

Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 1

Generated on: 4/19/2018 4:02:52 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															
BREAKFAST 6-8	Total	650													
Breakfast burrito	3.75 OZ	425	236	43	332	4.29	1.93	107.1	536	16.07	2	10.71	26.79	9.64	4.29
Salsa	TBSP	425	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	165	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	4 FL.OZ.O R 1/2C	650	127	0	30	0.00	0.00	0.0	0	28.0	27	1.33	29.33	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			551	35	572	7.61	2.73	408.9	1002	77.12	63	18.97	98.01	9.24	4.00
% of Calories											45.6%	13.8%	71.2%	15.1%	6.5%
Nutrient Guideline			400-550		600										<10.00

Wed - 05/02/2018															
BREAKFAST 6-8	Total	650													
Pork sausage/bun	EACH	200	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	200	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	375	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	300	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	450	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	75	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			489	51	567	4.79	3.51	482.2	828	19.33	50	17.68	85.45	9.20	2.77
% of Calories											40.9%	14.4%	69.8%	16.9%	5.1%
Nutrient Guideline			400-550		600										<10.00

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Natrona County School District

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Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 2

Generated on: 4/19/2018 4:02:52 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															
BREAKFAST 6-8	Total	650													
Bagel whole wheat	BAGEL	445	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	425	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	120	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	85	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			471	31	508	5.98	1.95	377.5	847	52.52	*48	15.91	79.60	9.95	5.43
% of Calories											*41.1%	13.5%	67.7%	19.0%	10.4%
Nutrient Guideline			400-550		600										<10.00

Fri - 05/04/2018															
BREAKFAST 6-8	Total	650													
Eggo mini waffles	1 EACH	445	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	120	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	85	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			463	7	427	6.93	3.10	442.2	992	52.56	56	14.32	90.82	5.15	1.50
% of Calories											48.1%	12.4%	78.4%	10.0%	2.9%
Nutrient Guideline			400-550		600										<10.00

Mon - 05/07/2018															
BREAKFAST 6-8	Total	650													
Eggo mini french toast	POUCH	425	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	6.0	1.50
Cereal assorted, WG toast	BOWL	120	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	105	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00

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May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 3

Generated on: 4/19/2018 4:02:52 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			472	7	457	6.93	3.06	449.6	979	52.56	55	15.13	91.62	5.71	1.45
% of Calories											47.0%	12.8%	77.6%	10.9%	2.8%
Nutrient Guideline			400-550		600										<10.00

Tue - 05/08/2018															
BREAKFAST 6-8	Total	650													
Hot ham & cheese/bun	1 EACH	325	291	54	728	3.00	0.36	310.0	0	0.0	3	18.97	29.0	12.49	6.00
Cereal assorted, WG toast	BOWL	220	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	105	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			507	35	753	6.15	2.10	502.9	665	52.74	50	21.61	84.70	10.34	4.75
% of Calories											39.3%	17.1%	66.9%	18.4%	8.4%
Nutrient Guideline			400-550		600										<10.00

Wed - 05/09/2018															
BREAKFAST 6-8	Total	650													
Cinnamon roll, 2.25oz frozen	1 EACH	425	190	15	290	3.00	1.80	40.0	100	0.0	*N/A*	5.0	34.0	5.0	2.00
Cereal assorted, WG toast	BOWL	175	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	300	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	450	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	50	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			422	16	475	4.35	2.61	375.6	843	18.87	*44	14.14	82.75	4.64	1.77
% of Calories											*42.0%	13.4%	78.4%	9.9%	3.8%
Nutrient Guideline			400-550		600										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

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 - 05/10/2018															
BREAKFAST 6-8	Total	650													
Muffin squares, fruited	3 OZ	200	275	0	351	1.28	0.83	3.3	0	0.0	*9	3.33	57.27	4.44	0.89
Cereal assorted, WG toast	BOWL	400	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	600	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	50	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			474	7	518	6.07	3.30	360.3	708	52.06	*53	13.99	96.64	4.68	1.35
% of Calories											*44.8%	11.8%	81.6%	8.9%	2.6%
Nutrient Guideline			400-550		600										<10.00

Fri - 05/11/2018															
BREAKFAST 6-8	Total	650													
Pancake, WG blue&saus on stick	EACH	200	220	25	450	1.00	0.00	0.0	0	0.0	10	8.0	25.0	11.0	3.00
Syrup, breakfast	1 OZ	200	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00
Cereal assorted, WG toast	BOWL	390	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	400	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	60	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			474	14	522	5.03	2.93	378.1	669	39.03	57	15.46	93.20	5.58	1.39
% of Calories											48.0%	13.1%	78.7%	10.6%	2.6%
Nutrient Guideline			400-550		600										<10.00

Mon - 05/14/2018															
BREAKFAST 6-8	Total	650													
Biscuit, whole grain	1 EACH	200	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	200	71	9	230	0.00	0.00	0.0	0	0.0	0	1.77	3.54	5.32	1.33
Cereal assorted, WG toast	BOWL	390	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	60	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00

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Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 5

Generated on: 4/19/2018 4:02:52 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			477	9	600	6.44	3.36	397.5	712	53.14	54	15.09	91.43	6.75	2.73
% of Calories											45.1%	12.6%	76.6%	12.7%	5.1%
Nutrient Guideline			400-550		600										<10.00

Tue - 05/15/2018															
BREAKFAST 6-8	Total	650													
Breakfast pizza	3.3 oz	200	210	15	470	2.00	1.80	150.0	0	0.0	6	10.0	26.0	7.0	2.00
Cereal assorted, WG toast	BOWL	400	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	50	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			459	12	555	6.29	3.60	405.4	708	53.14	53	16.09	88.14	5.47	1.70
% of Calories											46.5%	14.0%	76.9%	10.7%	3.3%
Nutrient Guideline			400-550		600										<10.00

Wed - 05/16/2018															
BREAKFAST 6-8	Total	650													
Eggo mini french toast	POUCH	200	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	6.0	1.50
Cereal assorted, WG toast	BOWL	400	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	650	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	550	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	50	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			514	7	477	6.18	3.94	409.2	1255	29.92	70	14.67	107.44	3.80	0.92
% of Calories											54.1%	11.4%	83.6%	6.7%	1.6%
Nutrient Guideline			400-550		600										<10.00

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Base Menu Spreadsheet

BREAKFAST 6-8

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 6-8	Total	650													
Pancake, WG blue&saus on stick	EACH	200	220	25	450	1.00	0.00	0.0	0	0.0	10	8.0	25.0	11.0	3.00
Syrup, breakfast	1 OZ	200	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00
Cereal assorted, WG toast	BOWL	390	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	60	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			499	15	555	5.95	3.00	359.3	705	53.11	60	15.49	97.12	6.90	2.13
% of Calories											48.3%	12.4%	77.8%	12.4%	3.8%
Nutrient Guideline			400-550		600										<10.00

Fri - 05/18/2018															
BREAKFAST 6-8	Total	650													
Sausage, egg & cheese sliders	2 SLIDERS	425	150	35	280	2.00	1.80	100.0	100	0.0	8	8.0	21.0	4.5	1.50
Cereal assorted, WG toast	BOWL	140	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	85	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			430	29	469	5.63	2.57	441.0	720	52.60	54	16.97	81.96	4.72	1.45
% of Calories											50.6%	15.8%	76.2%	9.9%	3.0%
Nutrient Guideline			400-550		600										<10.00

Mon - 05/21/2018															
BREAKFAST 6-8	Total	650													
SAUSAGE,EGG, ON A BUN	1 EACH	150	400	165	575	3.00	1.80	330.0	200	0.0	3	16.0	29.0	25.5	7.50
Cereal assorted, WG toast	BOWL	400	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	100	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00

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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 7

Generated on: 4/19/2018 4:02:52 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			510	45	542	6.83	3.60	483.2	765	53.18	55	17.64	94.08	8.38	2.20
% of Calories											43.5%	13.8%	73.8%	14.8%	3.9%
Nutrient Guideline			400-550		600										<10.00

Tue - 05/22/2018															
BREAKFAST 6-8	Total	650													
Eggo mini waffles	1 EACH	425	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50
Cereal assorted, WG toast	BOWL	140	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	85	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			460	8	476	6.68	3.11	404.2	973	52.56	53	13.95	86.77	6.70	2.49
% of Calories											46.3%	12.1%	75.5%	13.1%	4.9%
Nutrient Guideline			400-550		600										<10.00

Wed - 05/23/2018															
BREAKFAST 6-8	Total	650													
Donut long john WG	1 EACH	225	250	0	360	3.00	1.44	20.0	0	0.0	4	5.0	28.0	13.0	6.00
Cereal assorted, WG toast	BOWL	350	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	450	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	450	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Yogurt & toast	Serving	75	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			480	7	505	5.20	3.24	389.0	938	22.87	57	14.48	92.45	6.40	2.54
% of Calories											47.4%	12.1%	77.1%	12.0%	4.8%
Nutrient Guideline			400-550		600										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

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 - 05/24/2018															
BREAKFAST 6-8	Total	650													
Omelet, colby cheese wrap	1 EACH	425	206	195	453	0.50	17.46	640.0	*0	0.0	0	10.5	16.3	10.4	3.50
Cereal assorted, WG toast	BOWL	140	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	85	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			464	135	628	4.39	12.76	757.3	*646	52.56	47	18.20	74.54	10.23	3.79
% of Calories											40.4%	15.7%	64.3%	19.9%	7.4%
Nutrient Guideline			400-550		600										<10.00

Fri - 05/25/2018															
BREAKFAST 6-8	Total	650													
Breakfast burrito	3.50 OZ	425	220	40	310	4.00	1.80	100.0	500	15.0	2	10.0	25.0	9.0	4.00
Cereal assorted, WG toast	BOWL	140	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	85	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			476	33	488	6.94	2.57	441.0	982	62.41	51	18.28	84.57	7.66	3.09
% of Calories											42.5%	15.4%	71.1%	14.5%	5.8%
Nutrient Guideline			400-550		600										<10.00

Mon - 05/28/2018															
BREAKFAST 6-8	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			400-550		600										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

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)
Tue - 05/29/2018															
BREAKFAST 6-8	Total	650													
EGGO MINIS PANCAKES	1 EACH	425	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00
Cereal assorted, WG toast	BOWL	140	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	85	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89
Weighted Daily Average			466	14	541	6.68	3.11	378.1	973	52.56	54	13.95	86.77	7.36	2.16
% of Calories											46.2%	12.0%	74.4%	14.2%	4.2%
Nutrient Guideline			400-550		600										<10.00

Wed - 05/30/2018															
BREAKFAST 6-8	Total	650													
SAUSAGE,EGG/MUFFIN	1 EACH	125	380	165	585	1.00	2.88	100.0	200	0.0	*1	13.0	27.0	25.0	7.50
Cereal assorted, WG toast	BOWL	450	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, canned	1 cup	650	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	75	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			558	38	546	5.63	4.06	415.3	1154	32.20	*71	16.47	109.88	6.97	1.90
% of Calories											*50.8%	11.8%	78.8%	11.2%	3.1%
Nutrient Guideline			400-550		600										<10.00

Thu - 05/31/2018															
BREAKFAST 6-8	Total	650													
Donut long john WG	1 EACH	425	250	0	360	3.00	1.44	20.0	0	0.0	4	5.0	28.0	13.0	6.00
Cereal assorted, WG toast	BOWL	140	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	650	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	85	256	9	687	2.00	1.08	58.9	0	0.0	3	5.89	27.78	14.67	7.89

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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

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			493	8	568	6.02	2.28	351.9	646	52.56	49	14.60	82.19	11.93	5.43
% of Calories											40.0%	11.9%	66.7%	21.8%	9.9%
Nutrient Guideline			400-550		600										<10.00

Fri - 06/01/2018															
BREAKFAST 6-8	Total	650													
Muffin squares, fruited	3 OZ	200	275	0	351	1.28	0.83	3.3	0	0.0	*9	3.33	57.27	4.44	0.89
Cereal assorted, WG toast	BOWL	400	196	0	289	4.30	4.41	59.0	155	1.44	12	5.0	44.4	1.67	0.00
Fruit, fresh	1 EACH	650	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	600	63	0	15	0.00	0.00	0.0	0	14.0	14	0.67	14.67	0.0	0.00
Milk, white 1%	1 CUP	200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Yogurt & toast	Serving	50	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			476	7	490	6.22	3.33	381.9	713	52.08	*55	14.23	99.19	3.71	0.75
% of Calories											*45.9%	12.0%	83.4%	7.0%	1.4%
Nutrient Guideline			400-550		600										<10.00

Mon - 06/04/2018															
BREAKFAST 6-8	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			400-550		600										<10.00

Tue - 06/05/2018															
BREAKFAST 6-8	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			400-550		600										<10.00

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Natrona County School District

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 11

Generated on: 4/19/2018 4:02:52 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 - 06/06/2018															
BREAKFAST 6-8 MANAGER'S SPECIAL	Total SERVING	1 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			400-550		600										<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)
Thu - 06/07/2018															
BREAKFAST 6-8 MANAGER'S SPECIAL	Total SERVING	1 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			400-550		600										<10.00

Weighted Average			482	25	532	6.04	3.47	425.7	*844	47.47	*55 *102.3	15.97 13.3%	90.41 75.0%	7.02 13.1%	2.51 4.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	482		400 - 550	100%				
Cholesterol (mg)	25							
Sodium 1 (mg)	532		600					
Sodium 2 (mg)	532		535					
Fiber (g)	6.04							
Iron (mg)	3.47							
Calcium (mg)	425.7							
Vitamin A (IU)	844				Missing			
Sugars (g)	55	45.45%			Missing			
Vitamin C (mg)	47.47							
Protein (g)	15.97	13.26%						
Carbohydrate (g)	90.41	75.04%						
Total Fat (g)	7.02	13.11%						
Saturated Fat (g)	2.51	4.69%	<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.