

Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/02/2018															
BREAKFAST 9-12	Total	325													
Eggo mini french toast	POUCH	150	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	6.0	1.50
Cereal assorted, WG toast	BOWL	135	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	20	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			466	8	478	6.75	3.48	407.5	917	51.96	*53	15.04	89.99	5.84	1.83
% of Calories											*45.1%	12.9%	77.2%	11.3%	3.5%
Nutrient Guideline			450-600		640										<10.00

Tue - 04/03/2018															
BREAKFAST 9-12	Total	325													
Hot ham & cheese/bun	EACH	75	291	54	728	3.00	0.36	310.0	0	0.0	3	18.97	29.0	12.49	6.00
Egg pattie, grilled	EACH	75	70	115	135	0.00	1.08	20.0	0	0.0	1	4.0	1.0	5.0	1.50
Cereal assorted, WG toast	BOWL	150	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/8	EACH	40	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			517	49	676	6.17	2.99	462.2	702	52.12	*51	19.85	90.89	9.11	3.90
% of Calories											*39.7%	15.4%	70.3%	15.9%	6.8%
Nutrient Guideline			450-600		640										<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/04/2018															
BREAKFAST 9-12	Total	325													
Cinnamon roll, 2.25oz frozen	1 EACH	185	190	15	290	3.00	1.80	40.0	100	0.0	*N/A*	5.0	34.0	5.0	2.00
Cereal assorted, WG toast	BOWL	65	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	325	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			524	18	556	5.03	2.46	372.5	1095	30.54	*62	14.99	102.10	6.94	3.22
% of Calories											*47.1%	11.5%	78.0%	11.9%	5.5%
Nutrient Guideline			450-600		640										<10.00

Thu - 04/05/2018															
BREAKFAST 9-12	Total	325													
Muffin squares, fruited	3 OZ	100	275	0	351	1.28	0.83	3.3	0	0.0	*9	3.33	57.27	4.44	0.89
Cereal assorted, WG toast	BOWL	125	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/8	EACH	40	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			503	10	563	5.54	2.58	382.6	690	52.00	*52	15.19	98.17	6.31	2.44
% of Calories											*41.4%	12.1%	78.0%	11.3%	4.4%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/06/2018															
BREAKFAST 9-12	Total	325													
Pancake, WG blue&saus on stick	1 EACH	85	220	25	450	1.00	0.00	0.0	0	0.0	10	8.0	25.0	11.0	3.00
Syrup, breakfast	1 OZ	85	120	0	45	0.00	0.00	0.0	0	0.0	16	0.0	31.0	0.0	0.00
Cereal assorted, WG toast	BOWL	135	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	40	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			514	16	593	5.54	2.46	383.3	695	52.05	*57	16.41	96.56	7.87	2.95
% of Calories											*44.1%	12.8%	75.2%	13.8%	5.2%
Nutrient Guideline			450-600		640										<10.00

Mon - 04/09/2018															
BREAKFAST 9-12	Total	325													
Biscuit, whole grain	1 EACH	130	190	0	470	2.00	1.08	40.0	0	0.0	2	4.0	24.0	9.0	6.00
Gravy, sausage - Signature	2 OZ	130	71	9	230	0.00	0.00	0.0	0	0.0	0	1.77	3.54	5.32	1.33
Cereal assorted, WG toast	BOWL	155	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate yogurt & toastjel 8	EACH	40	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			494	12	635	5.97	2.96	392.1	704	52.14	*51	15.85	90.53	8.12	3.64
% of Calories											*41.2%	12.8%	73.3%	14.8%	6.6%
Nutrient Guideline			450-600		640										<10.00

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Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/10/2018															
BREAKFAST 9-12	Total	325													
Breakfast pizza sec	6.4 OZ.	80	64	5	142	0.61	0.55	45.5	0	0.0	2	3.03	7.88	2.12	0.61
Cereal assorted, WG toast	BOWL	175	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast jel 8	1 EACH	30	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			436	10	478	5.86	3.03	410.2	712	52.18	*51	14.80	85.09	4.99	1.89
% of Calories											*47.2%	13.6%	78.1%	10.3%	3.9%
Nutrient Guideline			450-600		640										<10.00

Wed - 04/11/2018															
BREAKFAST 9-12	Total	325													
Eggo mini french toast	POUCH	185	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	6.0	1.50
Cereal assorted, WG toast	BOWL	65	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	310	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			529	9	538	5.51	2.96	405.9	1299	29.82	*65	14.96	101.09	7.51	2.93
% of Calories											*49.5%	11.3%	76.5%	12.8%	5.0%
Nutrient Guideline			450-600		640										<10.00

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Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/12/2018															
BREAKFAST 9-12	Total	325													
Pancake, WG blue&saus on stick	1 EACH	90	220	25	450	1.00	0.00	0.0	0	0.0	10	8.0	25.0	11.0	3.00
Syrup, breakfast	90	120	0	45	0.00	0.00	0.0	0	0	0.0	16	0.0	31.0	0.0	0.00
Cereal assorted, WG toast	BOWL	175	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			503	16	573	5.84	2.85	372.2	705	52.13	*57	15.93	96.51	7.22	2.45
% of Calories											*45.6%	12.7%	76.7%	12.9%	4.4%
Nutrient Guideline			450-600		640										<10.00

Fri - 04/13/2018															
BREAKFAST 9-12	Total	325													
Sausage, egg & cheese sliders	2 SLIDERS	185	150	35	280	2.00	1.80	100.0	100	0.0	8	8.0	21.0	4.5	1.50
Cereal assorted, WG toast	BOWL	65	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	EACH	310	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			434	29	535	5.20	2.41	408.3	702	49.93	*50	16.68	77.64	7.03	2.95
% of Calories											*45.8%	15.4%	71.5%	14.6%	6.1%
Nutrient Guideline			450-600		640										<10.00

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Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/16/2018															
BREAKFAST 9-12	Total	325													
SAUSAGE,CHEESE,EGG/BUN	1 EACH	80	475	180	865	3.00	5.04	3200.0	4700	0.0	*3	22.0	31.0	30.0	10.00
Cereal assorted, WG toast	BOWL	120	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	100	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	25	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			546	55	732	5.97	3.56	1164.5	1838	51.91	*50	19.59	87.42	14.02	5.56
% of Calories											*36.3%	14.3%	64.0%	23.1%	9.2%
Nutrient Guideline			450-600		640										<10.00

Tue - 04/17/2018															
BREAKFAST 9-12	Total	325													
Eggo mini waffles	1 EACH	185	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50
Cereal assorted, WG toast	BOWL	80	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			465	9	477	6.58	3.09	411.9	944	51.71	*52	14.53	87.95	6.53	2.48
% of Calories											*44.9%	12.5%	75.6%	12.6%	4.8%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/18/2018															
BREAKFAST 9-12	Total	325													
Donut long john WG	1 EACH	185	250	0	360	3.00	1.44	20.0	0	0.0	4	5.0	28.0	13.0	6.00
Cereal assorted, WG toast	BOWL	80	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	325	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			557	9	572	5.14	2.41	363.9	1047	30.63	*65	15.08	100.19	10.70	5.02
% of Calories											*46.4%	10.8%	71.9%	17.3%	8.1%
Nutrient Guideline			450-600		640										<10.00

Thu - 04/19/2018															
BREAKFAST 9-12	Total	325													
Omelet, colby cheese wrap sec	1 EACH	145	249	193	528	1.00	2.15	179.4	397	0.0	*0	11.94	22.99	10.94	4.48
Cereal assorted, WG toast	BOWL	120	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	20	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			487	95	623	5.28	3.06	442.3	856	51.89	*48	18.19	83.75	8.77	3.62
% of Calories											*39.5%	14.9%	68.8%	16.2%	6.7%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/20/2018															
BREAKFAST 9-12	Total	325													
Breakfast burrito	3.50 OZ	160	220	40	310	4.00	1.80	100.0	500	15.0	2	10.0	25.0	9.0	4.00
Cereal assorted, WG toast	BOWL	100	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/8	EACH	25	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			478	29	527	6.57	2.74	411.5	918	59.21	*48	17.70	84.23	8.25	3.61
% of Calories											*40.6%	14.8%	70.5%	15.5%	6.8%
Nutrient Guideline			450-600		640										<10.00

Mon - 04/23/2018															
BREAKFAST 9-12	Total	325													
Hot cereal - 1 2/3 cup	1.66 CUP	195	300	0	12	8.00	3.60	11.9	10	0.0	*2	10.0	54.0	6.0	0.00
Cereal assorted, WG toast	BOWL	65	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	325	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	50	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast 1/8	EACH	15	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			588	9	377	8.06	3.56	355.0	1044	30.54	*63	17.97	114.30	7.25	1.84
% of Calories											*42.7%	12.2%	77.8%	11.1%	2.8%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/24/2018															
BREAKFAST 9-12	Total	325													
EGGO MINIS PANCAKES	1 EACH	155	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00
Cereal assorted, WG toast	BOWL	100	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	55	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast jel 8	1 EACH	15	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			469	14	547	6.58	3.14	395.9	907	51.78	*53	14.48	87.48	7.41	2.49
% of Calories											*44.8%	12.3%	74.6%	14.2%	4.8%
Nutrient Guideline			450-600		640										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/25/2018															
BREAKFAST 9-12	Total	325													
SAUSAGE,EGG/MUFFIN	1 EACH	100	380	165	585	1.00	2.88	100.0	200	0.0	*1	13.0	27.0	25.0	7.50
Cereal assorted, WG toast	BOWL	170	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	325	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	275	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	30	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast jel 8	1 EACH	25	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Milk, chocolate fat free	1 CUP	80	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	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			615	61	659	4.97	3.69	510.0	1310	30.42	*71	19.98	109.61	11.38	3.86
% of Calories											*45.9%	13.0%	71.3%	16.7%	5.6%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/26/2018															
BREAKFAST 9-12	Total	325													
Donut long john WG	1 EACH	155	250	0	360	3.00	1.44	20.0	0	0.0	4	5.0	28.0	13.0	6.00
Cereal assorted, WG toast	BOWL	100	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	55	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast jel 8	1 EACH	15	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			488	9	566	6.11	2.54	376.9	668	51.78	*49	14.95	84.14	10.75	4.88
% of Calories											*40.3%	12.3%	68.9%	19.8%	9.0%
Nutrient Guideline			450-600		640										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/27/2018															
BREAKFAST 9-12	Total	325													
Muffin squares, fruited	3 OZ	185	275	0	351	1.28	0.83	3.3	0	0.0	*9	3.33	57.27	4.44	0.89
Cereal assorted, WG toast	BOWL	75	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	45	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toast jel 8	1 EACH	20	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			509	9	555	5.06	1.98	369.8	659	51.69	*51	14.10	100.25	6.57	2.31
% of Calories											*40.4%	11.1%	78.8%	11.6%	4.1%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/30/2018															
BREAKFAST 9-12	Total	325													
Breakfast pizza sec	6.6 oz	50	420	30	940	4.00	3.60	300.0	0	0.0	12	20.0	52.0	14.0	4.00
Cereal assorted, WG toast	BOWL	175	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	325	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	300	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	50	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Alternate yogurt & toastjel 8	EACH	50	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			517	15	633	6.42	3.57	442.3	719	52.27	*54	18.26	96.85	6.97	2.57
% of Calories											*41.4%	14.1%	74.9%	12.1%	4.5%
Nutrient Guideline			450-600		640										<10.00

Weighted Average			507	23	566	5.91	2.93	440.0	911	47.08	*55	16.41	93.56	8.07	3.16
											*97.4%	13.0%	73.9%	14.3%	5.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	507		450 - 600	100%				
Cholesterol (mg)	23							
Sodium 1 (mg)	566		640					
Sodium 2 (mg)	566		570					
Fiber (g)	5.91							
Iron (mg)	2.93							
Calcium (mg)	440.0							
Vitamin A (IU)	911							
Sugars (g)	55	43.31%			Missing			
Vitamin C (mg)	47.08							
Protein (g)	16.41	12.95%						
Carbohydrate (g)	93.56	73.87%						
Total Fat (g)	8.07	14.35%						
Saturated Fat (g)	3.16	5.62%	<10.00%					

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* - 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.