

Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

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 6-8	Total	100													
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	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
Alternate yogurt & toast jel 8	1 EACH	40	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			641	10	424	7.44	2.99	592.8	1086	59.54	*70	19.12	132.85	4.83	1.10
% of Calories											*43.7%	11.9%	82.9%	6.8%	1.5%
Nutrient Guideline			400-550		600										<10.00

Tue - 10/02/2018															
BREAKFAST 6-8	Total	650													
EGGO MINIS PANCAKES	1 EACH	425	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	140	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	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	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	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Weighted Daily Average			476	15	525	6.94	3.54	456.6	*620	*79.46	51	13.54	90.02	7.16	1.69
% of Calories											43.2%	11.4%	75.7%	13.6%	3.2%
Nutrient Guideline			400-550		600										<10.00

Wed - 10/03/2018															
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	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	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	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 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

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

BREAKFAST 6-8

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			574	39	523	5.72	2.83	486.4	1083	60.34	*67	16.47	113.60	7.36	2.13
% of Calories											*46.8%	11.5%	79.2%	11.5%	3.3%
Nutrient Guideline			400-550		600										<10.00

Thu - 10/04/2018															
BREAKFAST 6-8	Total	650													
Donut long john WG	1 EACH	425	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	140	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	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	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	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Weighted Daily Average			472	8	574	5.43	1.95	427.5	*620	79.46	47	14.00	83.05	10.14	3.93
% of Calories											39.7%	11.9%	70.4%	19.3%	7.5%
Nutrient Guideline			400-550		600										<10.00

Fri - 10/05/2018															
BREAKFAST 6-8	Total	650													
Muffin squares, fruited	3 OZ	425	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	140	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	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	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 yogurt & toast jel 8	1 EACH	85	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			527	8	497	5.09	1.55	467.7	642	79.65	*51	13.84	108.73	5.04	1.32
% of Calories											*38.8%	10.5%	82.6%	8.6%	2.3%
Nutrient Guideline			400-550		600										<10.00

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Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

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 - 10/08/2018															
BREAKFAST 6-8	Total	600													
Breakfast pizza	3.3 oz	225	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	275	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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	100	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Weighted Daily Average			459	13	521	6.20	2.41	476.8	*619	77.24	48	15.54	86.67	6.22	1.79
% of Calories											41.7%	13.5%	75.6%	12.2%	3.5%
Nutrient Guideline			400-550		600										<10.00

Tue - 10/09/2018															
BREAKFAST 6-8	Total	600													
Breakfast burrito	3.75 OZ	225	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	300	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Weighted Daily Average			467	24	503	6.79	2.45	459.3	*621	83.43	47	16.16	87.32	6.84	2.48
% of Calories											40.4%	13.8%	74.8%	13.2%	4.8%
Nutrient Guideline			400-550		600										<10.00

Wed - 10/10/2018															
BREAKFAST 6-8	Total	600													
Pork sausage/bun	EACH	250	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	250	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	250	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	550	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	600	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	150	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 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

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

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)
Weighted Daily Average			601	68	583	5.37	3.12	485.1	*994	*57.95	*63	19.26	106.01	11.82	3.78
% of Calories											*41.8%	12.8%	70.5%	17.7%	5.7%
Nutrient Guideline			400-550		600										<10.00

Thu - 10/11/2018															
BREAKFAST 6-8	Total	600													
Bagel wheat 1/2	1/2 BAGEL	250	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	250	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	275	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Weighted Daily Average			441	20	446	5.83	2.06	434.8	*702	77.24	47	14.00	82.22	7.11	3.37
% of Calories											42.9%	12.7%	74.6%	14.5%	6.9%
Nutrient Guideline			400-550		600										<10.00

Fri - 10/12/2018															
BREAKFAST 6-8	Total	600													
Eggo mini waffles	1 EACH	275	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	250	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	550	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	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
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			374	2	286	6.76	2.74	261.9	452	76.01	*38	7.75	79.94	4.05	1.00
% of Calories											*40.6%	8.3%	85.6%	9.8%	2.4%
Nutrient Guideline			400-550		600										<10.00

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Base Menu Spreadsheet

BREAKFAST 6-8

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															
BREAKFAST 6-8	Total	600													
Eggo mini french toast	POUCH	275	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	250	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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 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			476	8	443	6.76	3.15	557.7	1097	*77.27	*52	14.88	95.08	5.05	1.32
% of Calories											*43.8%	12.5%	79.9%	9.6%	2.5%
Nutrient Guideline			400-550		600										<10.00

Tue - 10/16/2018															
BREAKFAST 6-8	Total	600													
Hot ham & cheese/bun	1 EACH	250	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	275	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Weighted Daily Average			491	30	670	6.24	1.76	547.3	*619	77.24	47	19.82	87.43	8.35	3.37
% of Calories											38.3%	16.1%	71.2%	15.3%	6.2%
Nutrient Guideline			400-550		600										<10.00

Wed - 10/17/2018															
BREAKFAST 6-8	Total	600													
Cinnamon roll, 2.25oz frozen	1 EACH	275	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	250	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	550	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	600	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	150	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 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

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

BREAKFAST 6-8

Portion Values - Detailed

Page 6

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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			551	12	445	5.50	2.20	474.2	*996	*57.95	*71	14.89	114.59	4.51	1.63
% of Calories											*51.3%	10.8%	83.1%	7.4%	2.7%
Nutrient Guideline			400-550		600										<10.00

Thu - 10/18/2018															
BREAKFAST 6-8	Total	600													
Muffin squares, fruited	3 OZ	225	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	275	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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	100	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Weighted Daily Average			483	8	521	5.56	1.98	421.8	*619	77.24	*49	13.41	98.02	5.26	1.37
% of Calories											*40.8%	11.1%	81.1%	9.8%	2.5%
Nutrient Guideline			400-550		600										<10.00

Fri - 10/19/2018															
BREAKFAST 6-8	Total	600													
Pancake, WG blue&saus on stick	1 EACH	275	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	275	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	250	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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 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			531	17	514	5.39	2.00	475.2	*639	*77.27	*58	15.33	102.42	7.34	2.01
% of Calories											*43.7%	11.6%	77.2%	12.4%	3.4%
Nutrient Guideline			400-550		600										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 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)
Mon - 10/22/2018															
BREAKFAST 6-8	Total	600													
Biscuit, whole grain	1 EACH	250	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	250	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	250	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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 yogurt & toast jel 8	1 EACH	100	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			496	12	587	5.89	2.16	503.6	*646	77.34	*50	15.63	94.20	6.66	2.39
% of Calories											*40.3%	12.6%	76.0%	12.1%	4.3%
Nutrient Guideline			400-550		600										<10.00

Tue - 10/23/2018															
BREAKFAST 6-8	Total	600													
Eggo mini waffles	1 EACH	275	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	250	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Weighted Daily Average			453	7	456	6.64	2.74	463.0	*847	77.09	50	13.53	89.46	5.36	1.56
% of Calories											44.0%	11.9%	78.9%	10.7%	3.1%
Nutrient Guideline			400-550		600										<10.00

Wed - 10/24/2018															
BREAKFAST 6-8	Total	600													
Donut long john WG	1 EACH	300	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	225	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	550	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	600	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	150	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 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

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 8

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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)
Weighted Daily Average			539	8	537	4.93	2.15	472.9	993	57.79	*64	14.84	105.49	7.37	2.87
% of Calories											*47.1%	11.0%	78.2%	12.3%	4.8%
Nutrient Guideline			400-550		600										<10.00

Thu - 10/25/2018															
BREAKFAST 6-8	Total	600													
Pancake, WG blue&saus on stick	1 EACH	275	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	275	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	250	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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	75	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Weighted Daily Average			513	17	545	5.26	2.00	426.3	*618	*77.09	56	14.45	96.80	8.11	2.25
% of Calories											43.9%	11.3%	75.5%	14.2%	3.9%
Nutrient Guideline			400-550		600										<10.00

Fri - 10/26/2018															
BREAKFAST 6-8	Total	600													
Sausage, egg & cheese sliders	2 SLIDERS	275	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	250	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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 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			453	21	457	5.84	2.16	502.7	639	77.27	*50	16.25	88.21	4.59	1.32
% of Calories											*44.4%	14.3%	77.9%	9.1%	2.6%
Nutrient Guideline			400-550		600										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 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)
Mon - 10/29/2018															
BREAKFAST 6-8	Total	600													
SAUSAGE,EGG, ON A BUN	1 EACH	225	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	275	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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 yogurt & toast jel 8	1 EACH	100	380	10	300	3.00	1.44	450.0	173	1.5	*19	13.0	73.75	4.5	2.00
Weighted Daily Average			554	70	564	6.37	2.35	609.5	723	77.49	*49	19.35	94.92	12.13	3.53
% of Calories											*35.7%	14.0%	68.5%	19.7%	5.7%
Nutrient Guideline			400-550		600										<10.00

Tue - 10/30/2018															
BREAKFAST 6-8	Total	600													
Breakfast pizza	3.3 oz	225	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	275	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	550	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	3	0.00	0.00	83.3	0	40.4	10	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	150	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	100	236	9	547	2.00	1.44	58.9	*0	0.0	5	5.89	28.78	10.67	3.89
Weighted Daily Average			459	13	521	6.20	2.41	476.8	*619	77.24	48	15.54	86.67	6.22	1.79
% of Calories											41.7%	13.5%	75.6%	12.2%	3.5%
Nutrient Guideline			400-550		600										<10.00

Wed - 10/31/2018															
BREAKFAST 6-8	Total	600													
Eggo mini french toast	POUCH	275	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	250	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	550	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	600	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	150	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 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

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BREAKFAST 6-8

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			534	8	458	5.96	3.19	555.5	1453	*57.95	*67	14.86	109.96	4.70	1.31
% of Calories											*49.9%	11.1%	82.4%	7.9%	2.2%
Nutrient Guideline			400-550		600										<10.00

Weighted Average			503	19	504	6.01	2.43	479.8	*780	*72.89	*54	15.32	97.12	6.79	2.14
											*96.5%	12.2%	77.3%	12.2%	3.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	503		400 - 550	100%				
Cholesterol (mg)	19							
Sodium 1 (mg)	504		600					
Sodium 2 (mg)	504		535					
Fiber (g)	6.01							
Iron (mg)	2.43							
Calcium (mg)	479.8							
Vitamin A (IU)	780				Missing			
Sugars (g)	54	42.90%			Missing			
Vitamin C (mg)	72.89				Missing			
Protein (g)	15.32	12.19%						
Carbohydrate (g)	97.12	77.27%						
Total Fat (g)	6.79	12.16%						
Saturated Fat (g)	2.14	3.84%	<10.00%					

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