

Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 1

Generated on: 4/19/2018 3:57:55 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 - 05/01/2018															
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	800	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	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			669	45	793	10.93	18.15	1221.9	2790	50.67	*46	27.89	102.39	16.33	5.40
% of Calories											*27.3%	16.7%	61.2%	22.0%	7.3%
Nutrient Guideline			550-650		1230										<10.00

Wed - 05/02/2018															
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

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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 2

Generated on: 4/19/2018 3:57:55 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 - 05/03/2018															
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	1000	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	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	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			645	39	899	9.42	2.14	581.3	1286	40.07	*46	31.30	89.94	17.04	6.59
% of Calories											*28.7%	19.4%	55.8%	23.8%	9.2%
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 - 05/04/2018															
Lunch K-5	Total	4000													
Sandwich, Grilled Cheese - el	1 EACH	1500	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	1500	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	1500	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	3000	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	3000	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			628	31	1059	9.23	3.12	602.5	4307	53.45	*55	27.24	87.81	19.21	5.97
% of Calories											*35.1%	17.3%	55.9%	27.5%	8.5%
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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 3

Generated on: 4/19/2018 3:57:55 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 - 05/07/2018															
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

	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 - 05/08/2018															
Lunch K-5	Total	4000													
Macaroni & cheese whole grain	3/4 CUP	1500	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	1700	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	1500	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			627	33	1036	9.27	2.77	729.3	2098	68.14	*45	31.80	92.78	14.91	4.66
% of Calories											*28.9%	20.3%	59.1%	21.4%	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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 4

Generated on: 4/19/2018 3:57:55 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)
Wed - 05/09/2018															
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	3000	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			636	29	821	12.05	17.93	821.5	5557	56.92	*50	29.67	94.93	14.80	4.89
% of Calories											*31.5%	18.7%	59.7%	20.9%	6.9%
Nutrient Guideline			550-650		1230										<10.00

Thu - 05/10/2018															
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	2000	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	3000	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			675	38	811	9.76	6.81	580.0	1256	41.41	68	22.86	110.16	15.09	4.06
% of Calories											40.2%	13.6%	65.3%	20.1%	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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 5

Generated on: 4/19/2018 3:57:55 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 - 05/11/2018															
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	1700	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	2000	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	3000	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	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			564	54	859	7.92	3.67	1493.0	11841	47.95	*32	32.26	68.35	18.24	5.62
% of Calories											*23.0%	22.9%	48.4%	29.1%	9.0%
Nutrient Guideline			550-650		1230										<10.00

Mon - 05/14/2018															
Lunch K-5	Total	4000													
Meatloaf	Serving	2500	170	30	390	1.00	1.44	60.0	200	9.0	5	12.0	8.0	10.0	5.00
Chicken patty/whole grain bun	1 EACH	1500	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	1500	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	1500	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	2500	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			657	33	1011	9.67	2.31	546.2	4740	68.58	*47	30.41	100.75	14.21	4.37
% of Calories											*28.8%	18.5%	61.4%	19.5%	6.0%
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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 6

Generated on: 4/19/2018 3:57:55 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)
Tue - 05/15/2018															
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

	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)
Wed - 05/16/2018															
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

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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 7

Generated on: 4/19/2018 3:57:56 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 - 05/17/2018															
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	209	0	46	5.83	7.55	105.0	2	19.85	28	1.88	40.45	5.45	0.58
Cauliflower,raw: fresh.75cup	.75 CUP	2500	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
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			650	49	776	10.00	12.63	627.0	964	189.37	*63	29.74	100.51	15.99	3.84
% of Calories											*38.5%	18.3%	61.8%	22.1%	5.3%
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 - 05/18/2018															
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

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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 8

Generated on: 4/19/2018 3:57:56 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 - 05/21/2018															
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

Tue - 05/22/2018															
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	2200	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	3000	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Fruit, fresh	EACH	3000	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			554	38	1038	11.08	11.95	773.2	993	36.23	*43	26.59	83.75	11.88	4.34
% of Calories											*31.3%	19.2%	60.5%	19.3%	7.1%
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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 9

Generated on: 4/19/2018 3:57:56 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 - 05/23/2018															
Lunch K-5	Total	4000													
Potatoes au gratin & ham	1 CUP	500	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	2500	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	500	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			593	47	782	8.30	3.29	1532.8	6811	41.70	*47	30.39	88.37	12.76	4.97
% of Calories											*31.5%	20.5%	59.6%	19.4%	7.6%
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)
Thu - 05/24/2018															
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
Hot pocket - pepperoni	1 EACH	2000	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	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	3000	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
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	1000	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
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			684	40	1021	8.60	3.31	569.9	4124	63.50	*46	29.45	90.29	22.68	6.42
% of Calories											*26.8%	17.2%	52.8%	29.8%	8.4%
Nutrient Guideline			550-650		1230										<10.00

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

May 1, 2018 thru Jun 8, 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 - 05/25/2018															
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

Mon - 05/28/2018															
Lunch K-5	Total	4000													
NO SCHOOL TODAY	SERVING	3000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

Tue - 05/29/2018															
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

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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 11

Generated on: 4/19/2018 3:57:56 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)
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

Wed - 05/30/2018															
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

Thu - 05/31/2018															
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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 12

Generated on: 4/19/2018 3:57:56 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 - 06/01/2018															
Lunch K-5	Total	4000													
Sandwich, Grilled Cheese - el	1 EACH	2000	155	15	428	2.00	1.00	222.5	223	0.0	*2	10.09	16.03	7.53	3.63
Pizza, Toni pepperoni	SLICE	1000	290	15	620	4.00	2.70	250.0	400	0.0	14	15.0	33.0	11.0	4.00
Tomato Soup	1 cup	2000	80	0	414	1.00	0.36	3.6	400	6.0	*10	1.0	16.0	1.0	0.50
Corn: canned, yellow .75 cup	3/4 CUP	2000	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, fresh	1 EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			642	32	1098	9.67	3.05	603.8	4849	60.89	*57	27.02	90.27	20.01	6.17
% of Calories											*35.3%	16.8%	56.2%	28.1%	8.6%
Nutrient Guideline			550-650		1230										<10.00

Mon - 06/04/2018															
Lunch 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			550-650		1230										<10.00

Tue - 06/05/2018															
Lunch 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			550-650		1230										<10.00

Wed - 06/06/2018															
Lunch 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

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

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 13

Generated on: 4/19/2018 3:57:56 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)
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
Nutrient Guideline			550-650		1230										<10.00

Thu - 06/07/2018															
Lunch K-5	Total														
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
Nutrient Guideline			550-650		1230										<10.00

Weighted Average			642	40	927	9.32	7.33	739.6	3964	64.87	*50 *69.6%	28.82 17.9%	92.46 57.6%	17.32 24.3%	5.43 7.6%
------------------	--	--	-----	----	-----	------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	642		550 - 650	100%				
Cholesterol (mg)	40							
Sodium 1 (mg)	927		1230					
Sodium 2 (mg)	927		935					
Fiber (g)	9.32							
Iron (mg)	7.33							
Calcium (mg)	739.6							
Vitamin A (IU)	3964							
Sugars (g)	50	30.94%			Missing			
Vitamin C (mg)	64.87							
Protein (g)	28.82	17.94%						
Carbohydrate (g)	92.46	57.56%						
Total Fat (g)	17.32	24.26%						
Saturated Fat (g)	5.43	7.60%	<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.