

Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 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)
Tue - 05/01/2018															
BREAKFAST K-5	Total	100													
Breakfast burrito	3.75 OZ	50	236	43	332	4.29	1.93	107.1	536	16.07	2	10.71	26.79	9.64	4.29
Cereal assorted, WG toast	BOWL	50	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	100	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	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	CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			470	27	496	7.17	3.42	401.5	958	60.88	52	17.34	87.03	6.54	2.46
% of Calories											43.8%	14.7%	74.0%	12.5%	4.7%
Nutrient Guideline			350-500		540										<10.00

Wed - 05/02/2018															
BREAKFAST K-5	Total	100													
Pork sausage/bun	EACH	60	320	30	450	3.00	1.08	310.0	0	0.0	2	12.0	28.0	18.5	6.00
Egg pattie, grilled	1 EACH	60	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	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
Weighted Daily Average			630	93	668	5.52	3.35	537.6	1062	31.62	67	21.07	102.83	15.27	4.80
% of Calories											42.4%	13.4%	65.3%	21.8%	6.9%
Nutrient Guideline			350-500		540										<10.00

Thu - 05/03/2018															
BREAKFAST K-5	Total	1040													
Bagel wheat 1/2	1/2 BAGEL	60	60	0	85	1.50	0.54	20.0	8	0.0	1	2.5	12.0	0.5	0.00
Cheese, cream 1 oz	1 OZ	60	100	35	105	0.00	0.00	20.0	300	0.0	*N/A*	2.0	1.0	9.0	6.00
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, fresh	1 EACH	100	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	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

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

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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 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			41	3	40	0.53	0.22	35.2	83	5.07	*5 *46.7%	1.36 13.2%	7.40 71.8%	0.70 15.2%	0.38 8.2%
Nutrient Guideline			350-500		540										<10.00

Fri - 05/04/2018															
BREAKFAST K-5	Total	100													
Eggo mini waffles	1 EACH	60	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	40	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	100	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	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
Weighted Daily Average % of Calories			453	6	433	6.99	3.63	402.0	974	52.70	55 48.8%	13.89 12.3%	90.20 79.6%	4.56 9.1%	1.21 2.4%
Nutrient Guideline			350-500		540										<10.00

Mon - 05/07/2018															
BREAKFAST K-5	Total	100													
Eggo mini french toast	POUCH	60	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	40	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	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average % of Calories			452	7	451	6.99	3.63	402.0	974	51.42	53 46.6%	14.42 12.8%	88.03 78.0%	5.41 10.8%	1.36 2.7%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

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Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/08/2018															
BREAKFAST K-5	Total	100													
Hot ham & cheese/bun	1 EACH	40	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	60	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	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			481	28	643	6.65	3.04	477.8	705	51.71	51	20.01	87.51	7.14	2.86
% of Calories											42.4%	16.6%	72.7%	13.3%	5.4%
Nutrient Guideline			350-500		540										<10.00

Wed - 05/09/2018															
BREAKFAST K-5	Total	100													
Cinnamon roll, 2.25oz frozen	1 EACH	50	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	50	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			504	14	484	5.65	3.39	365.5	1127	30.48	*64	14.40	104.70	4.09	1.45
% of Calories											*51.1%	11.4%	83.2%	7.3%	2.6%
Nutrient Guideline			350-500		540										<10.00

Thu - 05/10/2018															
BREAKFAST K-5	Total	100													
Muffin squares, fruited	3 OZ	30	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	70	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	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			467	7	487	6.27	3.59	360.7	721	51.85	*54	13.92	97.53	3.64	0.73
% of Calories											*45.9%	11.9%	83.5%	7.0%	1.4%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

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Base Menu Spreadsheet

BREAKFAST 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)
Fri - 05/11/2018															
BREAKFAST K-5	Total	100													
Pancake, WG blue&saus on stick	1 EACH	20	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	20	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00
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, fresh	1 EACH	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			472	12	500	6.51	3.78	365.6	736	51.99	58	15.02	95.99	4.68	1.06
% of Calories											49.2%	12.7%	81.3%	8.9%	2.0%
Nutrient Guideline			350-500		540										<10.00

Mon - 05/14/2018															
BREAKFAST K-5	Total	100													
Biscuit, whole grain	1 EACH	25	190	0	470	2.00	1.08	40.0	0	0.0	2	4.0	24.0	9.0	6.00
Gravy, sausage - Signature	1 OZ	25	35	4	115	0.00	0.00	0.0	0	0.0	0	0.89	1.77	2.66	0.66
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	1 EACH	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			451	8	542	6.60	3.83	372.7	729	51.92	52	14.39	89.01	5.31	2.13
% of Calories											46.3%	12.8%	79.0%	10.6%	4.3%
Nutrient Guideline			350-500		540										<10.00

Tue - 05/15/2018															
BREAKFAST K-5	Total	100													
Breakfast pizza	3.2 OZ.	25	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	75	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	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00

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Base Menu Spreadsheet

BREAKFAST 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			410	8	431	6.25	3.69	374.0	729	51.92	52	13.93	84.54	2.92	0.61
% of Calories											50.8%	13.6%	82.4%	6.4%	1.3%
Nutrient Guideline			350-500		540										<10.00

Wed - 05/16/2018															
BREAKFAST K-5	Total	100													
Eggo mini french toast	POUCH	60	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	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			515	7	466	6.12	3.67	399.6	1362	30.34	68	14.40	104.26	5.02	1.35
% of Calories											53.2%	11.2%	81.0%	8.8%	2.4%
Nutrient Guideline			350-500		540										<10.00

Thu - 05/17/2018															
BREAKFAST K-5	Total	100													
Pancake, WG blue&saus on stick	1 EACH	20	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	20	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00
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, fresh	1 EACH	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			472	12	500	6.51	3.78	365.6	736	51.99	58	15.02	95.99	4.68	1.06
% of Calories											49.2%	12.7%	81.3%	8.9%	2.0%
Nutrient Guideline			350-500		540										<10.00

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Base Menu Spreadsheet

BREAKFAST 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)
Fri - 05/18/2018															
BREAKFAST K-5	Total	100													
Sausage, egg & cheese sliders	2 SLIDERS	60	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	40	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	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			416	28	463	5.80	3.09	402.0	734	51.42	52	16.22	79.63	4.51	1.36
% of Calories											50.1%	15.6%	76.6%	9.8%	3.0%
Nutrient Guideline			350-500		540										<10.00

Mon - 05/21/2018															
BREAKFAST K-5	Total	100													
SAUSAGE,EGG, ON A BUN	1 EACH	20	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	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	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			484	40	525	6.91	4.14	431.6	776	51.99	53	16.62	90.59	7.58	1.96
% of Calories											43.7%	13.7%	74.8%	14.1%	3.6%
Nutrient Guideline			350-500		540										<10.00

Tue - 05/22/2018															
BREAKFAST K-5	Total	100													
Eggo mini waffles	1 EACH	60	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	40	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	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			446	7	427	6.99	3.63	402.0	974	51.42	53	13.82	88.03	4.81	1.36
% of Calories											47.8%	12.4%	79.0%	9.7%	2.8%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 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 - 05/23/2018															
BREAKFAST K-5	Total	100													
Donut long john WG	1 EACH	40	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	60	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			528	7	512	5.78	3.51	359.4	1093	30.62	67	14.40	103.34	6.95	2.85
% of Calories											50.9%	10.9%	78.2%	11.8%	4.9%
Nutrient Guideline			350-500		540										<10.00

Thu - 05/24/2018															
BREAKFAST K-5	Total	100													
Omelet, colby cheese wrap	1 EACH	25	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	75	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	100	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	90	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	30	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	CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			446	55	509	6.22	7.92	522.7	*729	51.92	52	15.79	86.65	4.99	1.34
% of Calories											46.4%	14.2%	77.7%	10.1%	2.7%
Nutrient Guideline			350-500		540										<10.00

Fri - 05/25/2018															
BREAKFAST K-5	Total	100													
Breakfast burrito	3.75 OZ	25	236	43	332	4.29	1.93	107.1	536	16.07	2	10.71	26.79	9.64	4.29
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	1 EACH	100	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	90	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	30	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	CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			453	17	479	7.17	4.04	389.5	863	55.94	52	15.85	89.27	4.80	1.53
% of Calories											46.0%	14.0%	78.8%	9.5%	3.0%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 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 - 05/28/2018															
BREAKFAST K-5	Total	100													
NO SCHOOL TODAY	SERVING	60	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			350-500		540										<10.00

Tue - 05/29/2018															
BREAKFAST K-5	Total	100													
EGGO MINIS PANCAKES	1 EACH	40	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	60	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	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			449	11	480	7.05	3.98	377.8	905	51.71	54	14.02	89.91	4.54	0.86
% of Calories											48.3%	12.5%	80.1%	9.1%	1.7%
Nutrient Guideline			350-500		540										<10.00

Wed - 05/30/2018															
BREAKFAST K-5	Total	100													
SAUSAGE,EGG/MUFFIN	1 EACH	20	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	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	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			544	40	543	5.64	4.39	383.2	1164	30.91	*68	16.00	106.42	7.09	1.95
% of Calories											*50.3%	11.8%	78.3%	11.7%	3.2%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 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)
Thu - 05/31/2018															
BREAKFAST K-5	Total	100													
Donut long john WG	1 EACH	50	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	50	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	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			470	7	503	6.52	3.18	357.9	690	51.56	51	14.42	85.47	8.47	3.46
% of Calories											43.0%	12.3%	72.7%	16.2%	6.6%
Nutrient Guideline			350-500		540										<10.00

Fri - 06/01/2018															
BREAKFAST K-5	Total	100													
Muffin squares, fruited	3 OZ	30	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	70	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	100	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	90	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	30	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			467	7	487	6.27	3.59	360.7	721	51.85	*54	13.92	97.53	3.64	0.73
% of Calories											*45.9%	11.9%	83.5%	7.0%	1.4%
Nutrient Guideline			350-500		540										<10.00

Mon - 06/04/2018															
BREAKFAST K-5	Total	1													
MANAGER'S SPECIAL	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			350-500		540										<10.00

Tue - 06/05/2018															
BREAKFAST K-5	Total	1													
MANAGER'S SPECIAL	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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 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)
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			350-500		540										<10.00

Wed - 06/06/2018															
BREAKFAST K-5	Total	1													
MANAGER'S SPECIAL	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			350-500		540										<10.00

Thu - 06/07/2018															
BREAKFAST K-5	Total	1													
MANAGER'S SPECIAL	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			350-500		540										<10.00

Weighted Average			458	19	481	6.18	3.67	384.6	*850	45.79	*54 *106.5	14.79 12.9%	89.21 78.0%	5.54 10.9%	1.69 3.3%
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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 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	458		350 - 500	100%												
Cholesterol (mg)	19															
Sodium 1 (mg)	481		540													
Sodium 2 (mg)	481		485													
Fiber (g)	6.18															
Iron (mg)	3.67															
Calcium (mg)	384.6															
Vitamin A (IU)	850				Missing											
Sugars (g)	54	47.32%			Missing											
Vitamin C (mg)	45.79															
Protein (g)	14.79	12.93%														
Carbohydrate (g)	89.21	78.00%														
Total Fat (g)	5.54	10.89%														
Saturated Fat (g)	1.69	3.33%	<10.00%													

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