generated on: 3/16/2018 1:53:57 PM

	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 - 04/04/2018															
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	190	0	470	2.00	1.08	40.0	0	0.0	2	4.0	24.0	9.0	6.00
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			644	38	970	9.61	9.29	526.4	8157	56.51	*50	24.13	91.20	19.94	7.81
% of Calories											*31.3%	15.0%	56.6%	27.8%	10.9%
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 - 04/05/2018															
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

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 3

Generated on: 3/16/2018 1:53:57 PM

	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 - 04/06/2018															
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

	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 - 04/09/2018															
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
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, 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			606	33	836	5.57	2.72	428.8	2723	53.46	*38	26.94	77.68	20.81	3.99
% of Calories											*25.4%	17.8%	51.3%	30.9%	5.9%
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.

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 4

Generated on: 3/16/2018 1:53:57 PM

	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 - 04/10/2018															
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 - 04/11/2018															
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
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	3000	88	0	48	6.00	20.25	345.0	5838	26.1	4	3.9	17.87	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
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			637	29	820	12.28	17.94	822.8	5540	60.53	*50	29.72	95.05	14.85	4.89
% of Calories											*31.4%	18.7%	59.7%	21.0%	6.9%
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.

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 5

Generated on: 3/16/2018 1:53:57 PM

	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 - 04/12/2018															
Lunch K-5	Total	4000													
Bread stick mozzarella	2 STIXS	1500	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	2000	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50
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	.75 cup	2500	290	0	89	5.72	1.97	103.5	0	0.0	47	1.91	61.18	4.76	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
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			720	38	822	10.84	7.08	595.3	1270	45.99	75	23.20	120.08	15.74	4.07
% of Calories											41.9%	12.9%	66.7%	19.7%	5.1%
Nutrient Guideline			550-650		1230										<10.00

Fri - 04/13/2018															
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

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 6

Generated on: 3/16/2018 1:53:57 PM

	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 - 04/16/2018															
Lunch K-5	Total	4000													
Salisbury steak	1 EACH	1200	158	43	303	1.00	0.36	450.0	2000	0.6	1	14.0	5.0	9.0	3.40
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 - brown	.25 cup	1200	15	0	300	0.00	0.00	0.0	0	0.0	0	1.0	3.0	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
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			670	34	995	10.65	2.16	744.4	5215	58.64	*45	31.73	102.12	14.98	2.92
% of Calories											*26.6%	18.9%	61.0%	20.1%	3.9%
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 - 04/17/2018															
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
CORN CANNED YELLOW .75 cup	.75 cup	3500	90	0	210	3.00	0.54	0.0	0	5.4	11	3.0	13.5	2.25	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
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			605	53	1057	7.65	11.81	761.9	957	45.21	53	31.05	86.24	14.61	5.86
% of Calories											34.9%	20.5%	57.0%	21.7%	8.7%
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.

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 7

Generated on: 3/16/2018 1:53:57 PM

	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 - 04/18/2018															
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
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, 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			625	60	978	5.55	3.54	459.8	5534	35.07	*36	31.42	78.60	19.48	4.70
% of Calories											*23.3%	20.1%	50.3%	28.1%	6.8%
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 - 04/19/2018															
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

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

Apr 1, 2018 thru Apr 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 - 04/20/2018															
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 - 04/23/2018															
Lunch K-5	Total	4000													
Chicken nuggets	SERVING	3600	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	400	412	40	574	5.00	2.44	350.4	0	0.0	*3	23.0	39.17	19.2	4.73
Salad, chopped Romaine	2 CUP	3550	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Sweet pot chopwedg & sauc el	.50 CUP	3450	194	0	59	3.81	1.31	69.0	0	0.0	32	1.27	40.79	3.18	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	CUP	3500	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	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			840	35	868	9.27	4.06	484.5	4544	48.46	*79	27.98	123.25	26.18	4.51
% of Calories											*37.5%	13.3%	58.7%	28.1%	4.8%
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.

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 9

Generated on: 3/16/2018 1:53:57 PM

	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 - 04/24/2018															
Lunch K-5	Total	4000													
Soft shell taco el	1 EACH	2200	200	29	328	1.00	17.69	633.5	169	0.61	*1	11.16	17.81	8.71	2.98
Corn dog - whole grain	1 EACH	1000	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50
Refried beans	1/2 CUP	4000	120	0	540	6.00	1.80	20.0	0	0.0	1	6.0	18.0	2.5	1.00
Green beans: canned,cooked	.75 cup	3500	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	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
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			620	38	1307	14.51	12.79	784.5	1007	40.82	*46	29.58	94.68	13.06	4.79
% of Calories											*29.5%	19.1%	61.1%	19.0%	7.0%
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)
Wed - 04/25/2018															
Lunch K-5	Total	4000													
Potatoes au gratin & ham	1 CUP	800	302	30	927	2.00	2.89	80.0	0	0.0	8	12.33	53.33	5.33	1.67
Cheeseburger/wheat bun 1.60oz	1 EACH	1000	298	48	435	3.00	3.06	1745.0	2250	0.0	*2	20.0	28.0	11.75	4.75
Carrots, baby 3/4 cup	.75 CUP	3500	36	0	46	2.04	0.00	20.4	5105	1.23	3	1.02	6.13	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
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
Bread stick whole wheat	1 EACH	552	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	1648	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			561	37	797	7.90	2.74	943.5	6046	41.72	*47	27.75	87.40	10.95	4.18
% of Calories											*33.3%	19.8%	62.4%	17.6%	6.7%
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.

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 10

Generated on: 3/16/2018 1:53:57 PM

	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 - 04/26/2018															
Lunch K-5	Total	4000													
Country fried steak	EACH	1200	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	1800	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	1200	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	1200	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	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	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
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	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			724	42	1080	9.31	3.40	566.9	4618	73.12	*48	30.32	95.59	24.42	6.63
% of Calories											*26.5%	16.8%	52.8%	30.4%	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)
Fri - 04/27/2018															
Lunch K-5	Total	4000													
Bread stick mozzarella	2 STIXS	2300	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	2300	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	700	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	.75 CUP	3500	35	0	46	2.00	0.00	20.0	3000	1.2	4	1.0	6.0	0.0	0.00
Cauliflower,raw: fresh.75cup	.75 CUP	3500	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
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	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			647	30	964	9.64	12.76	780.5	4235	239.98	50	28.35	93.88	16.44	5.61
% of Calories											30.7%	17.5%	58.0%	22.9%	7.8%
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.

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 11

Generated on: 3/16/2018 1:53:57 PM

	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 - 04/30/2018															
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

Weighted Average			646	40	915	9.67	6.77	682.6	3814	68.47	*51 *70.4%	29.12 18.0%	94.78 58.7%	16.57 23.1%	4.91 6.8%
------------------	--	--	-----	----	-----	------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	646		550 - 650	100%				
Cholesterol (mg)	40							
Sodium 1 (mg)	915		1230					
Sodium 2 (mg)	915		935					
Fiber (g)	9.67							
Iron (mg)	6.77							
Calcium (mg)	682.6							
Vitamin A (IU)	3814							
Sugars (g)	51	31.29%			Missing			
Vitamin C (mg)	68.47							
Protein (g)	29.12	18.03%						
Carbohydrate (g)	94.78	58.70%						
Total Fat (g)	16.57	23.09%						
Saturated Fat (g)	4.91	6.84%	<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.