

# Natrona County School District

Nov 1, 2018 thru Nov 30, 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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 11/01/2018             |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| 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 - 11/02/2018               |         |      |         |    |      |       |      |       |       |        |        |       |        |       |        |
| 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   | 1100 | 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         |         |      | 806     | 49 | 1328 | 16.38 | 4.82 | 534.3 | *1505 | *50.33 | *78    | 33.47 | 141.00 | 10.27 | 3.72   |
| % of Calories                  |         |      |         |    |      |       |      |       |       |        | *38.9% | 16.6% | 69.9%  | 11.5% | 4.1%   |
| 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Natrona County School District

Nov 1, 2018 thru Nov 30, 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 - 11/05/2018       |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Lunch 9-12             | Total        | 1         |             |             |           |           |           |           |            |            |            |           |          |           |           |
| NO SCHOOL TODAY        | SERVING      | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      |
| Weighted Daily Average |              |           | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.00       | 0          | 0.00      | 0.00     | 0.00      | 0.00      |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | 0.0%       | 0.0%      | 0.0%     | 0.0%      | 0.0%      |
| 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) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Tue - 11/06/2018            |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| 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    |

|                                | 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 - 11/07/2018               |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| 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      |

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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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| 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    |

| Thu - 11/08/2018               |          |      |         |    |      |       |       |        |       |         |        |       |        |       |        |
|--------------------------------|----------|------|---------|----|------|-------|-------|--------|-------|---------|--------|-------|--------|-------|--------|
| 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 |

| Fri - 11/09/2018               |          |      |     |     |      |       |       |       |      |        |     |       |       |       |       |
|--------------------------------|----------|------|-----|-----|------|-------|-------|-------|------|--------|-----|-------|-------|-------|-------|
| 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  |

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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 |              |           | 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 - 11/12/2018           |          |      |         |    |      |       |       |       |        |        |        |       |        |       |        |
|----------------------------|----------|------|---------|----|------|-------|-------|-------|--------|--------|--------|-------|--------|-------|--------|
| 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 - 11/13/2018           |         |      |         |    |      |       |       |       |       |        |        |       |        |       |        |
|----------------------------|---------|------|---------|----|------|-------|-------|-------|-------|--------|--------|-------|--------|-------|--------|
| 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Natrona County School District

Nov 1, 2018 thru Nov 30, 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) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| <b>Wed - 11/14/2018</b>    |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |
| 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    |

|                               |         |      |         |    |      |       |      |        |       |        |        |       |        |       |        |
|-------------------------------|---------|------|---------|----|------|-------|------|--------|-------|--------|--------|-------|--------|-------|--------|
| <b>Thu - 11/15/2018</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 |

\*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

Nov 1, 2018 thru Nov 30, 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 - 11/16/2018               |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| 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 - 11/19/2018           |         |      |         |    |      |       |      |       |        |        |        |       |        |       |        |
| 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   |
| VEGGIES                    | 1/2 CUP | 1000 | 25      | 0  | 42   | 1.79  | 0.27 | 24.5  | 6788   | 18.78  | 2      | 0.99  | 5.45   | 0.19  | 0.04   |
| VEGGIES                    | 1/2 CUP | 1800 | 25      | 0  | 42   | 1.79  | 0.27 | 24.5  | 6788   | 18.78  | 2      | 0.99  | 5.45   | 0.19  | 0.04   |
| 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, 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     |         |      | 718     | 56 | 877  | 11.65 | 3.01 | 648.8 | *10615 | *95.99 | *54    | 35.58 | 102.96 | 19.00 | 5.76   |
| % of Calories              |         |      |         |    |      |       |      |       |        |        | *30.2% | 19.8% | 57.4%  | 23.8% | 7.2%   |
| Nutrient Guideline         |         |      | 750-850 |    | 1420 |       |      |       |        |        |        |       |        |       | <10.00 |

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Natrona County School District

Nov 1, 2018 thru Nov 30, 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 - 11/20/2018           |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| 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      |
| VEGGIES                    | 1/2 CUP      | 1500      | 25          | 0           | 42        | 1.79      | 0.27      | 24.5      | 6788       | 18.78      | 2          | 0.99      | 5.45     | 0.19      | 0.04      |
| VEGGIES                    | 1/2 CUP      | 1500      | 25          | 0           | 42        | 1.79      | 0.27      | 24.5      | 6788       | 18.78      | 2          | 0.99      | 5.45     | 0.19      | 0.04      |
| 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, 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     |              |           | 795         | 47          | 1052      | 14.47     | 2.95      | 623.6     | 11194      | 101.10     | *52        | 34.69     | 107.35   | 26.70     | 6.49      |
| % of Calories              |              |           |             |             |           |           |           |           |            |            | *26.1%     | 17.5%     | 54.0%    | 30.2%     | 7.3%      |
| Nutrient Guideline         |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <10.00    |

|                        |         |   |         |   |      |      |      |     |   |      |      |      |      |      |        |
|------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|
| Wed - 11/21/2018       |         |   |         |   |      |      |      |     |   |      |      |      |      |      |        |
| Lunch 9-12             | Total   | 1 |         |   |      |      |      |     |   |      |      |      |      |      |        |
| NO SCHOOL TODAY        | SERVING | 1 | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  | 0.00   |
| Weighted Daily Average |         |   | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0    | 0.00 | 0.00 | 0.00 | 0.00   |
| % of Calories          |         |   |         |   |      |      |      |     |   |      | 0.0% | 0.0% | 0.0% | 0.0% | 0.0%   |
| Nutrient Guideline     |         |   | 750-850 |   | 1420 |      |      |     |   |      |      |      |      |      | <10.00 |

|                        |         |   |         |   |      |      |      |     |   |      |      |      |      |      |        |
|------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|
| Thu - 11/22/2018       |         |   |         |   |      |      |      |     |   |      |      |      |      |      |        |
| Lunch 9-12             | Total   | 1 |         |   |      |      |      |     |   |      |      |      |      |      |        |
| NO SCHOOL TODAY        | SERVING | 1 | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  | 0.00   |
| Weighted Daily Average |         |   | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0    | 0.00 | 0.00 | 0.00 | 0.00   |
| % of Calories          |         |   |         |   |      |      |      |     |   |      | 0.0% | 0.0% | 0.0% | 0.0% | 0.0%   |
| Nutrient Guideline     |         |   | 750-850 |   | 1420 |      |      |     |   |      |      |      |      |      | <10.00 |

|                  |         |   |   |   |   |      |      |     |   |     |   |     |     |     |      |
|------------------|---------|---|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|
| Fri - 11/23/2018 |         |   |   |   |   |      |      |     |   |     |   |     |     |     |      |
| Lunch 9-12       | Total   | 1 |   |   |   |      |      |     |   |     |   |     |     |     |      |
| NO SCHOOL TODAY  | SERVING | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |

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# Natrona County School District

Nov 1, 2018 thru Nov 30, 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average |              |           | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.00       | 0          | 0.00      | 0.00     | 0.00      | 0.00      |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | 0.0%       | 0.0%      | 0.0%     | 0.0%      | 0.0%      |
| Nutrient Guideline     |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <10.00    |

| Mon - 11/26/2018           |          |      |         |    |      |       |       |       |       |        |        |       |        |       |        |
|----------------------------|----------|------|---------|----|------|-------|-------|-------|-------|--------|--------|-------|--------|-------|--------|
| 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 - 11/27/2018            |          |      |     |    |     |       |       |       |       |        |     |       |       |       |      |
|-----------------------------|----------|------|-----|----|-----|-------|-------|-------|-------|--------|-----|-------|-------|-------|------|
| 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 |

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# Natrona County School District

Nov 1, 2018 thru Nov 30, 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)    |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|--------------|
| Weighted Daily Average % of Calories |              |           | 773         | 56          | 1098      | 14.98     | 11.09     | 752.4     | *1162      | 330.56     | *39<br>*20.2% | 38.59<br>20.0% | 104.23<br>53.9% | 23.11<br>26.9% | 6.22<br>7.2% |
| Nutrient Guideline                   |              |           | 750-850     |             | 1420      |           |           |           |            |            |               |                |                 |                | <10.00       |

| Wed - 11/28/2018                     |          |      |         |    |      |       |       |        |       |        |               |                |                 |                |              |
|--------------------------------------|----------|------|---------|----|------|-------|-------|--------|-------|--------|---------------|----------------|-----------------|----------------|--------------|
| 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 % of Calories |          |      | 828     | 60 | 863  | 12.41 | 8.91  | *880.0 | *4429 | *86.84 | *66<br>*32.0% | 30.31<br>14.6% | 126.09<br>60.9% | 23.56<br>25.6% | 7.85<br>8.5% |
| Nutrient Guideline                   |          |      | 750-850 |    | 1420 |       |       |        |       |        |               |                |                 |                | <10.00       |

| Thu - 11/29/2018               |          |      |     |    |     |       |       |       |       |        |     |       |       |       |      |
|--------------------------------|----------|------|-----|----|-----|-------|-------|-------|-------|--------|-----|-------|-------|-------|------|
| 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 |

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Nov 1, 2018 thru Nov 30, 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| 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    |

| Fri - 11/30/2018               |          |      |         |     |      |       |       |        |       |        |        |       |        |       |        |
|--------------------------------|----------|------|---------|-----|------|-------|-------|--------|-------|--------|--------|-------|--------|-------|--------|
| 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 |

|                  |  |  |     |    |      |       |       |        |       |         |        |       |        |       |      |
|------------------|--|--|-----|----|------|-------|-------|--------|-------|---------|--------|-------|--------|-------|------|
| Weighted Average |  |  | 815 | 52 | 1118 | 13.06 | *7.40 | *698.6 | *4890 | *122.99 | *62    | 33.56 | 121.18 | 22.55 | 6.75 |
|                  |  |  |     |    |      |       |       |        |       |         | *68.0% | 16.5% | 59.5%  | 24.9% | 7.5% |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Natrona County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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| Nutrient          | Menu AVG | 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) |
|-------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|---------------------------------------|------------|------------|-----------|----------|-----------|-----------|
|                   |          | % of Cals    | Weekly Target | % of Target | Miss Data   | Shortfall | Overage   | Error Messages (if any) |            |                                       |            |            |           |          |           |           |
| Calories          | 815      |              | 750 - 850     | 100%        |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Cholesterol (mg)  | 52       |              |               |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Sodium 1 (mg)     | 1118     |              | 1420          |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Sodium 2 (mg)     | 1118     |              | 1080          |             |             |           |           |                         | 38         | Correction Required - Sodium too High |            |            |           |          |           |           |
| Fiber (g)         | 13.06    |              |               |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Iron (mg)         | 7.40     |              |               |             |             | Missing   |           |                         |            |                                       |            |            |           |          |           |           |
| Calcium (mg)      | 698.6    |              |               |             |             | Missing   |           |                         |            |                                       |            |            |           |          |           |           |
| Vitamin A (IU)    | 4890     |              |               |             |             | Missing   |           |                         |            |                                       |            |            |           |          |           |           |
| Sugars (g)        | 62       | 30.20%       |               |             |             | Missing   |           |                         |            |                                       |            |            |           |          |           |           |
| Vitamin C (mg)    | 122.99   |              |               |             |             | Missing   |           |                         |            |                                       |            |            |           |          |           |           |
| Protein (g)       | 33.56    | 16.48%       |               |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Carbohydrate (g)  | 121.18   | 59.50%       |               |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Total Fat (g)     | 22.55    | 24.91%       |               |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Saturated Fat (g) | 6.75     | 7.46%        | <10.00%       |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |

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