

Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 1

Generated on: 3/16/2018 11:00:48 AM

	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 6-8	Total	650													
Eggo mini french toast	POUCH	425	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	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	105	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	8	452	6.77	3.06	467.4	996	52.76	*55	15.78	93.68	6.11	1.78
% of Calories											*44.9%	12.9%	76.7%	11.3%	3.3%
Nutrient Guideline			400-550		600										<10.00

Tue - 04/03/2018															
BREAKFAST 6-8	Total	650													
Hot ham & cheese/bun	1 EACH	325	291	54	728	3.00	0.36	310.0	0	0.0	3	18.97	29.0	12.49	6.00
Cereal assorted, WG toast	BOWL	220	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	105	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			507	35	753	6.15	2.10	502.9	665	52.74	50	21.61	84.70	10.34	4.75
% of Calories											39.3%	17.1%	66.9%	18.4%	8.4%
Nutrient Guideline			400-550		600										<10.00

Wed - 04/04/2018															
BREAKFAST 6-8	Total	650													
Cinnamon roll, 2.25oz frozen	1 EACH	425	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	175	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	300	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	450	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 2

Generated on: 3/16/2018 11:00:48 AM

	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			430	17	473	4.27	2.61	384.0	851	18.96	*44	14.45	83.73	4.84	1.92
% of Calories											*41.0%	13.4%	77.9%	10.1%	4.0%
Nutrient Guideline			400-550		600										<10.00

Thu - 04/05/2018															
BREAKFAST 6-8	Total	650													
Muffin squares, fruited	3 OZ	200	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	400	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	650	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	600	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
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
Weighted Daily Average			474	7	518	6.07	3.30	360.3	708	52.06	*53	13.99	96.64	4.68	1.35
% of Calories											*44.8%	11.8%	81.6%	8.9%	2.6%
Nutrient Guideline			400-550		600										<10.00

Fri - 04/06/2018															
BREAKFAST 6-8	Total	650													
Pancake, WG blue&saus on stick	EACH	200	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	200	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	390	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	400	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	60	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			483	15	533	4.93	2.93	388.3	678	39.14	*56	15.83	94.37	5.81	1.58
% of Calories											*46.0%	13.1%	78.2%	10.8%	2.9%
Nutrient Guideline			400-550		600										<10.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 3

Generated on: 3/16/2018 11:00:48 AM

	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															
BREAKFAST 6-8	Total	650													
Biscuit, whole grain	1 EACH	200	180	0	330	2.00	1.44	80.0	1000	0.0	3	4.0	26.0	7.0	2.00
Gravy, sausage - Signature	2 OZ	200	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	390	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	60	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			483	10	554	6.35	3.47	420.0	1029	53.25	*54	15.46	93.22	6.36	1.68
% of Calories											*44.5%	12.8%	77.1%	11.8%	3.1%
Nutrient Guideline			400-550		600										<10.00

Tue - 04/10/2018															
BREAKFAST 6-8	Total	650													
Breakfast pizza	3.3 oz	200	210	15	470	2.00	1.80	150.0	0	0.0	6	10.0	26.0	7.0	2.00
Cereal assorted, WG toast	BOWL	400	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
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
Weighted Daily Average			459	12	555	6.29	3.60	405.4	708	53.14	53	16.09	88.14	5.47	1.70
% of Calories											46.5%	14.0%	76.9%	10.7%	3.3%
Nutrient Guideline			400-550		600										<10.00

Wed - 04/11/2018															
BREAKFAST 6-8	Total	650													
Eggo mini french toast	POUCH	200	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	400	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	650	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	550	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 4

Generated on: 3/16/2018 11:00:48 AM

	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			522	7	474	6.11	3.94	417.7	1262	30.02	*69	14.98	108.42	3.99	1.08
% of Calories											*53.1%	11.5%	83.1%	6.9%	1.9%
Nutrient Guideline			400-550		600										<10.00

Thu - 04/12/2018															
BREAKFAST 6-8	Total	650													
Pancake, WG blue&saus on stick	EACH	200	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	200	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	390	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
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
Weighted Daily Average			499	15	569	5.95	3.00	359.3	705	53.11	59	15.49	97.12	6.90	2.13
% of Calories											47.5%	12.4%	77.8%	12.4%	3.8%
Nutrient Guideline			400-550		600										<10.00

Fri - 04/13/2018															
BREAKFAST 6-8	Total	650													
Sausage, egg & cheese sliders	2 SLIDERS	425	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	140	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			443	31	465	5.50	2.57	455.4	734	52.76	*54	17.49	83.62	5.05	1.72
% of Calories											*48.7%	15.8%	75.4%	10.2%	3.5%
Nutrient Guideline			400-550		600										<10.00

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BREAKFAST 6-8

Portion Values - Detailed

Page 5

Generated on: 3/16/2018 11:00:48 AM

	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															
BREAKFAST 6-8	Total	650													
SAUSAGE,EGG, ON A BUN	1 EACH	150	400	165	575	3.00	1.80	330.0	200	0.0	3	16.0	29.0	25.5	7.50
Cereal assorted, WG toast	BOWL	400	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	100	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			525	46	537	6.67	3.60	500.1	780	53.37	*55	18.26	96.05	8.76	2.51
% of Calories											*41.8%	13.9%	73.2%	15.0%	4.3%
Nutrient Guideline			400-550		600										<10.00

Tue - 04/17/2018															
BREAKFAST 6-8	Total	650													
Eggo mini waffles	1 EACH	425	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	140	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	85	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			460	8	476	6.68	3.11	404.2	973	52.56	53	13.95	86.77	6.70	2.49
% of Calories											46.3%	12.1%	75.5%	13.1%	4.9%
Nutrient Guideline			400-550		600										<10.00

Wed - 04/18/2018															
BREAKFAST 6-8	Total	650													
Donut long john WG	1 EACH	225	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	350	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	450	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	450	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	450	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	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	75	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 6

Generated on: 3/16/2018 11:00:48 AM

	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			491	8	501	5.08	3.24	401.7	950	23.01	*56	14.94	93.92	6.69	2.77
% of Calories											*45.9%	12.2%	76.5%	12.3%	5.1%
Nutrient Guideline			400-550		600										<10.00

Thu - 04/19/2018															
BREAKFAST 6-8	Total	650													
Omelet, colby cheese wrap	1 EACH	425	206	195	453	0.50	17.46	640.0	*0	0.0	0	10.5	16.3	10.4	3.50
Cereal assorted, WG toast	BOWL	140	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	85	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			464	135	628	4.39	12.76	757.3	*646	52.56	47	18.20	74.54	10.23	3.79
% of Calories											40.4%	15.7%	64.3%	19.9%	7.4%
Nutrient Guideline			400-550		600										<10.00

Fri - 04/20/2018															
BREAKFAST 6-8	Total	650													
Breakfast burrito	3.50 OZ	425	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	140	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			489	34	484	6.81	2.57	455.4	995	62.56	*50	18.80	86.24	7.99	3.35
% of Calories											*40.9%	15.4%	70.5%	14.7%	6.2%
Nutrient Guideline			400-550		600										<10.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 7

Generated on: 3/16/2018 11:00:48 AM

	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 - 04/23/2018															
BREAKFAST 6-8	Total	100													
Hot cereal	3/4 CUP	60	150	0	7	4.00	1.80	7.1	5	0.0	*1	5.0	27.0	3.0	0.00
Cereal assorted, WG toast	BOWL	40	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	100	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	100	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	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
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
Alternate yogurt & toast jel 8	1 EACH	40	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			638	10	441	7.32	3.71	523.9	1134	32.22	*73	19.67	131.13	4.77	1.10
% of Calories											*45.9%	12.3%	82.2%	6.7%	1.6%
Nutrient Guideline			400-550		600										<10.00

Tue - 04/24/2018															
BREAKFAST 6-8	Total	650													
EGGO MINIS PANCAKES	1 EACH	425	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	140	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	85	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			466	14	541	6.68	3.11	378.1	973	52.56	54	13.95	86.77	7.36	2.16
% of Calories											46.2%	12.0%	74.4%	14.2%	4.2%
Nutrient Guideline			400-550		600										<10.00

Wed - 04/25/2018															
BREAKFAST 6-8	Total	650													
SAUSAGE, EGG/MUFFIN	1 EACH	125	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	450	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	75	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 8

Generated on: 3/16/2018 11:00:48 AM

	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			570	39	543	5.52	4.06	428.0	1166	32.34	*70	16.93	111.35	7.26	2.13
% of Calories											*49.5%	11.9%	78.2%	11.5%	3.4%
Nutrient Guideline			400-550		600										<10.00

Thu - 04/26/2018															
BREAKFAST 6-8	Total	650													
Donut long john WG	1 EACH	425	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	140	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	85	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			493	8	568	6.02	2.28	351.9	646	52.56	49	14.60	82.19	11.93	5.43
% of Calories											40.0%	11.9%	66.7%	21.8%	9.9%
Nutrient Guideline			400-550		600										<10.00

Fri - 04/27/2018															
BREAKFAST 6-8	Total	650													
Muffin squares, fruited	3 OZ	425	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	140	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			525	8	511	5.03	1.93	392.2	668	52.76	*54	14.44	107.34	5.01	1.32
% of Calories											*41.4%	11.0%	81.7%	8.6%	2.3%
Nutrient Guideline			400-550		600										<10.00

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Natrona County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 9

Generated on: 3/16/2018 11:00:48 AM

	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 6-8	Total	650													
Breakfast pizza	3.3 oz	425	210	15	470	2.00	1.80	150.0	0	0.0	6	10.0	26.0	7.0	2.00
Cereal assorted, WG toast	BOWL	140	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	650	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	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			483	18	589	5.50	2.57	488.1	668	52.76	*53	18.80	86.89	6.68	2.04
% of Calories											*43.7%	15.6%	72.0%	12.5%	3.8%
Nutrient Guideline			400-550		600										<10.00

Weighted Average			495	23	532	5.91	3.50	440.1	*854	46.53	*55	16.37	93.66	6.81	2.32
											*100.7	13.2%	75.7%	12.4%	4.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	495		400 - 550	100%				
Cholesterol (mg)	23							
Sodium 1 (mg)	532		600					
Sodium 2 (mg)	532		535					
Fiber (g)	5.91							
Iron (mg)	3.50							
Calcium (mg)	440.1							
Vitamin A (IU)	854				Missing			
Sugars (g)	55	44.74%			Missing			
Vitamin C (mg)	46.53							
Protein (g)	16.37	13.23%						
Carbohydrate (g)	93.66	75.70%						
Total Fat (g)	6.81	12.38%						
Saturated Fat (g)	2.32	4.22%	<10.00%					

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