

Natrona County School District

May 1, 2018 thru Jun 8, 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 - 05/01/2018															
BREAKFAST 9-12	Total	325													
Breakfast burrito	3.50 OZ	170	220	40	310	4.00	1.80	100.0	500	15.0	2	10.0	25.0	9.0	4.00
Salsa	TBSP	170	10	0	35	1.00	0.00	0.0	0	0.0	1	0.0	2.0	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	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	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	250	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	75	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			478	29	576	7.01	2.54	407.2	919	58.27	*48	17.58	82.64	8.88	3.95
% of Calories											*40.0%	14.7%	69.1%	16.7%	7.4%
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 - 05/02/2018															
BREAKFAST 9-12	Total	325													
Pork sausage/bun	EACH	75	320	30	450	3.00	1.08	310.0	0	0.0	2	12.0	28.0	18.5	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	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	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	250	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	75	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			569	42	630	5.47	3.43	445.9	1090	29.77	*66	17.48	104.42	9.70	3.58
% of Calories											*46.8%	12.3%	73.4%	15.4%	5.7%
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

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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 - 05/03/2018															
BREAKFAST 9-12	Total	325													
Bagel whole wheat	BAGEL	185	120	0	170	3.00	1.08	40.0	15	0.0	3	5.0	24.0	1.0	0.00
Cheese, cream 1 oz	1 OZ	185	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	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	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	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	250	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	75	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			474	28	539	5.90	2.01	386.3	830	50.36	*47	16.10	80.70	9.79	5.28
% of Calories											*40.0%	13.6%	68.1%	18.6%	10.0%
Nutrient Guideline			450-600		640										<10.00

Fri - 05/04/2018															
BREAKFAST 9-12	Total	325													
Eggo mini waffles	1 EACH	175	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	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	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	250	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	75	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			463	8	509	6.48	2.99	407.8	924	50.41	*51	14.42	86.68	6.84	2.67
% of Calories											*44.5%	12.5%	74.9%	13.3%	5.2%
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)
Mon - 05/07/2018															
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	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	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			461	8	477	6.75	3.48	407.5	917	50.88	*52	14.99	88.86	5.84	1.83
% of Calories											*44.7%	13.0%	77.1%	11.4%	3.6%
Nutrient Guideline			450-600		640										<10.00

Tue - 05/08/2018															
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	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	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			512	49	675	6.17	2.99	462.2	702	51.04	*50	19.80	89.76	9.11	3.90
% of Calories											*39.2%	15.5%	70.1%	16.0%	6.9%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 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 - 05/09/2018															
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	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	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			519	18	555	5.03	2.46	372.5	1095	29.46	*61	14.94	100.98	6.94	3.22
% of Calories											*46.7%	11.5%	77.8%	12.0%	5.6%
Nutrient Guideline			450-600		640										<10.00

Thu - 05/10/2018															
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	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	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			498	10	562	5.54	2.58	382.6	690	50.93	*51	15.14	97.04	6.31	2.44
% of Calories											*40.9%	12.2%	77.9%	11.4%	4.4%
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)
Fri - 05/11/2018															
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	0	0.00	0.00	0.0	0	0.0	19	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	582	5.54	2.46	383.3	695	52.05	*57	16.41	96.56	7.87	2.95
% of Calories											*44.7%	12.8%	75.2%	13.8%	5.2%
Nutrient Guideline			450-600		640										<10.00

Mon - 05/14/2018															
BREAKFAST 9-12	Total	325													
Biscuit, whole grain	1 EACH	90	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	90	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	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	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 yogurt & toastjel 8	EACH	60	390	10	340	2.00	1.44	240.0	148	1.5	*16	14.0	75.75	2.0	1.00
Weighted Daily Average			493	11	586	6.11	3.19	405.6	723	51.24	*51	16.26	93.41	6.58	2.80
% of Calories											*41.6%	13.2%	75.8%	12.0%	5.1%
Nutrient Guideline			450-600		640										<10.00

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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 - 05/15/2018															
BREAKFAST 9-12	Total	325													
Breakfast pizza sec	6.4 OZ.	50	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	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	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Yogurt & toast	Serving	40	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			440	9	519	6.15	3.09	409.9	704	51.00	51	14.74	85.65	5.53	2.14
% of Calories											46.7%	13.4%	77.8%	11.3%	4.4%
Nutrient Guideline			450-600		640										<10.00

Wed - 05/16/2018															
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	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	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	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			530	9	538	5.60	2.97	406.7	1322	29.46	*66	14.94	101.55	7.51	2.93
% of Calories											*49.6%	11.3%	76.6%	12.8%	5.0%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 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 - 05/17/2018															
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	serving	90	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	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	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	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			498	16	560	5.84	2.85	372.2	705	51.06	*57	15.88	95.39	7.22	2.45
% of Calories											*45.9%	12.7%	76.6%	13.0%	4.4%
Nutrient Guideline			450-600		640										<10.00

Fri - 05/18/2018															
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	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	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			429	29	534	5.20	2.41	408.3	702	48.85	*49	16.63	76.51	7.03	2.95
% of Calories											*45.4%	15.5%	71.3%	14.7%	6.2%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 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)
Mon - 05/21/2018															
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	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	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			541	55	731	5.97	3.56	1164.5	1838	50.84	*49	19.53	86.29	14.02	5.56
% of Calories											*35.9%	14.4%	63.8%	23.3%	9.2%
Nutrient Guideline			450-600		640										<10.00

Tue - 05/22/2018															
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	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	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			461	9	476	6.58	3.09	411.9	944	50.64	*51	14.48	86.82	6.53	2.48
% of Calories											*44.4%	12.6%	75.4%	12.8%	4.8%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 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)
Wed - 05/23/2018															
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	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	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			552	9	571	5.14	2.41	363.9	1047	29.55	*64	15.03	99.07	10.70	5.02
% of Calories											*46.0%	10.9%	71.7%	17.4%	8.2%
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)
Thu - 05/24/2018															
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	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	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			482	95	622	5.28	3.06	442.3	856	50.81	*47	18.14	82.62	8.77	3.62
% of Calories											*39.0%	15.1%	68.6%	16.4%	6.8%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 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 - 05/25/2018															
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	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	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			473	29	526	6.57	2.74	411.5	918	58.13	*47	17.65	83.11	8.25	3.61
% of Calories											*40.1%	14.9%	70.3%	15.7%	6.9%
Nutrient Guideline			450-600		640										<10.00

Mon - 05/28/2018															
BREAKFAST 9-12	Total	325													
NO SCHOOL TODAY	SERVING	195	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			450-600		640										<10.00

Tue - 05/29/2018															
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	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	55	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Yogurt & toast	Serving	15	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			460	13	547	6.63	3.14	390.9	902	50.65	52	14.24	85.76	7.30	2.40
% of Calories											45.0%	12.4%	74.6%	14.3%	4.7%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 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 - 05/30/2018															
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
Yogurt & toast	Serving	25	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
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			607	60	662	5.05	3.69	501.5	1302	30.33	*71	19.68	108.63	11.19	3.70
% of Calories											*46.7%	13.0%	71.5%	16.6%	5.5%
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)
Thu - 05/31/2018															
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	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	55	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Yogurt & toast	Serving	15	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			479	9	566	6.15	2.54	371.8	663	50.65	48	14.72	82.42	10.64	4.79
% of Calories											40.4%	12.3%	68.9%	20.0%	9.0%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

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)
Fri - 06/01/2018															
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	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	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			498	10	562	5.54	2.58	382.6	690	50.93	*51	15.14	97.04	6.31	2.44
% of Calories											*40.9%	12.2%	77.9%	11.4%	4.4%
Nutrient Guideline			450-600		640										<10.00

Mon - 06/04/2018															
BREAKFAST 9-12	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			450-600		640										<10.00

Tue - 06/05/2018															
BREAKFAST 9-12	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			450-600		640										<10.00

Wed - 06/06/2018															
BREAKFAST 9-12	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			450-600		640										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 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)
Thu - 06/07/2018															
BREAKFAST 9-12	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			450-600		640										<10.00
Weighted Average			497	25	570	5.90	2.88	439.1	921	46.84	*54 *97.4%	16.26 13.1%	90.95 73.2%	8.21 14.9%	3.34 6.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	497		450 - 600	100%				
Cholesterol (mg)	25							
Sodium 1 (mg)	570		640					
Sodium 2 (mg)	570		570					
Fiber (g)	5.90							
Iron (mg)	2.88							
Calcium (mg)	439.1							
Vitamin A (IU)	921							
Sugars (g)	54	43.31%			Missing			
Vitamin C (mg)	46.84							
Protein (g)	16.26	13.08%						
Carbohydrate (g)	90.95	73.19%						
Total Fat (g)	8.21	14.87%						
Saturated Fat (g)	3.34	6.04%	<10.00%					

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