

Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

BREAKFAST K-5

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 - 12/03/2018															
BREAKFAST K-5	Total	100													
Breakfast burrito	3.75 OZ	50	236	43	332	4.29	1.93	107.1	0	16.07	2	10.71	26.79	9.64	4.29
Cereal assorted, WG toast	BOWL	50	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	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	100	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			473	27	478	7.32	2.53	466.8	630	88.43	53	16.83	88.93	6.62	2.46
% of Calories											44.4%	14.2%	75.1%	12.6%	4.7%
Nutrient Guideline			350-500		540										<10.00

Tue - 12/04/2018															
BREAKFAST K-5	Total	100													
Cinnamon roll, 2.25oz frozen	1 EACH	50	248	10	232	3.00	1.44	22.6	*4	*0.01	*20	5.07	45.11	5.6	2.20
Cereal assorted, WG toast	BOWL	50	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	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	90	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			472	12	423	6.67	2.28	416.2	*632	*76.48	*59	14.00	95.83	4.85	1.56
% of Calories											*50.3%	11.9%	81.2%	9.2%	3.0%
Nutrient Guideline			350-500		540										<10.00

Wed - 12/05/2018															
BREAKFAST K-5	Total	100													
Pork sausage/bun	EACH	60	322	30	453	3.00	2.73	31.0	*0	*0.0	2	12.06	28.01	18.69	6.07
Egg pattie, grilled	1 EACH	60	70	115	135	0.00	1.08	20.0	*N/A*	*N/A*	1	4.0	1.0	5.0	1.50
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	100	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			634	93	653	5.64	3.62	439.1	*1014	*58.94	68	20.55	104.55	15.44	4.84
% of Calories											42.8%	13.0%	66.0%	21.9%	6.9%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

BREAKFAST K-5

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)
Thu - 12/06/2018															
BREAKFAST K-5	Total	100													
Eggo mini waffles	1 EACH	60	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	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	100	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			455	6	417	7.11	2.92	471.0	926	80.02	56	13.34	91.92	4.62	1.21
% of Calories											49.4%	11.7%	80.7%	9.1%	2.4%
Nutrient Guideline			350-500		540										<10.00

Fri - 12/07/2018															
BREAKFAST K-5	Total	100													
Omelet, colby cheese wrap	1 EACH	25	180	205	305	2.00	1.44	60.0	200	0.0	0	8.0	16.0	9.5	2.50
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	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	90	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			444	58	452	6.82	2.58	425.7	689	77.41	53	14.79	88.82	4.88	1.09
% of Calories											47.3%	13.3%	80.0%	9.9%	2.2%
Nutrient Guideline			350-500		540										<10.00

Mon - 12/10/2018															
BREAKFAST K-5	Total	200													
EGGO MINIS PANCAKES	1 EACH	40	226	11	344	4.30	3.87	64.5	*N/A*	*N/A*	12	4.3	37.65	6.45	1.08
Cereal assorted, WG toast	BOWL	60	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	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	90	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

BREAKFAST K-5

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			229	5	236	3.68	1.69	216.5	*317	*38.43	28	6.86	46.48	2.41	0.45
% of Calories											48.3%	12.0%	81.0%	9.4%	1.8%
Nutrient Guideline			350-500		540										<10.00

Tue - 12/11/2018															
BREAKFAST K-5	Total	100													
SAUSAGE,EGG/MUFFIN	1 EACH	50	372	145	598	1.00	3.25	100.0	*0	*0.0	*1	13.06	27.01	23.19	7.57
Cereal assorted, WG toast	BOWL	50	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	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	90	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			534	79	606	5.67	3.19	454.9	*630	*76.48	*50	18.00	86.78	13.64	4.25
% of Calories											*37.4%	13.5%	65.0%	23.0%	7.2%
Nutrient Guideline			350-500		540										<10.00

Wed - 12/12/2018															
BREAKFAST K-5	Total	100													
Donut long john WG	1 EACH	30	220	0	420	2.00	1.44	20.0	0	0.0	5	5.0	27.0	11.0	4.50
Cereal assorted, WG toast	BOWL	70	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	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	90	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			455	7	488	6.69	2.52	415.5	637	77.23	53	14.03	90.61	5.71	1.81
% of Calories											47.0%	12.3%	79.7%	11.3%	3.6%
Nutrient Guideline			350-500		540										<10.00

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Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/13/2018															
BREAKFAST K-5	Total	100													
Breakfast pizza	3.3 oz	60	210	15	350	3.00	1.98	150.0	0	0.0	5	9.0	27.0	7.0	2.00
Cereal assorted, WG toast	BOWL	40	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	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	90	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			454	16	489	6.51	2.49	492.6	626	76.10	51	16.34	84.85	6.07	1.66
% of Calories											45.1%	14.4%	74.8%	12.0%	3.3%
Nutrient Guideline			350-500		540										<10.00

Fri - 12/14/2018															
BREAKFAST K-5	Total	100													
Pancake, WG blue&saus on stick	1 EACH	20	210	20	370	1.00	1.08	20.0	*N/A*	*N/A*	8	6.0	20.0	11.0	3.00
Syrup maple	1 OZ	20	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Cereal assorted, WG toast	BOWL	80	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	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	90	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			475	11	473	6.75	2.57	415.8	*640	*77.60	58	14.26	97.33	4.80	1.06
% of Calories											48.8%	12.0%	82.0%	9.1%	2.0%
Nutrient Guideline			350-500		540										<10.00

Mon - 12/17/2018															
BREAKFAST K-5	Total	100													
Muffin, blueberry	1 each	30	190	40	130	2.00	1.08	20.0	*N/A*	*N/A*	16	3.0	30.0	6.0	2.00
Cereal assorted, WG toast	BOWL	70	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	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	90	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			446	19	401	6.69	2.41	415.5	*637	*77.23	57	13.43	91.51	4.21	1.06
% of Calories											50.9%	12.0%	82.1%	8.5%	2.1%
Nutrient Guideline			350-500		540										<10.00

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Base Menu Spreadsheet

BREAKFAST K-5

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)
Tue - 12/18/2018															
BREAKFAST K-5	Total	100													
Hot ham & cheese/bun	1 EACH	40	291	54	728	3.00	2.00	31.0	*0	*0.0	3	18.97	29.0	12.49	6.00
Cereal assorted, WG toast	BOWL	60	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	100	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	90	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			485	28	626	6.83	2.63	419.6	*633	*76.85	52	19.59	89.49	7.23	2.86
% of Calories											42.8%	16.2%	73.8%	13.4%	5.3%
Nutrient Guideline			350-500		540										<10.00

Wed - 12/19/2018															
BREAKFAST K-5	Total	100													
Eggo mini french toast	POUCH	40	210	0	260	4.00	3.60	200.0	1000	*N/A*	11	5.0	35.0	6.0	1.50
Cereal assorted, WG toast	BOWL	60	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	90	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Weighted Daily Average			516	7	454	6.36	3.30	484.8	1421	*55.77	71	13.98	108.12	4.24	1.05
% of Calories											55.0%	10.8%	83.8%	7.4%	1.8%
Nutrient Guideline			350-500		540										<10.00

Thu - 12/20/2018															
BREAKFAST K-5	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			350-500		540										<10.00

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Base Menu Spreadsheet

BREAKFAST K-5

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)
Fri - 12/21/2018															
BREAKFAST K-5	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			350-500		540										<10.00

Weighted Average			467	28	477	6.37	2.67	425.7	*726	*72.07	*54 *104.9	15.08 12.9%	89.63 76.7%	6.52 12.6%	1.95 3.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	467		350 - 500	100%				
Cholesterol (mg)	28							
Sodium 1 (mg)	477		540					
Sodium 2 (mg)	477		485					
Fiber (g)	6.37							
Iron (mg)	2.67							
Calcium (mg)	425.7							
Vitamin A (IU)	726							
Sugars (g)	54	46.64%			Missing			
Vitamin C (mg)	72.07				Missing			
Protein (g)	15.08	12.91%						
Carbohydrate (g)	89.63	76.75%						
Total Fat (g)	6.52	12.55%						
Saturated Fat (g)	1.95	3.76%	<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.