

# Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 1

Generated on: 9/18/2018 11:36:26 AM

	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 - 10/01/2018															
Lunch 9-12	Total	2000													
Meatball sub - sec	1 each	600	490	52	855	5.00	23.40	410.0	2095	29.4	9	22.5	41.5	26.0	9.75
Bread stick mozzarella	2 Sticks	1000	320	20	680	2.00	1.44	200.0	*N/A*	*N/A*	2	14.0	32.0	14.0	5.00
Spaghetti sauce low sodium	1/4 CUP	1600	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Carrots, baby cup	1 CUP	1800	48	0	61	2.72	0.00	27.2	6807	1.63	4	1.36	8.17	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Bar breakfast	SERVING	200	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			856	48	1089	11.81	17.27	737.9	*12314	*86.42	*67	29.54	116.19	29.18	9.22
% of Calories											*31.4%	13.8%	54.3%	30.7%	9.7%
Nutrient Guideline			750-850		1420										<10.00

Tue - 10/02/2018															
Lunch 9-12	Total	2000													
BBQ pork rib on wheat bun	1 EACH	900	300	30	580	4.00	3.08	71.0	*100	*1.2	7	19.0	35.0	11.5	3.50
Soft shell taco el	1 EACH	600	200	29	328	1.00	17.69	633.5	169	0.61	*1	11.16	17.81	8.71	2.98
REFRIED BEANS	3/4 cup	600	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	0.00
Corn: canned yellow cup	1 CUP	1900	120	0	280	4.00	0.72	0.0	0	7.2	14	4.0	18.0	3.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Tomatoes, diced	2 OZ	1500	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	300	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			723	40	1133	11.07	9.02	603.6	*1161	*30.38	*64	32.03	109.96	17.10	4.95
% of Calories											*35.4%	17.7%	60.9%	21.3%	6.2%
Nutrient Guideline			750-850		1420										<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

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# Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 2

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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 - 10/03/2018															
Lunch 9-12	Total	2000													
Chili dog	1 EACH	1000	392	47	673	5.03	3.10	38.4	65	2.42	*6	19.78	37.09	18.88	6.94
Hot pocket - pepperoni	1 EACH	500	300	40	680	3.00	2.70	250.0	*N/A*	*N/A*	4	18.0	32.0	11.0	5.00
Carrot and celery sticks	1 CUP	1900	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	300	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			714	52	911	10.25	5.16	680.6	*4167	*60.99	*64	28.80	108.38	18.64	7.22
% of Calories											*35.9%	16.1%	60.8%	23.5%	9.1%
Nutrient Guideline			750-850		1420										<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															
Lunch 9-12	Total	2000													
Cheeseburger/wheat bun 1.60oz	1 EACH	800	298	48	435	3.00	3.06	1745.0	2250	0.0	*2	20.0	28.0	11.75	4.75
Chili con carne & beans	1 CUP	800	329	49	494	8.11	2.31	73.5	262	9.68	*11	23.1	32.38	11.52	3.76
Cherry tomatoes - sec	1 cup	1500	25	0	5	2.00	0.36	20.0	1250	18.0	4	1.0	6.0	0.0	0.00
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Cinnamon roll, 2.25oz frozen	1 EACH	800	248	10	232	3.00	1.44	22.6	*4	*0.01	*20	5.07	45.11	5.6	2.20
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	200	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			842	65	856	13.60	4.46	1141.8	*6665	*81.74	*73	34.19	123.08	24.33	7.68
% of Calories											*34.8%	16.2%	58.5%	26.0%	8.2%
Nutrient Guideline			750-850		1420										<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

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 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															
Lunch 9-12	Total	2000													
Salisbury steak	1 EACH	700	157	43	312	1.00	2.00	36.0	30	1.0	1	14.0	5.0	9.0	3.40
Chicken nuggets	5 Pieces	900	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
POTATO PEARLS LOW SODIUM	2/3 CUP	1600	213	0	293	2.67	0.96	53.3	0	79.99	3	5.33	45.33	2.67	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	1600	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
Dinner roll 100 % wheat 2	2 EACH	1600	140	0	180	2.00	0.00	40.0	0	0.0	2	6.0	24.0	1.0	0.00
Broccoli,raw: fresh cup	1 CUP	1200	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	200	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			892	40	1450	12.85	3.65	508.1	2376	149.59	*64	35.22	148.59	19.25	4.36
% of Calories											*28.9%	15.8%	66.6%	19.4%	4.4%
Nutrient Guideline			750-850		1420										<10.00

Mon - 10/08/2018															
Lunch 9-12	Total	2000													
Macaroni & cheese wg - sec	1 CUP	600	377	49	864	2.67	0.00	494.7	657	1.33	11	20.0	41.33	14.67	8.67
CHICKEN DRUMSTICKS BREADE	each	1000	190	50	5	1.00	1.08	20.0	0	0.0	0	16.0	5.0	11.0	2.50
Sweet potato chopped wedge	1 cup	1000	240	0	107	8.00	1.92	106.7	0	0.0	24	2.67	42.69	6.67	0.00
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Bread stick whole wheat 2	2 EACH	1600	180	0	240	2.00	1.44	40.0	*N/A*	*N/A*	6	6.0	28.0	5.0	0.00
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	200	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			943	62	966	13.79	4.15	680.1	*5060	*65.85	*77	36.68	133.49	29.38	7.04
% of Calories											*32.9%	15.6%	56.6%	28.0%	6.7%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 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 - 10/09/2018															
Lunch 9-12	Total	2000													
Dug out sec	SERVING	1000	607	39	905	8.08	1.73	115.1	196	7.26	*9	21.83	58.79	31.64	6.32
Pork patties sandwich	1 EACH	600	412	40	574	5.00	2.44	350.4	0	0.0	*3	23.0	39.17	19.2	4.73
Carrots, baby cup	1 CUP	1500	48	0	61	2.72	0.00	27.2	6807	1.63	4	1.36	8.17	0.0	0.00
Green beans: canned,cooked	1 CUP	1500	32	0	280	4.00	0.00	0.0	0	0.0	2	2.0	6.0	0.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	200	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			875	47	1260	16.04	2.57	605.1	6466	55.19	*67	35.71	124.41	26.07	6.42
% of Calories											*30.6%	16.3%	56.9%	26.8%	6.6%
Nutrient Guideline			750-850		1420										<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 - 10/10/2018															
Lunch 9-12	Total	2000													
Chicken patty/whole grain bun	1 EACH	1000	380	25	650	6.00	3.80	71.0	*N/A*	*N/A*	3	21.0	42.0	14.5	2.50
BBQ pork (shredded) on WG bun	1 EACH	600	310	44	757	5.00	0.54	680.0	18550	3.0	11	24.0	40.0	7.5	2.10
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Broccoli,raw: fresh cup	1 CUP	1500	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	200	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			792	48	1041	14.39	4.10	705.9	*11927	*111.35	*64	37.25	113.84	21.64	5.07
% of Calories											*32.2%	18.8%	57.5%	24.6%	5.8%
Nutrient Guideline			750-850		1420										<10.00

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Lunch 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)
Thu - 10/11/2018															
Lunch 9-12	Total	2000													
Dutch waffle	1 each	1100	300	20	350	3.00	1.80	0.0	0	0.0	12	4.0	43.0	13.0	3.00
Joe Cheeser - ham L	1 EACH	500	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Strawberries frozen sec	1/2 CUP	1800	122	0	4	2.40	0.75	14.0	31	52.8	*N/A*	0.98	33.05	0.17	0.01
Sausage, pork link	4 each	1100	230	40	340	0.00	0.72	0.0	0	0.0	0	8.0	2.0	21.0	7.00
MIXED VEGETABLES, FROZEN CUP	1 CUP	1100	118	0	64	8.00	27.00	460.0	7784	34.8	6	5.2	23.82	0.28	0.00
Fruit, fresh	1 EACH	1800	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	1100	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	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	200	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			834	63	890	11.86	18.53	734.0	*5121	125.77	*48	29.75	125.39	25.50	7.72
% of Calories											*22.8%	14.3%	60.1%	27.5%	8.3%
Nutrient Guideline			750-850		1420										<10.00

Fri - 10/12/2018															
Lunch 9-12	Total	2000													
Chicken Mandarin orange- Asian	2.50 oz	500	174	46	336	0.00	0.00	0.0	0	0.0	17	12.0	21.0	4.0	2.00
Corn dog - whole grain	1 EACH	1100	240	40	390	5.00	1.80	80.0	*N/A*	*N/A*	5	9.0	30.0	8.0	2.50
Rice, brown	1 CUP	500	160	0	0	1.00	0.00	0.0	0	0.0	0	4.0	35.0	1.5	0.00
Baked Beans - sec	1 cup	1200	280	0	740	10.00	3.60	80.0	*N/A*	*N/A*	24	10.0	60.0	0.0	0.00
Baby Corn - Sec	1 cup	1500	65	0	324	3.24	1.17	32.4	324	0.0	2	4.86	6.48	0.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	200	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			820	49	1365	16.88	5.00	538.3	*1505	*50.33	*80	33.97	144.00	10.27	3.72
% of Calories											*38.8%	16.6%	70.2%	11.3%	4.1%
Nutrient Guideline			750-850		1420										<10.00

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# Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 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 - 10/15/2018															
Lunch 9-12	Total	2000													
Chicken nuggets	5 Pieces	1200	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	1200	105	0	125	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	serving	1200	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Hot pocket - pepperoni	1 EACH	400	300	40	680	3.00	2.70	250.0	*N/A*	*N/A*	4	18.0	32.0	11.0	5.00
Salad, chopped Romaine	2 CUP	1850	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Corn: canned yellow cup	1 CUP	1800	120	0	280	4.00	0.72	0.0	0	7.2	14	4.0	18.0	3.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	200	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			934	41	1170	15.11	5.33	515.4	*5188	*97.68	*83	31.40	139.70	28.27	5.94
% of Calories											*35.7%	13.4%	59.8%	27.2%	5.7%
Nutrient Guideline			750-850		1420										<10.00

Tue - 10/16/2018															
Lunch 9-12	Total	2000													
Nachos with ground beef sec	SERVINGS	1200	434	51	126	6.39	0.13	134.0	249	0.5	*2	19.94	38.99	22.02	4.95
Joe Cheeser - ham L	1 EACH	400	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Cheese sauce 1/4 cup	1/4 CUP	1200	60	0	470	0.00	0.00	40.0	0	0.0	2	2.0	6.0	3.5	2.00
REFRIED BEANS	3/4 cup	1200	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	0.00
Tomatoes, diced	2 OZ	1000	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Cauliflower,raw: fresh cup	1 CUP	1800	25	0	30	2.00	7.56	220.0	0	289.2	2	1.92	4.97	0.28	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	200	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			773	56	1098	14.98	11.09	752.4	*1162	330.56	*39	38.59	104.23	23.11	6.22
% of Calories											*20.2%	20.0%	53.9%	26.9%	7.2%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 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 - 10/17/2018															
Lunch 9-12	Total	2000													
Chili White	1 CUP	500	256	54	395	6.22	2.75	136.9	154	5.8	*0	20.99	28.53	6.33	2.31
Hot dog & bun	1 EACH	1100	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Bread, mini garlic toast WGsec	2 SLICES	500	137	0	186	1.95	1.41	0.0	0	0.0	0	3.91	21.51	4.89	0.98
Carrot and celery sticks	1 CUP	1800	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Chocolate chip cookies	1 EACH	2000	133	13	39	0.85	2.60	213.0	118	0.0	*5	1.58	16.66	6.86	1.98
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	200	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			828	60	863	12.41	8.91	*880.0	*4429	*86.84	*66	30.31	126.09	23.56	7.85
% of Calories											*32.0%	14.6%	60.9%	25.6%	8.5%
Nutrient Guideline			750-850		1420										<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															
Lunch 9-12	Total	2000													
Country fried steak	1 EACH	1000	330	50	530	3.00	1.80	20.0	0	0.0	0	17.0	16.0	21.0	6.00
Burrito, Beef, bean, green chi	1 Each	600	294	19	414	7.92	3.60	80.0	400	4.8	1	16.28	39.49	9.13	2.55
Salsa	1 TBSP	600	5	0	175	0.00	*N/A*	*N/A*	50	*N/A*	1	0.0	1.0	0.0	0.00
POTATO PEARLS LOW SODIUM	2/3 CUP	1000	213	0	293	2.67	0.96	53.3	0	79.99	3	5.33	45.33	2.67	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	1000	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
Broccoli,raw: fresh cup	1 CUP	1200	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Beets, pickled	1/2 cup	500	62	0	171	0.00	0.00	0.0	*N/A*	*N/A*	12	0.0	12.43	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Dinner roll 100 % wheat 2	2 EACH	1000	140	0	180	2.00	0.00	40.0	0	0.0	2	6.0	24.0	1.0	0.00
Milk, chocolate fat free	1 CUP	1600	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	200	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			914	45	1352	14.74	*4.99	*566.0	*2838	*153.21	*68	36.65	146.05	21.04	5.44
% of Calories											*30.0%	16.0%	63.9%	20.7%	5.4%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 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)
Fri - 10/19/2018															
Lunch 9-12	Total	2000													
Chicken fajita tortilla sec	SERVING	300	442	114	1236	4.00	*1.44	*80.0	*0	*0.0	2	36.0	34.0	19.0	11.00
Sandwich, Grilled Cheese - sec	1 EACH	1200	310	30	856	4.00	2.00	445.0	447	0.0	*4	20.17	32.05	15.07	7.25
Tomato Soup	1 cup	1200	80	0	414	1.00	0.36	3.6	400	6.0	*10	1.0	16.0	1.0	0.50
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Vegetable fajita blend	.75 CUP	300	25	0	5	0.00	0.00	0.0	15	0.0	3	0.0	5.0	0.0	0.00
Fruit, canned	1/2 CUP	1900	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	1900	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	250	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			759	58	1372	10.90	*4.54	*725.1	*5426	*96.31	*56	34.11	102.96	26.08	9.69
% of Calories											*29.3%	18.0%	54.2%	30.9%	11.5%
Nutrient Guideline			750-850		1420										<10.00

Mon - 10/22/2018															
Lunch 9-12	Total	2000													
Meatball sub - sec	1 each	600	490	52	855	5.00	23.40	410.0	2095	29.4	9	22.5	41.5	26.0	9.75
Bread stick mozzarella	2 Sticks	1000	320	20	680	2.00	1.44	200.0	*N/A*	*N/A*	2	14.0	32.0	14.0	5.00
Spaghetti sauce low sodium	1/4 CUP	1600	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Carrots, baby cup	1 CUP	1800	48	0	61	2.72	0.00	27.2	6807	1.63	4	1.36	8.17	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Bar breakfast	SERVING	200	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			856	48	1089	11.81	17.27	737.9	*12314	*86.42	*67	29.54	116.19	29.18	9.22
% of Calories											*31.4%	13.8%	54.3%	30.7%	9.7%
Nutrient Guideline			750-850		1420										<10.00

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# Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 9

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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 - 10/23/2018															
Lunch 9-12	Total	2000													
BBQ pork rib on wheat bun	1 EACH	900	300	30	580	4.00	3.08	71.0	*100	*1.2	7	19.0	35.0	11.5	3.50
Soft shell taco el	1 EACH	600	200	29	328	1.00	17.69	633.5	169	0.61	*1	11.16	17.81	8.71	2.98
REFRIED BEANS	3/4 cup	600	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	0.00
Corn: canned yellow cup	1 CUP	1900	120	0	280	4.00	0.72	0.0	0	7.2	14	4.0	18.0	3.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Tomatoes, diced	2 OZ	1500	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	300	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			723	40	1133	11.07	9.02	603.6	*1161	*30.38	*64	32.03	109.96	17.10	4.95
% of Calories											*35.4%	17.7%	60.9%	21.3%	6.2%
Nutrient Guideline			750-850		1420										<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 - 10/24/2018															
Lunch 9-12	Total	2000													
Chili dog	1 EACH	1000	392	47	673	5.03	3.10	38.4	65	2.42	*6	19.78	37.09	18.88	6.94
Hot pocket - pepperoni	1 EACH	500	300	40	680	3.00	2.70	250.0	*N/A*	*N/A*	4	18.0	32.0	11.0	5.00
Carrot and celery sticks	1 CUP	1900	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	300	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			714	52	911	10.25	5.16	680.6	*4167	*60.99	*64	28.80	108.38	18.64	7.22
% of Calories											*35.9%	16.1%	60.8%	23.5%	9.1%
Nutrient Guideline			750-850		1420										<10.00

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**Natrona County School District**

**Oct 1, 2018 thru Oct 31, 2018**

Base Menu Spreadsheet

Lunch 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)
<b>Thu - 10/25/2018</b>															
Lunch 9-12	Total	2000													
Cheeseburger/wheat bun 1.60oz	1 EACH	800	298	48	435	3.00	3.06	1745.0	2250	0.0	*2	20.0	28.0	11.75	4.75
Chili con carne & beans	1 CUP	800	329	49	494	8.11	2.31	73.5	262	9.68	*11	23.1	32.38	11.52	3.76
Cherry tomatoes - sec	1 cup	1500	25	0	5	2.00	0.36	20.0	1250	18.0	4	1.0	6.0	0.0	0.00
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Cinnamon roll, 2.25oz frozen	1 EACH	800	248	10	232	3.00	1.44	22.6	*4	*0.01	*20	5.07	45.11	5.6	2.20
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	200	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			842	65	856	13.60	4.46	1141.8	*6665	*81.74	*73	34.19	123.08	24.33	7.68
% of Calories											*34.8%	16.2%	58.5%	26.0%	8.2%
Nutrient Guideline			750-850		1420										<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)
<b>Fri - 10/26/2018</b>															
Lunch 9-12	Total	2000													
Meatloaf	Serving	700	170	30	390	1.00	1.44	60.0	200	9.0	5	12.0	8.0	10.0	5.00
Chicken nuggets	5 Pieces	900	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
POTATO PEARLS LOW SODIUM	2/3 CUP	1600	213	0	293	2.67	0.96	53.3	0	79.99	3	5.33	45.33	2.67	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	1600	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
Dinner roll 100 % wheat 2	2 EACH	1600	140	0	180	2.00	0.00	40.0	0	0.0	2	6.0	24.0	1.0	0.00
Broccoli,raw: fresh cup	1 CUP	1200	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	200	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			897	35	1477	12.85	3.46	516.5	2436	152.39	*66	34.52	149.64	19.60	4.92
% of Calories											*29.4%	15.4%	66.7%	19.7%	4.9%
Nutrient Guideline			750-850		1420										<10.00

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# Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 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 - 10/29/2018															
Lunch 9-12	Total	2000													
Macaroni & cheese wg - sec	1 CUP	600	377	49	864	2.67	0.00	494.7	657	1.33	11	20.0	41.33	14.67	8.67
CHICKEN DRUMSTICKS BREADE	each	1000	190	50	5	1.00	1.08	20.0	0	0.0	0	16.0	5.0	11.0	2.50
Sweet potato chopped wedge	1 cup	1000	240	0	107	8.00	1.92	106.7	0	0.0	24	2.67	42.69	6.67	0.00
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Bread stick whole wheat 2	2 EACH	1600	180	0	240	2.00	1.44	40.0	*N/A*	*N/A*	6	6.0	28.0	5.0	0.00
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	200	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			943	62	966	13.79	4.15	680.1	*5060	*65.85	*77	36.68	133.49	29.38	7.04
% of Calories											*32.9%	15.6%	56.6%	28.0%	6.7%
Nutrient Guideline			750-850		1420										<10.00

Tue - 10/30/2018															
Lunch 9-12	Total	2000													
Dug out sec	SERVING	1000	607	39	905	8.08	1.73	115.1	196	7.26	*9	21.83	58.79	31.64	6.32
Pork patties sandwich	1 EACH	600	412	40	574	5.00	2.44	350.4	0	0.0	*3	23.0	39.17	19.2	4.73
Carrots, baby cup	1 CUP	1500	48	0	61	2.72	0.00	27.2	6807	1.63	4	1.36	8.17	0.0	0.00
Green beans: canned,cooked	1 CUP	1500	32	0	280	4.00	0.00	0.0	0	0.0	2	2.0	6.0	0.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	200	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			875	47	1260	16.04	2.57	605.1	6466	55.19	*67	35.71	124.41	26.07	6.42
% of Calories											*30.6%	16.3%	56.9%	26.8%	6.6%
Nutrient Guideline			750-850		1420										<10.00

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# Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 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 - 10/31/2018															
Lunch 9-12	Total	2000													
Chicken patty/whole grain bun	1 EACH	1000	380	25	650	6.00	3.80	71.0	*N/A*	*N/A*	3	21.0	42.0	14.5	2.50
BBQ pork (shredded) on WG bun	1 EACH	600	310	44	757	5.00	0.54	680.0	18550	3.0	11	24.0	40.0	7.5	2.10
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Broccoli,raw: fresh cup	1 CUP	1500	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	200	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			792	48	1041	14.39	4.10	705.9	*11927	*111.35	*64	37.25	113.84	21.64	5.07
% of Calories											*32.2%	18.8%	57.5%	24.6%	5.8%
Nutrient Guideline			750-850		1420										<10.00

Weighted Average			832	51	1111	13.24	*6.91	*697.6	*5478	*96.80	*66	33.61	123.71	23.02	6.57
											*71.7%	16.2%	59.5%	24.9%	7.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	832		750 - 850	100%				
Cholesterol (mg)	51							
Sodium 1 (mg)	1111		1420					
Sodium 2 (mg)	1111		1080				31	Correction Required - Sodium too High
Fiber (g)	13.24							
Iron (mg)	6.91				Missing			
Calcium (mg)	697.6				Missing			
Vitamin A (IU)	5478				Missing			
Sugars (g)	66	31.85%			Missing			
Vitamin C (mg)	96.80				Missing			
Protein (g)	33.61	16.15%			Missing			
Carbohydrate (g)	123.71	59.46%						
Total Fat (g)	23.02	24.89%						
Saturated Fat (g)	6.57	7.10%	<10.00%					

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