

Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

Page 1

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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 - 10/01/2018															
BREAKFAST K-5	Total	200													
Hot cereal	3/4 CUP	60	150	0	7	4.00	1.80	7.1	5	0.0	*1	5.0	27.0	3.0	0.00
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			241	3	150	3.12	1.21	202.2	508	27.51	*30	6.96	50.54	1.64	0.22
% of Calories											*50.4%	11.6%	84.0%	6.1%	0.8%
Nutrient Guideline			350-500		540										<10.00

Tue - 10/02/2018															
BREAKFAST K-5	Total	200													
EGGO MINIS PANCAKES	1 EACH	40	226	11	344	4.30	3.87	64.5	*N/A*	*N/A*	12	4.3	37.65	6.45	1.08
Cereal assorted, WG toast	BOWL	60	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			229	5	236	3.68	1.69	216.5	*317	*38.43	26	6.86	46.48	2.41	0.45
% of Calories											44.9%	12.0%	81.0%	9.4%	1.8%
Nutrient Guideline			350-500		540										<10.00

Wed - 10/03/2018															
BREAKFAST K-5	Total	100													
SAUSAGE, EGG/MUFFIN	1 EACH	50	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	50	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			602	89	615	4.80	3.04	452.5	1117	55.39	*62	17.95	103.00	14.16	4.20
% of Calories											*41.1%	11.9%	68.5%	21.2%	6.3%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/04/2018															
BREAKFAST K-5	Total	100													
Donut long john WG	1 EACH	30	220	0	420	2.00	1.44	20.0	0	0.0	5	5.0	27.0	11.0	4.50
Cereal assorted, WG toast	BOWL	70	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			455	7	488	6.69	2.52	415.5	637	77.23	50	14.03	90.61	5.71	1.81
% of Calories											43.5%	12.3%	79.7%	11.3%	3.6%
Nutrient Guideline			350-500		540										<10.00

Fri - 10/05/2018															
BREAKFAST K-5	Total	100													
Muffin squares, fruited WH	MUFFIN	20	228	5	224	3.11	1.10	42.2	60	0.0	*18	3.0	45.22	4.5	1.00
Cereal assorted, WG toast	BOWL	80	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			455	8	435	7.18	2.57	420.3	652	77.60	*53	13.66	96.18	3.50	0.66
% of Calories											*46.5%	12.0%	84.6%	6.9%	1.3%
Nutrient Guideline			350-500		540										<10.00

Mon - 10/08/2018															
BREAKFAST K-5	Total	100													
Breakfast pizza	3.3 oz	60	210	15	350	3.00	1.98	150.0	0	0.0	5	9.0	27.0	7.0	2.00
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			454	16	489	6.51	2.49	492.6	626	76.10	47	16.34	84.85	6.07	1.66
% of Calories											41.6%	14.4%	74.8%	12.0%	3.3%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/09/2018															
BREAKFAST K-5	Total	100													
Breakfast burrito	3.75 OZ	50	236	43	332	4.29	1.93	107.1	0	16.07	2	10.71	26.79	9.64	4.29
Cereal assorted, WG toast	BOWL	50	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	100	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			473	27	478	7.32	2.53	466.8	630	88.43	48	16.83	88.93	6.62	2.46
% of Calories											40.7%	14.2%	75.1%	12.6%	4.7%
Nutrient Guideline			350-500		540										<10.00

Wed - 10/10/2018															
BREAKFAST K-5	Total	100													
Pork sausage/bun	EACH	60	322	30	453	3.00	2.73	31.0	*0	*0.0	2	12.06	28.01	18.69	6.07
Egg pattie, grilled	1 EACH	60	70	115	135	0.00	1.08	20.0	*N/A*	*N/A*	1	4.0	1.0	5.0	1.50
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	100	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			634	93	653	5.64	3.62	439.1	*1014	*58.94	64	20.55	104.55	15.44	4.84
% of Calories											40.1%	13.0%	66.0%	21.9%	6.9%
Nutrient Guideline			350-500		540										<10.00

Thu - 10/11/2018															
BREAKFAST K-5	Total	100													
Bagel wheat 1/2	1/2 BAGEL	60	70	0	90	2.00	0.90	20.0	0	0.0	2	3.0	14.5	0.5	0.00
Cream cheese 1 oz	1 OZ	60	100	30	100	0.00	0.18	20.0	200	0.0	1	2.0	2.0	9.0	6.00
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	100	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			437	24	399	5.91	1.95	435.0	746	80.02	48 43.9%	13.94 12.7%	80.82 73.9%	7.32 15.1%	3.91 8.1%
Nutrient Guideline			350-500		540										<10.00

Fri - 10/12/2018															
BREAKFAST K-5															
	Total	100													
Eggo mini waffles	1 EACH	60	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	100	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average % of Calories			455	6	417	7.11	2.92	471.0	926	80.02	52 45.6%	13.34 11.7%	91.92 80.7%	4.62 9.1%	1.21 2.4%
Nutrient Guideline			350-500		540										<10.00

Mon - 10/15/2018															
BREAKFAST K-5															
	Total	100													
Eggo mini french toast	POUCH	60	210	0	260	4.00	3.60	200.0	1000	*N/A*	11	5.0	35.0	6.0	1.50
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average % of Calories			454	7	435	7.11	3.46	522.6	1226	*76.10	51 44.8%	13.94 12.3%	89.65 79.0%	5.47 10.8%	1.36 2.7%
Nutrient Guideline			350-500		540										<10.00

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Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/16/2018															
BREAKFAST K-5	Total	100													
Hot ham & cheese/bun	1 EACH	40	291	54	728	3.00	0.36	310.0	0	0.0	3	18.97	29.0	12.49	6.00
Cereal assorted, WG toast	BOWL	60	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			485	28	626	6.83	1.97	531.2	633	76.85	48	19.59	89.49	7.23	2.86
% of Calories											39.6%	16.2%	73.8%	13.4%	5.3%
Nutrient Guideline			350-500		540										<10.00

Wed - 10/17/2018															
BREAKFAST K-5	Total	100													
Cinnamon roll, 2.25oz frozen	1 EACH	50	248	10	232	3.00	1.44	22.6	*4	*0.01	*20	5.07	45.11	5.6	2.20
Cereal assorted, WG toast	BOWL	50	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			536	12	439	5.80	2.32	413.8	*1020	*55.40	*71	13.98	112.06	4.46	1.55
% of Calories											*53.2%	10.4%	83.7%	7.5%	2.6%
Nutrient Guideline			350-500		540										<10.00

Thu - 10/18/2018															
BREAKFAST K-5	Total	100													
Muffin squares, fruited	3 OZ	30	275	0	351	1.28	0.83	3.3	0	0.0	*9	3.33	57.27	4.44	0.89
Cereal assorted, WG toast	BOWL	70	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			471	7	468	6.48	2.34	410.5	637	77.23	*51	13.53	99.69	3.75	0.73
% of Calories											*42.9%	11.5%	84.6%	7.2%	1.4%
Nutrient Guideline			350-500		540										<10.00

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BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/19/2018															
BREAKFAST K-5	Total	100													
Pancake, WG blue&saus on stick	1 EACH	20	210	20	370	1.00	1.08	20.0	*N/A*	*N/A*	8	6.0	20.0	11.0	3.00
Syrup maple	1 OZ	20	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Cereal assorted, WG toast	BOWL	80	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			475	11	473	6.75	2.57	415.8	*640	*77.60	54	14.26	97.33	4.80	1.06
% of Calories											45.5%	12.0%	82.0%	9.1%	2.0%
Nutrient Guideline			350-500		540										<10.00

Mon - 10/22/2018															
BREAKFAST K-5	Total	100													
Biscuit, whole grain	1 EACH	25	170	0	330	2.00	1.44	40.0	*N/A*	0.0	4	4.0	25.0	5.0	2.00
Gravy, sausage - Signature	1 OZ	25	70	10	270	0.00	0.00	5.0	0	0.0	1	2.0	4.0	5.0	2.00
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			459	9	526	6.82	2.58	421.9	*639	77.41	50	14.29	92.07	5.00	1.46
% of Calories											43.5%	12.5%	80.2%	9.8%	2.9%
Nutrient Guideline			350-500		540										<10.00

Tue - 10/23/2018															
BREAKFAST K-5	Total	100													
Eggo mini waffles	1 EACH	25	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	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			449	7	431	7.32	2.89	435.7	764	77.41	51	13.79	93.57	3.75	0.84
% of Calories											45.6%	12.3%	83.4%	7.5%	1.7%
Nutrient Guideline			350-500		540										<10.00

Wed - 10/24/2018															
BREAKFAST K-5	Total	100													
Donut long john WG	1 EACH	60	220	0	420	2.00	1.44	20.0	0	0.0	5	5.0	27.0	11.0	4.50
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			523	7	547	5.04	2.20	412.2	1014	55.02	63	13.92	101.08	8.08	3.15
% of Calories											48.2%	10.6%	77.2%	13.9%	5.4%
Nutrient Guideline			350-500		540										<10.00

Thu - 10/25/2018															
BREAKFAST K-5	Total	100													
Pancake, WG blue&saus on stick	1 EACH	20	210	20	370	1.00	1.08	20.0	*N/A*	*N/A*	8	6.0	20.0	11.0	3.00
Syrup maple	1 OZ	20	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Cereal assorted, WG toast	BOWL	80	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			475	11	473	6.75	2.57	415.8	*640	*77.60	54	14.26	97.33	4.80	1.06
% of Calories											45.5%	12.0%	82.0%	9.1%	2.0%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/26/2018															
BREAKFAST K-5	Total	100													
Sausage, egg & cheese sliders	2 SLIDERS	60	160	30	290	2.00	1.44	80.0	0	0.0	7	8.0	20.0	5.0	1.50
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			424	25	453	5.92	2.16	450.6	626	76.10	48	15.74	80.65	4.87	1.36
% of Calories											45.7%	14.8%	76.1%	10.3%	2.9%
Nutrient Guideline			350-500		540										<10.00

Mon - 10/29/2018															
BREAKFAST K-5	Total	100													
SAUSAGE,EGG, ON A BUN	1 EACH	20	400	165	575	3.00	1.80	330.0	200	0.0	3	16.0	29.0	25.5	7.50
Cereal assorted, WG toast	BOWL	80	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			489	40	505	7.15	2.71	477.8	680	77.60	50	16.26	92.93	7.70	1.96
% of Calories											40.8%	13.3%	76.0%	14.2%	3.6%
Nutrient Guideline			350-500		540										<10.00

Tue - 10/30/2018															
BREAKFAST K-5	Total	100													
Breakfast pizza	3.3 oz	60	210	15	350	3.00	1.98	150.0	0	0.0	5	9.0	27.0	7.0	2.00
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			454	16	489	6.51	2.49	492.6	626	76.10	47	16.34	84.85	6.07	1.66
% of Calories											41.6%	14.4%	74.8%	12.0%	3.3%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/31/2018															
BREAKFAST K-5															
	Total	100													
Eggo mini french toast	POUCH	40	210	0	260	4.00	3.60	200.0	1000	*N/A*	11	5.0	35.0	6.0	1.50
Cereal assorted, WG toast	BOWL	60	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			516	7	454	6.36	3.30	484.8	1421	*55.77	67	13.98	108.12	4.24	1.05
% of Calories											51.9%	10.8%	83.8%	7.4%	1.8%
Nutrient Guideline			350-500		540										<10.00

Weighted Average			463	20	464	6.21	2.53	430.3	*771	*69.39	*52	14.54	90.29	5.99	1.81
											*100.2	12.6%	78.0%	11.6%	3.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	463		350 - 500	100%				
Cholesterol (mg)	20							
Sodium 1 (mg)	464		540					
Sodium 2 (mg)	464		485					
Fiber (g)	6.21							
Iron (mg)	2.53							
Calcium (mg)	430.3							
Vitamin A (IU)	771				Missing			
Sugars (g)	52	44.51%			Missing			
Vitamin C (mg)	69.39				Missing			
Protein (g)	14.54	12.56%						
Carbohydrate (g)	90.29	78.03%						
Total Fat (g)	5.99	11.64%						
Saturated Fat (g)	1.81	3.51%	<10.00%					

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