

Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 1

Generated on: 9/18/2018 11:33:39 AM

	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															
Lunch 6-8	Total	2500													
Meatball Sub	1 each	700	413	37	708	4.67	22.92	396.7	2095	29.4	9	18.83	40.17	20.0	7.42
Bread stick mozzarella	2 Sticks	1100	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	1800	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 3/4 cup	.75 CUP	2000	36	0	46	2.04	0.00	20.4	5105	1.23	3	1.02	6.13	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
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	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
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
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			725	42	1002	9.21	15.67	705.9	*9193	*68.16	*50	27.70	94.12	25.39	8.08
% of Calories											*27.5%	15.3%	51.9%	31.5%	10.0%
Nutrient Guideline			600-700		1360										<10.00

Tue - 10/02/2018															
Lunch 6-8	Total	2500													
BBQ pork rib on wheat bun	1 EACH	1000	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	1000	200	29	328	1.00	17.69	633.5	169	0.61	*1	11.16	17.81	8.71	2.98
Refried beans	1/2 CUP	1000	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Corn: canned, yellow .75 cup	3/4 CUP	2000	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	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	1800	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	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			585	38	985	8.12	10.04	649.2	*906	*18.41	*43	29.41	82.82	14.78	4.45
% of Calories											*29.7%	20.1%	56.6%	22.7%	6.8%
Nutrient Guideline			600-700		1360										<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 6-8

Portion Values - Detailed

Page 2

Generated on: 9/18/2018 11:33:40 AM

	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 6-8	Total	2500													
Chili dog	1 EACH	1200	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	800	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	2500	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, canned	1/2 CUP	2000	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	2500	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	1800	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	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			642	50	913	9.60	5.16	698.5	*4074	*56.95	*51	28.83	92.39	17.55	6.80
% of Calories											*31.5%	17.9%	57.5%	24.6%	9.5%
Nutrient Guideline			600-700		1360										<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 6-8	Total	2500													
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	3/4 CUP	1200	305	50	456	7.38	3.76	78.8	238	8.8	*10	24.76	29.44	8.9	3.30
Cherry tomatoes	3/4 cup	2000	19	0	4	1.50	0.27	15.0	937	13.5	3	0.75	4.5	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	1/2 CUP	2000	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	2200	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	1200	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	1300	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	300	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			737	63	806	12.26	4.90	943.8	*5240	*67.35	*56	33.49	102.95	21.45	7.03
% of Calories											*30.5%	18.2%	55.9%	26.2%	8.6%
Nutrient Guideline			600-700		1360										<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 6-8

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)
Fri - 10/05/2018															
Lunch 6-8	Total	2500													
Salisbury steak	1 EACH	1000	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	1000	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	1/2 CUP	1000	160	0	220	2.00	0.72	40.0	0	60.0	2	4.0	34.0	2.0	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
Dinner roll 100 % wheat	1 EACH	2000	70	0	90	1.00	0.00	20.0	0	0.0	1	3.0	12.0	0.5	0.00
Broccoli,raw: fresh .75	.75 CUP	2000	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	2000	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	2500	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	1800	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	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			653	40	1012	9.90	3.07	457.6	2134	105.37	*49	29.88	98.64	16.14	4.23
% of Calories											*29.8%	18.3%	60.4%	22.2%	5.8%
Nutrient Guideline			600-700		1360										<10.00

Mon - 10/08/2018															
Lunch 6-8	Total	2500													
Macaroni & cheese whole grain	3/4 CUP	1000	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
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 pot chopwedg & sauc el	.75 cup	800	340	0	300	6.22	0.90	42.7	*1499	*0.64	32	1.56	49.33	17.56	4.08
Salad, chopped Romaine	2 CUP	1500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Fruit, canned	1/2 CUP	2000	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	1500	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	1 EACH	2500	90	0	120	1.00	0.72	20.0	*N/A*	*N/A*	3	3.0	14.0	2.5	0.00
Milk, chocolate fat free	1 CUP	1800	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	250	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	250	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			742	55	908	8.74	2.54	608.1	*4055	*42.07	*56	31.41	96.48	26.09	7.46
% of Calories											*30.0%	16.9%	52.0%	31.6%	9.0%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 4

Generated on: 9/18/2018 11:33:40 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)
Tue - 10/09/2018															
Lunch 6-8	Total	2500													
Dug Out el	SERVING	1200	447	39	745	7.08	1.73	95.1	196	7.26	*9	19.83	42.79	21.64	4.82
Pork patties sandwich	1 EACH	800	412	40	574	5.00	2.44	350.4	0	0.0	*3	23.0	39.17	19.2	4.73
Carrots, raw, coin .75 cup	.75 CUP	2000	35	0	46	2.00	0.00	20.0	3000	1.2	4	1.0	6.0	0.0	0.00
Green beans: canned,cooked	.75 cup	1800	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Fruit, canned	1/2 CUP	2000	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	2500	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	1800	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	250	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	250	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			720	47	1107	13.50	2.47	589.6	3518	50.50	*54	33.82	99.21	20.76	5.49
% of Calories											*30.0%	18.8%	55.1%	26.0%	6.9%
Nutrient Guideline			600-700		1360										<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)
Wed - 10/10/2018															
Lunch 6-8	Total	2500													
Chicken patty/whole grain bun	1 EACH	1200	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	800	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	2000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Broccoli,raw: fresh .75	.75 CUP	1800	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	2000	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	2500	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	1800	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	250	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	250	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			711	47	1024	12.66	3.70	701.9	*11240	*92.85	*51	36.02	97.34	20.39	4.73
% of Calories											*28.6%	20.3%	54.8%	25.8%	6.0%
Nutrient Guideline			600-700		1360										<10.00

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Base Menu Spreadsheet

Lunch 6-8

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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)
Thu - 10/11/2018															
Lunch 6-8	Total	2500													
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	700	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Strawberries frozen el	1/4 CUP	1500	61	0	2	1.20	0.38	7.0	16	26.4	*N/A*	0.49	16.52	0.09	0.01
Sausage, pork link - el	2 each	1100	230	40	340	0.00	0.72	*N/A*	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	1000	88	0	48	6.00	20.25	345.0	5838	26.1	4	3.9	17.87	0.21	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
Fruit juice assorted	.50 CUP	2000	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	1800	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	350	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	350	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			724	61	897	8.23	11.33	*667.8	*3230	*92.39	*48	29.40	101.74	22.74	6.97
% of Calories											*26.5%	16.2%	56.2%	28.3%	8.7%
Nutrient Guideline			600-700		1360										<10.00

Fri - 10/12/2018															
Lunch 6-8	Total	2500													
Chicken Mandarin orange- Asian	2.50 oz	800	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	1200	240	40	390	5.00	1.80	80.0	*N/A*	*N/A*	5	9.0	30.0	8.0	2.50
Rice, brown - ele	1/2 cup	800	82	0	0	0.51	0.37	0.0	0	0.0	0	2.04	17.87	0.77	0.00
BAKED BEANS (VEGETARIAN)	1/2 CUP	2000	68	0	67	2.44	12.46	232.9	3119	0.0	*3	2.85	15.72	0.21	0.04
Baby corn	.5 cup	2000	32	0	162	1.62	0.58	16.2	162	0.0	1	2.43	3.24	0.0	0.00
Fruit, canned	1/2 CUP	2000	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	2500	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	1800	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	250	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	250	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			606	49	855	10.55	12.27	653.5	*3649	*46.05	*55	28.10	100.10	9.77	3.54
% of Calories											*36.6%	18.5%	66.1%	14.5%	5.2%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 6

Generated on: 9/18/2018 11:33:40 AM

	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 6-8	Total	2500													
Chicken nuggets	5 Pieces	1100	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	1100	105	0	125	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	serving	1000	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	800	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	1700	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Corn: canned, yellow .75 cup	3/4 CUP	1500	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	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
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	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	350	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			754	41	1025	11.25	4.71	536.6	*3950	*78.72	*58	29.53	106.60	23.56	5.72
% of Calories											*30.8%	15.7%	56.5%	28.1%	6.8%
Nutrient Guideline			600-700		1360										<10.00

Tue - 10/16/2018															
Lunch 6-8	Total	2500													
Nachos with ground beef sec	SERVINGS	1500	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	500	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	1500	60	0	470	0.00	0.00	40.0	0	0.0	2	2.0	6.0	3.5	2.00
Refried beans	1/2 CUP	2000	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Tomatoes, diced canned	1 OZ	2000	6	0	4	0.25	0.00	0.0	25	4.46	1	0.25	1.24	0.0	0.00
Cauliflower,raw: fresh.75cup	.75 CUP	2000	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	0.00
Fruit, fresh	1 EACH	2500	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	1800	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	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			754	55	1058	13.85	8.64	682.4	*1158	243.01	*39	37.28	101.40	22.63	6.04
% of Calories											*20.7%	19.8%	53.8%	27.0%	7.2%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 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)
Wed - 10/17/2018															
Lunch 6-8	Total	2500													
Chili white el	3/4 CUP	800	202	29	308	6.00	2.38	119.3	121	4.83	*0	14.9	27.04	3.89	1.55
Hot dog & bun	1 EACH	1250	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 WG	SLICE	800	70	0	95	1.00	0.72	*N/A*	*N/A*	*N/A*	0	2.0	11.0	2.5	0.50
Carrot and celery sticks el	3/4 CUP	2000	21	0	59	1.58	1.98	226.8	2302	10.61	2	0.72	3.68	0.1	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
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Chocolate chip cookies	1 EACH	2500	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	1800	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	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	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			707	52	789	10.42	8.09	*837.9	*3100	*68.69	*50	27.65	103.04	21.19	7.09
% of Calories											*28.0%	15.6%	58.3%	27.0%	9.0%
Nutrient Guideline			600-700		1360										<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 6-8	Total	2500													
Country fried steak	1 EACH	1200	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	850	294	19	414	7.92	3.60	80.0	400	4.8	1	16.28	39.49	9.13	2.55
Salsa	1 TBSP	800	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	1/2 CUP	1200	160	0	220	2.00	0.72	40.0	0	60.0	2	4.0	34.0	2.0	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	1200	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
Broccoli,raw: fresh .75	.75 CUP	2000	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	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	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Dinner roll 100 % wheat	1 EACH	1200	70	0	90	1.00	0.00	20.0	0	0.0	1	3.0	12.0	0.5	0.00
Milk, chocolate fat free	1 CUP	1800	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	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	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			743	43	1208	12.54	*4.52	*486.6	*2453	*125.09	*48	32.55	110.69	19.63	5.20
% of Calories											*25.9%	17.5%	59.6%	23.8%	6.3%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 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)
Fri - 10/19/2018															
Lunch 6-8	Total	2500													
Chicken fajita tortilla sec	SERVING	350	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	900	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	900	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	1500	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	650	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	2200	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	2200	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	1800	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	600	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	650	633	41	744	13.94	13.81	471.1	3288	269.22	*24	21.39	89.22	23.22	6.07
Weighted Daily Average			753	56	1212	11.19	*5.89	*715.5	*4498	*122.92	*54	33.85	105.11	23.83	8.52
% of Calories											*28.9%	18.0%	55.9%	28.5%	10.2%
Nutrient Guideline			600-700		1360										<10.00

Mon - 10/22/2018															
Lunch 6-8	Total	2500													
Meatball sub - sec	1 each	700	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	1700	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	1500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Carrots, baby 3/4 cup	.75 CUP	1800	36	0	46	2.04	0.00	20.4	5105	1.23	3	1.02	6.13	0.0	0.00
Fruit, fresh	1 EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	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
Bar breakfast	SERVING	400	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	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			748	47	1025	9.31	15.40	698.7	*8285	*70.07	*52	28.46	96.96	26.44	8.70
% of Calories											*27.8%	15.2%	51.9%	31.8%	10.5%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 9

Generated on: 9/18/2018 11:33:40 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)
Tue - 10/23/2018															
Lunch 6-8	Total	2500													
BBQ pork rib on wheat bun	1 EACH	1000	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	1000	200	29	328	1.00	17.69	633.5	169	0.61	*1	11.16	17.81	8.71	2.98
Refried beans	1/2 CUP	1000	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Corn: canned, yellow .75 cup	3/4 CUP	2000	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	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	1800	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	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			585	38	985	8.12	10.04	649.2	*906	*18.41	*43	29.41	82.82	14.78	4.45
% of Calories											*29.7%	20.1%	56.6%	22.7%	6.8%
Nutrient Guideline			600-700		1360										<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)
Wed - 10/24/2018															
Lunch 6-8	Total	2500													
Chili dog	1 EACH	1200	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	800	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	2500	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, canned	1/2 CUP	2000	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	2500	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	1800	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	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			642	50	913	9.60	5.16	698.5	*4074	*56.95	*51	28.83	92.39	17.55	6.80
% of Calories											*31.5%	17.9%	57.5%	24.6%	9.5%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/25/2018															
Lunch 6-8	Total	2500													
Cheeseburger/wheat bun 1.60oz	1 EACH	750	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	3/4 CUP	1100	305	50	456	7.38	3.76	78.8	238	8.8	*10	24.76	29.44	8.9	3.30
Cherry tomatoes	3/4 cup	2000	19	0	4	1.50	0.27	15.0	937	13.5	3	0.75	4.5	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	1/2 CUP	2000	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	2500	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	1100	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	1300	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	250	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			711	59	757	12.06	4.62	899.7	*5189	*71.40	*57	31.51	100.93	20.41	6.61
% of Calories											*31.8%	17.7%	56.8%	25.9%	8.4%
Nutrient Guideline			600-700		1360										<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)
Fri - 10/26/2018															
Lunch 6-8	Total	2500													
Meatloaf	Serving	1000	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	1000	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	1/2 CUP	1000	160	0	220	2.00	0.72	40.0	0	60.0	2	4.0	34.0	2.0	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
Dinner roll 100 % wheat	1 EACH	2000	70	0	90	1.00	0.00	20.0	0	0.0	1	3.0	12.0	0.5	0.00
Broccoli,raw: fresh .75	.75 CUP	2000	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	2000	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	2500	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	1800	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	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	520	55	661	2.80	2.28	85.0	214	5.14	*22	11.36	63.68	24.48	9.00
Weighted Daily Average			658	35	1043	9.90	2.84	467.2	2202	108.57	*50	29.08	99.84	16.54	4.87
% of Calories											*30.6%	17.7%	60.7%	22.6%	6.7%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 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															
Lunch 6-8	Total	2500													
Macaroni & cheese whole grain	3/4 CUP	1000	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
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 pot chopwedg & sauc el	.75 cup	800	340	0	300	6.22	0.90	42.7	*1499	*0.64	32	1.56	49.33	17.56	4.08
Salad, chopped Romaine	2 CUP	1500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Fruit, canned	1/2 CUP	2000	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	1500	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	1 EACH	1800	90	0	120	1.00	0.72	20.0	*N/A*	*N/A*	3	3.0	14.0	2.5	0.00
Milk, chocolate fat free	1 CUP	1800	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	250	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	250	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			717	55	874	8.46	2.34	602.5	*4055	*42.07	*55	30.57	92.56	25.39	7.46
% of Calories											*30.6%	17.0%	51.6%	31.9%	9.4%
Nutrient Guideline			600-700		1360										<10.00

Tue - 10/30/2018															
Lunch 6-8	Total	2500													
Dug Out el	SERVING	1200	447	39	745	7.08	1.73	95.1	196	7.26	*9	19.83	42.79	21.64	4.82
Pork patties sandwich	1 EACH	800	412	40	574	5.00	2.44	350.4	0	0.0	*3	23.0	39.17	19.2	4.73
Carrots, raw, coin .75 cup	.75 CUP	2000	35	0	46	2.00	0.00	20.0	3000	1.2	4	1.0	6.0	0.0	0.00
Green beans: canned,cooked	.75 cup	1800	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Fruit, canned	1/2 CUP	2000	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	2500	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	1800	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	250	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	250	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			720	47	1107	13.50	2.47	589.6	3518	50.50	*54	33.82	99.21	20.76	5.49
% of Calories											*30.0%	18.8%	55.1%	26.0%	6.9%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 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)
Wed - 10/31/2018															
Lunch 6-8	Total	2500													
Chicken patty/whole grain bun	1 EACH	1200	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	800	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	2000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Broccoli,raw: fresh .75	.75 CUP	1800	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	2000	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	2500	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	1800	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	250	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	250	494	59	1379	7.16	2.60	545.0	1630	15.96	*23	35.15	48.26	18.05	6.96
Weighted Daily Average			711	47	1024	12.66	3.70	701.9	*11240	*92.85	*51	36.02	97.34	20.39	4.73
% of Calories											*28.6%	20.3%	54.8%	25.8%	6.0%
Nutrient Guideline			600-700		1360										<10.00

Weighted Average			698	49	980	10.68	*6.50	*662.7	*4429	*77.80	*51	31.16	98.03	20.35	6.11
											*65.8%	17.9%	56.2%	26.3%	7.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	698		600 - 700	100%				
Cholesterol (mg)	49							
Sodium 1 (mg)	980		1360					
Sodium 2 (mg)	980		1035					
Fiber (g)	10.68							
Iron (mg)	6.50				Missing			
Calcium (mg)	662.7				Missing			
Vitamin A (IU)	4429				Missing			
Sugars (g)	51	29.25%			Missing			
Vitamin C (mg)	77.80				Missing			
Protein (g)	31.16	17.86%						
Carbohydrate (g)	98.03	56.20%						
Total Fat (g)	20.35	26.25%						
Saturated Fat (g)	6.11	7.88%	<10.00%					

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