

Natrona County School District

Oct 1, 2018 thru Oct 31, 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)
Mon - 10/01/2018															
BREAKFAST 9-12	Total	325													
Hot cereal - 1 2/3 cup	1.66 CUP	195	300	0	12	8.00	3.60	11.9	10	0.0	*2	10.0	54.0	6.0	0.00
Cereal assorted, WG toast	BOWL	65	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	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	300	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	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	50	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast 1/8	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			586	9	342	8.12	3.26	424.8	*1020	55.37	*60	17.41	115.73	6.66	1.22
% of Calories											*41.0%	11.9%	79.0%	10.2%	1.9%
Nutrient Guideline			450-600		640										<10.00

Tue - 10/02/2018															
BREAKFAST 9-12	Total	325													
EGGO MINIS PANCAKES	1 EACH	155	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	100	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	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	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	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
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			471	14	522	6.87	3.22	458.9	*626	*76.80	50	13.91	89.80	6.89	1.76
% of Calories											42.8%	11.8%	76.3%	13.2%	3.4%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 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 - 10/03/2018															
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	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	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	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	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
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			609	60	633	5.21	2.79	553.2	*1239	53.87	*68	19.27	110.51	10.90	3.34
% of Calories											*44.9%	12.7%	72.6%	16.1%	4.9%
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 - 10/04/2018															
BREAKFAST 9-12	Total	325													
Donut long john WG	1 EACH	155	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	100	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	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	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	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
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			468	9	558	5.77	2.05	437.6	*626	76.80	47	14.25	84.72	9.05	3.39
% of Calories											40.3%	12.2%	72.4%	17.4%	6.5%
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 - 10/05/2018															
BREAKFAST 9-12	Total	325													
Muffin squares, fruited	3 OZ	185	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	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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	300	63	0	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	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	45	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Yogurt & toast	Serving	20	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			501	8	524	5.19	1.62	431.6	*625	76.52	*49	13.31	100.94	5.90	1.63
% of Calories											*39.0%	10.6%	80.6%	10.6%	2.9%
Nutrient Guideline			450-600		640										<10.00

Mon - 10/08/2018															
BREAKFAST 9-12	Total	325													
Breakfast pizza sec	6.6 oz	75	419	30	698	5.98	3.95	299.1	0	0.0	10	17.94	53.84	13.96	3.99
Cereal assorted, WG toast	BOWL	125	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			534	18	605	6.73	2.71	561.0	*644	77.59	*50	18.30	97.93	8.40	2.71
% of Calories											*37.4%	13.7%	73.3%	14.1%	4.6%
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 - 10/09/2018															
BREAKFAST 9-12	Total	325													
Breakfast burrito	3.75 OZ	125	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	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	300	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	325	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	100	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	225	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			498	27	532	6.29	2.13	529.7	*638	83.11	*47	17.46	89.24	8.41	3.33
% of Calories											*37.7%	14.0%	71.7%	15.2%	6.0%
Nutrient Guideline			450-600		640										<10.00

Wed - 10/10/2018															
BREAKFAST 9-12	Total	325													
Pork sausage/bun	EACH	100	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	100	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	100	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	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			601	55	617	5.11	2.80	503.7	*999	*57.85	*62	18.67	105.86	11.97	4.11
% of Calories											*41.4%	12.4%	70.4%	17.9%	6.2%
Nutrient Guideline			450-600		640										<10.00

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Thu - 10/11/2018															
BREAKFAST 9-12	Total	325													
Bagel whole wheat	BAGEL	125	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00
Cream cheese 1 oz	1 OZ	125	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	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			499	22	509	6.18	2.15	511.5	*715	77.02	*48	16.42	90.32	8.74	4.10
% of Calories											*38.5%	13.2%	72.4%	15.8%	7.4%
Nutrient Guideline			450-600		640										<10.00

Fri - 10/12/2018															
BREAKFAST 9-12	Total	325													
Eggo mini waffles	1 EACH	125	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			484	11	486	6.18	2.43	526.9	*831	77.02	*50	14.88	91.86	6.82	2.37
% of Calories											*41.0%	12.3%	76.0%	12.7%	4.4%
Nutrient Guideline			450-600		640										<10.00

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BREAKFAST 9-12

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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 - 10/15/2018															
BREAKFAST 9-12	Total	325													
Eggo mini french toast	POUCH	125	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	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			487	11	501	6.18	2.78	565.4	*1023	*77.02	*50	15.26	91.86	7.20	2.37
% of Calories											*41.0%	12.5%	75.4%	13.3%	4.4%
Nutrient Guideline			450-600		640										<10.00

Tue - 10/16/2018															
BREAKFAST 9-12	Total	325													
Hot ham & cheese/bun	1 EACH	125	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	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			518	31	681	5.79	1.53	607.7	*638	77.02	*47	20.63	89.55	9.70	4.10
% of Calories											*36.1%	15.9%	69.1%	16.8%	7.1%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 7

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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 - 10/17/2018															
BREAKFAST 9-12	Total	325													
Cinnamon roll, 2.25oz frozen	1 EACH	125	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	75	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	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			560	15	505	4.98	1.98	494.9	*998	*57.56	*68	15.27	110.73	6.69	2.63
% of Calories											*48.5%	10.9%	79.0%	10.7%	4.2%
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 - 10/18/2018															
BREAKFAST 9-12	Total	325													
Muffin squares, fruited	3 OZ	75	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	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			501	11	525	5.64	1.99	492.8	*644	77.59	*50	14.92	98.72	6.20	2.00
% of Calories											*39.6%	11.9%	78.8%	11.1%	3.6%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 8

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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 9-12	Total	325													
Pancake, WG blue&saus on stick	1 EACH	125	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	125	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	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			534	18	561	5.02	1.81	496.2	*638	*77.02	*55	15.65	98.01	9.12	2.95
% of Calories											*41.2%	11.7%	73.5%	15.4%	5.0%
Nutrient Guideline			450-600		640										<10.00

Mon - 10/22/2018															
BREAKFAST 9-12	Total	325													
Biscuit, whole grain	1 EACH	75	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	75	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	125	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	75	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			522	14	605	6.04	2.24	537.0	*657	77.71	*50	16.54	97.87	7.83	2.87
% of Calories											*38.5%	12.7%	74.9%	13.5%	4.9%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 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)
Tue - 10/23/2018															
BREAKFAST 9-12	Total	325													
Eggo mini waffles	1 EACH	125	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			484	11	486	6.18	2.43	526.9	*831	77.02	*50	14.88	91.86	6.82	2.37
% of Calories											*41.0%	12.3%	76.0%	12.7%	4.4%
Nutrient Guideline			450-600		640										<10.00

Wed - 10/24/2018															
BREAKFAST 9-12	Total	325													
Donut long john WG	1 EACH	125	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	75	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	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			550	11	577	4.60	1.98	493.9	*996	57.56	*62	15.24	103.76	8.77	3.51
% of Calories											*45.3%	11.1%	75.5%	14.4%	5.8%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 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 - 10/25/2018															
BREAKFAST 9-12	Total	325													
Pancake, WG blue&saus on stick	1 EACH	125	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	125	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	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			534	18	561	5.02	1.81	496.2	*638	*77.02	*55	15.65	98.01	9.12	2.95
% of Calories											*41.2%	11.7%	73.5%	15.4%	5.0%
Nutrient Guideline			450-600		640										<10.00

Fri - 10/26/2018															
BREAKFAST 9-12	Total	325													
Sausage, egg & cheese sliders	2 SLIDERS	125	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	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			468	22	512	5.41	1.94	519.2	*638	77.02	*48	16.42	86.09	6.82	2.37
% of Calories											*41.3%	14.0%	73.6%	13.1%	4.6%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 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)
Mon - 10/29/2018															
BREAKFAST 9-12	Total	325													
SAUSAGE,EGG, ON A BUN	1 EACH	100	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	100	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			545	61	599	5.92	2.15	591.8	*703	77.31	*48	18.67	90.87	12.88	4.10
% of Calories											*34.9%	13.7%	66.7%	21.3%	6.8%
Nutrient Guideline			450-600		640										<10.00

Tue - 10/30/2018															
BREAKFAST 9-12	Total	325													
Breakfast pizza sec	6.6 oz	75	419	30	698	5.98	3.95	299.1	0	0.0	10	17.94	53.84	13.96	3.99
Cereal assorted, WG toast	BOWL	125	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	300	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			534	18	605	6.73	2.71	561.0	*644	77.59	*50	18.30	97.93	8.40	2.71
% of Calories											*37.4%	13.7%	73.3%	14.1%	4.6%
Nutrient Guideline			450-600		640										<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.

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Natrona County School District

Oct 1, 2018 thru Oct 31, 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 - 10/31/2018															
BREAKFAST 9-12															
	Total	325													
Eggo mini french toast	POUCH	125	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	75	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	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	325	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	125	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	200	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Alternate yogurt & toast jel 8	1 EACH	50	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			546	11	515	5.37	2.81	563.2	*1381	*57.56	*65	15.24	106.84	6.84	2.36
% of Calories											*47.3%	11.2%	78.3%	11.3%	3.9%
Nutrient Guideline			450-600		640										<10.00

Weighted Average			523	21	546	5.85	2.32	516.7	*800	*72.04	*53	16.37	97.35	8.27	2.84
											*91.8%	12.5%	74.4%	14.2%	4.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	523		450 - 600	100%				
Cholesterol (mg)	21							
Sodium 1 (mg)	546		640					
Sodium 2 (mg)	546		570					
Fiber (g)	5.85							
Iron (mg)	2.32							
Calcium (mg)	516.7							
Vitamin A (IU)	800				Missing			
Sugars (g)	53	40.80%			Missing			
Vitamin C (mg)	72.04				Missing			
Protein (g)	16.37	12.52%						
Carbohydrate (g)	97.35	74.42%						
Total Fat (g)	8.27	14.22%						
Saturated Fat (g)	2.84	4.88%	<10.00%					

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