

Natrona County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Alternate pizza

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															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	450	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Joe Cheeser - ham L	1 EACH	50	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	400	61	0	2	1.20	0.38	7.0	16	26.4	*N/A*	0.49	16.52	0.09	0.01
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	200	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	350	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	400	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average % of Calories			644	38	838	9.31	11.14	797.1	*3561	65.16	*42 *25.9%	34.40 21.4%	98.13 60.9%	13.76 19.2%	5.27 7.4%
Nutrient Guideline			550-650		1230										<10.00

Fri - 11/02/2018															
Alternate pizza	Total	500													
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
Corn dog - whole grain	1 EACH	100	240	40	390	5.00	1.80	80.0	*N/A*	*N/A*	5	9.0	30.0	8.0	2.50
BAKED BEANS (VEGETARIAN)	3/4 cup	300	103	0	100	3.66	18.68	349.4	4679	0.0	*5	4.28	23.58	0.32	0.06
Baby corn	.5 cup	400	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	400	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	350	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average % of Calories			634	38	977	10.10	14.18	849.7	*4102	*33.36	*44 *27.7%	34.45 21.7%	94.20 59.4%	13.27 18.8%	5.12 7.3%
Nutrient Guideline			550-650		1230										<10.00

Mon - 11/05/2018															
Alternate pizza	Total	4000													
NO SCHOOL TODAY	SERVING	2500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/06/2018															
Alternate pizza	Total	8000													
Alternate, Pizza Hut Pizza	SLICES	3500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
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
REFRIED BEANS	3/4 cup	1500	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	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	3000	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	3000	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	2800	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	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			317	20	510	4.76	3.31	375.7	*597	71.84	20	18.50	45.07	7.21	2.66
% of Calories											25.7%	23.3%	56.9%	20.5%	7.5%
Nutrient Guideline			550-650		1230										<10.00

Wed - 11/07/2018															
Alternate pizza	Total	500													
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
Hot dog & bun	1 EACH	100	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Carrot and celery sticks	1 CUP	300	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	300	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	450	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	500	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			709	50	899	8.02	6.43	*965.1	*3193	*36.96	*47	33.01	96.64	21.55	7.76
% of Calories											*26.3%	18.6%	54.5%	27.4%	9.9%
Nutrient Guideline			550-650		1230										<10.00

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Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 3

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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)
Thu - 11/08/2018															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	425	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Burrito beef/bean gre chile WG	1 EACH	75	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	1 TBSP	75	5	0	175	0.00	*N/A*	*N/A*	50	*N/A*	1	0.0	1.0	0.0	0.00
Broccoli,raw: fresh .75	.75 CUP	200	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	200	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	300	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	350	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			599	35	917	7.34	*2.66	*653.6	*1820	*47.09	43	32.82	83.10	14.35	5.89
% of Calories											28.4%	21.9%	55.5%	21.6%	8.9%
Nutrient Guideline			550-650		1230										<10.00

Fri - 11/09/2018															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	450	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Sandwich, Grilled Cheese - el	1 EACH	50	155	15	428	2.00	1.00	222.5	223	0.0	*2	10.09	16.03	7.53	3.63
Tomato Soup	1 cup	80	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	350	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Cucumbers, sliced	1/2 cup	300	8	0	1	0.00	0.00	10.0	50	0.0	0	0.0	2.0	0.0	0.00
Fruit, canned	1/2 CUP	350	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	300	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			611	40	922	6.98	2.88	684.7	4069	41.27	*38	32.44	77.34	19.58	6.57
% of Calories											*24.9%	21.2%	50.6%	28.8%	9.7%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 4

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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 - 11/12/2018															
Alternate pizza	Total	500													
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
Meatball Sub	1 each	100	413	37	708	4.67	22.92	396.7	2095	29.4	9	18.83	40.17	20.0	7.42
Spaghetti sauce low sodium	1/4 CUP	100	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	350	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	300	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	300	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	350	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			661	43	952	8.59	9.11	736.2	7620	50.22	*41	33.41	82.35	21.79	7.21
% of Calories											*24.8%	20.2%	49.8%	29.7%	9.8%
Nutrient Guideline			550-650		1230										<10.00

Tue - 11/13/2018															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	450	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Soft shell taco el	1 EACH	50	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	50	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	300	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	450	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	350	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			583	36	976	6.77	4.49	702.8	1209	17.67	*39	33.96	77.30	14.87	5.40
% of Calories											*26.6%	23.3%	53.1%	23.0%	8.3%
Nutrient Guideline			550-650		1230										<10.00

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Base Menu Spreadsheet

Alternate pizza

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 - 11/14/2018															
Alternate pizza	Total	500													
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
Hot dog & bun	1 EACH	100	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Carrot and celery sticks	1 CUP	350	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	400	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	350	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			579	37	866	7.55	4.04	*776.2	*3377	*40.93	41	31.56	80.56	14.74	5.78
% of Calories											28.6%	21.8%	55.6%	22.9%	9.0%
Nutrient Guideline			550-650		1230										<10.00

Thu - 11/15/2018															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	425	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Cheeseburger/wheat bun 1.60oz	1 EACH	75	298	48	435	3.00	3.06	1745.0	2250	0.0	*2	20.0	28.0	11.75	4.75
Cherry tomatoes	3/4 cup	400	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	400	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	350	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	300	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			635	44	881	8.32	3.36	913.2	5440	53.15	*40	33.86	79.33	20.67	6.76
% of Calories											*24.9%	21.3%	50.0%	29.3%	9.6%
Nutrient Guideline			550-650		1230										<10.00

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Alternate pizza

Portion Values - Detailed

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Fri - 11/16/2018															
Alternate pizza	Total	500													
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
Chicken nuggets	5 Pieces	100	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Coleslaw	.25 cup	350	85	5	85	1.00	0.18	20.1	*N/A*	*N/A*	7	0.5	8.02	6.02	1.25
Broccoli,raw: fresh .75	.75 CUP	300	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	450	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	350	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Dinner roll 100 % wheat	1 EACH	100	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			649	37	900	9.00	2.97	655.9	*2110	*61.14	47	33.53	88.00	18.59	5.96
% of Calories											28.7%	20.7%	54.2%	25.8%	8.3%
Nutrient Guideline			550-650		1230										<10.00

Mon - 11/19/2018															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	425	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Macaroni & cheese whole grain	3/4 CUP	75	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
VEGGIES	1/2 CUP	250	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	250	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	250	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	250	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	75	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			564	37	893	8.08	2.60	711.5	*7885	*57.05	36	32.96	77.00	14.47	5.86
% of Calories											25.3%	23.4%	54.6%	23.1%	9.4%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/20/2018															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	450	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Pork patties sandwich	1 EACH	50	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	250	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	250	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	250	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	250	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			566	37	868	8.31	2.85	706.2	7835	56.90	*34	33.76	75.81	15.04	5.63
% of Calories											*24.3%	23.9%	53.6%	23.9%	9.0%
Nutrient Guideline			550-650		1230										<10.00

Wed - 11/21/2018															
Alternate pizza	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			550-650		1230										<10.00

Thu - 11/22/2018															
Alternate pizza	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			550-650		1230										<10.00

Fri - 11/23/2018															
Alternate pizza	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			550-650		1230										<10.00

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Natrona County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/26/2018															
Alternate pizza	Total	500													
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
Chicken nuggets	5 Pieces	100	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	100	105	0	125	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	100 serving	100	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Salad, chopped Romaine	2 CUP	400	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	250	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	350	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	400	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			710	40	1014	9.49	3.38	635.8	*4385	*49.50	*49	33.68	92.89	22.90	6.38
% of Calories											*27.6%	19.0%	52.3%	29.0%	8.1%
Nutrient Guideline			550-650		1230										<10.00
Tue - 11/27/2018															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	450	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Joe Cheeser - ham L	1 EACH	50	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
REFRIED BEANS	3/4 cup	250	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	0.00
Cauliflower,raw: fresh.75cup	.75 CUP	250	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	350	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	450	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			666	38	1100	10.55	6.94	766.8	*1238	142.83	43	38.46	96.34	14.47	5.26
% of Calories											25.8%	23.1%	57.9%	19.5%	7.1%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/28/2018															
Alternate pizza	Total	500													
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
Hot dog & bun	1 EACH	100	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Carrot and celery sticks	1 CUP	350	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	350	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	400	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	500	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			712	50	905	8.40	6.64	*989.2	*3495	*40.93	*47	33.14	97.21	21.60	7.76
% of Calories											*26.3%	18.6%	54.6%	27.3%	9.8%
Nutrient Guideline			550-650		1230										<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 - 11/29/2018															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	450	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Burrito beef/bean gre chile WG	1 EACH	50	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	1 TBSP	50	5	0	175	0.00	*N/A*	*N/A*	50	*N/A*	1	0.0	1.0	0.0	0.00
Broccoli,raw: fresh .75	.75 CUP	250	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	250	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	350	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	450	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			628	35	940	8.05	*2.81	*673.3	*2033	*56.76	48	33.69	89.80	14.31	5.81
% of Calories											30.7%	21.5%	57.2%	20.5%	8.3%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Alternate pizza

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 - 11/30/2018															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	425	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Sandwich, Grilled Cheese - el	1 EACH	75	155	15	428	2.00	1.00	222.5	223	0.0	*2	10.09	16.03	7.53	3.63
Tomato Soup	1 cup	75	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	400	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.45	8.5	1.50
Cucumbers, sliced	1/2 cup	350	8	0	1	0.00	0.00	10.0	50	0.0	0	0.0	2.0	0.0	0.00
Fruit, canned	1/2 CUP	450	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	350	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	400	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	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			637	40	941	7.61	2.94	683.8	4542	48.48	*43	32.09	82.99	20.22	6.67
% of Calories											*27.0%	20.1%	52.1%	28.6%	9.4%
Nutrient Guideline			550-650		1230										<10.00

Weighted Average			617	39	906	8.18	*5.15	*737.6	*3806	*53.96	*41	32.76	84.11	16.85	5.99
											*60.0%	21.2%	54.5%	24.6%	8.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	617		550 - 650	100%				
Cholesterol (mg)	39							
Sodium 1 (mg)	906		1230					
Sodium 2 (mg)	906		935					
Fiber (g)	8.18							
Iron (mg)	5.15				Missing			
Calcium (mg)	737.6				Missing			
Vitamin A (IU)	3806				Missing			
Sugars (g)	41	26.67%			Missing			
Vitamin C (mg)	53.96				Missing			
Protein (g)	32.76	21.24%						
Carbohydrate (g)	84.11	54.54%						
Total Fat (g)	16.85	24.59%						
Saturated Fat (g)	5.99	8.73%	<10.00%					

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