

Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 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)
Mon - 12/03/2018															
Lunch K-5	Total	4000													
Meatball Sub	1 each	1000	433	37	695	4.67	22.92	396.7	*2095	*29.4	9	19.5	40.17	22.67	8.75
Bread stick mozzarella	2 Sticks	3000	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	3000	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	2000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Carrots, baby 3/4 cup	.75 CUP	2500	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	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			645	35	996	8.01	15.56	685.2	*12911	*57.41	*41	25.11	82.72	22.91	7.52
% of Calories											*25.6%	15.6%	51.3%	32.0%	10.5%
Nutrient Guideline			550-650		1230										<10.00

Tue - 12/04/2018															
Lunch K-5	Total	4000													
BBQ pork rib on wheat bun	1 EACH	1500	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	EACH	2500	176	29	271	2.07	1.64	111.7	115	0.64	*0	10.34	15.86	7.8	2.99
Refried beans	1/2 CUP	2300	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	3500	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	3500	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	3500	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	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			558	36	956	9.58	3.81	426.4	*869	*21.35	*43	29.01	81.38	12.49	3.63
% of Calories											*30.7%	20.8%	58.4%	20.2%	5.9%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch K-5

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)
Wed - 12/05/2018															
Lunch K-5	Total	4000													
Chili dog	1 EACH	2500	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	1500	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	3000	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	3000	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	3500	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	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			610	51	898	8.98	4.76	*612.5	*3197	*49.13	*46	28.80	85.42	17.08	6.67
% of Calories											*30.2%	18.9%	56.0%	25.2%	9.8%
Nutrient Guideline			550-650		1230										<10.00

Thu - 12/06/2018															
Lunch K-5	Total	4000													
Cheeseburger/wheat bun 1.60oz	1 EACH	2500	315	53	425	3.00	3.08	31.0	*0	*0.0	2	19.5	28.0	14.0	6.00
Chili con carne & beans	3/4 CUP	1500	307	50	473	7.38	3.81	78.8	252	9.63	*10	24.76	29.71	8.9	3.30
Cherry tomatoes	3/4 cup	2500	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	3000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
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
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
Cinnamon roll, 2.25oz frozen	1 EACH	1500	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	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			708	67	770	10.81	4.79	398.6	*4454	*59.57	*53	33.73	94.98	21.60	7.40
% of Calories											*29.7%	19.0%	53.6%	27.4%	9.4%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 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)
Fri - 12/07/2018															
Lunch K-5	Total	4000													
Salisbury steak	1 EACH	1500	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	2500	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Potato pearls low sodium	1/2 CUP	2000	160	0	220	2.00	0.72	40.0	0	60.0	2	4.0	34.0	2.0	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	2000	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
Dinner roll 100 % wheat	1 EACH	4000	70	0	90	1.00	0.00	20.0	0	0.0	1	3.0	12.0	0.5	0.00
Broccoli,raw: fresh .75	.75 CUP	2500	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	3000	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	3000	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	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			622	35	1063	9.03	2.87	418.8	1783	93.42	*43	29.16	92.30	15.75	3.30
% of Calories											*27.4%	18.8%	59.4%	22.8%	4.8%
Nutrient Guideline			550-650		1230										<10.00

Mon - 12/10/2018															
Lunch K-5	Total	4000													
Macaroni & cheese whole grain	3/4 CUP	2000	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
CHICKEN DRUMSTICKS BREADE	each	2000	190	50	5	1.00	1.08	20.0	0	0.0	0	16.0	5.0	11.0	2.50
Sweet pot chopwedg & sauc el	.75 cup	800	340	0	300	6.22	0.90	42.7	*1499	*0.64	32	1.56	49.33	17.56	1.86
Salad, chopped Romaine	2 CUP	3000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
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
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
Bread stick whole wheat	1 EACH	4000	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	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			686	56	745	7.85	2.17	555.9	*4318	*48.15	*51	28.70	88.47	24.43	6.46
% of Calories											*30.0%	16.7%	51.6%	32.0%	8.5%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 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)
Tue - 12/11/2018															
Lunch K-5	Total	4000													
Dug Out el	SERVING	1800	447	39	745	7.08	1.73	95.1	196	7.26	*9	19.83	42.79	21.64	4.82
Pork patties sandwich	1 EACH	2200	412	40	574	5.00	4.08	71.4	*0	*0.0	*3	23.0	39.17	19.2	4.73
Carrot coins	3/4 cup	3000	38	0	63	2.60	0.27	30.0	15286	5.4	4	0.85	8.77	0.22	0.00
Green beans: canned,cooked	.75 cup	2000	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Fruit, canned	1/2 CUP	3500	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	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	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			681	46	976	11.70	3.48	420.8	*12328	*34.04	*46	31.72	91.66	21.41	5.23
% of Calories											*26.9%	18.6%	53.8%	28.3%	6.9%
Nutrient Guideline			550-650		1230										<10.00

Wed - 12/12/2018															
Lunch K-5	Total	4000													
Chicken patty/whole grain bun	1 EACH	2500	380	25	650	6.00	3.80	71.0	*N/A*	*N/A*	3	21.0	42.0	14.5	2.50
BBQ pork (shredded) on WG bun	1 EACH	1500	310	44	757	5.00	2.18	401.0	*18550	*3.0	11	24.0	40.0	7.5	2.10
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Broccoli,raw: fresh .75	.75 CUP	3000	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	3000	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	3000	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	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			685	45	962	12.18	4.40	551.1	*12353	*84.50	*45	34.43	92.72	20.35	4.12
% of Calories											*26.4%	20.1%	54.1%	26.7%	5.4%
Nutrient Guideline			550-650		1230										<10.00

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Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 5

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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 - 12/13/2018															
Lunch K-5	Total	4000													
Dutch waffle	1 each	2300	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	1700	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	3200	45	0	0	1.50	0.00	0.0	0	0.0	9	0.0	11.5	0.0	0.00
Sausage, pork link - el	2 each	2300	230	40	340	0.00	0.72	*N/A*	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	2200	68	0	104	3.37	0.81	22.5	*N/A*	*N/A*	4	3.37	13.5	0.0	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 juice assorted	.50 CUP	3000	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	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			712	64	800	6.94	3.61	*414.2	*584	*60.39	57	25.45	98.53	23.99	6.85
% of Calories											31.8%	14.3%	55.4%	30.3%	8.7%
Nutrient Guideline			550-650		1230										<10.00

Fri - 12/14/2018															
Lunch K-5	Total	4000													
Chicken Mandarin orange- Asian	2.50 oz	1000	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	3000	240	40	390	5.00	1.80	80.0	*N/A*	*N/A*	5	9.0	30.0	8.0	2.50
Rice, brown - ele	1/2 cup	1000	82	0	0	0.51	0.37	0.0	0	0.0	0	2.04	17.87	0.77	0.00
BAKED BEANS (VEGETARIAN)	3/4 cup	3000	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	3000	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	3000	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	3000	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	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			568	48	744	10.75	16.19	654.0	*4403	*34.92	*50	24.21	96.76	8.47	2.88
% of Calories											*35.2%	17.0%	68.1%	13.4%	4.6%
Nutrient Guideline			550-650		1230										<10.00

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Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 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 - 12/17/2018															
Lunch K-5	Total	4000													
Chicken nuggets	5 Pieces	2200	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	2200	105	0	175	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	serving	2200	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	1800	300	40	680	3.00	2.70	250.0	*N/A*	*N/A*	4	18.0	32.0	11.0	5.00
VEGGIES	3/4 CUP	2000	43	0	79	2.44	1.60	91.4	*3272	*41.6	4	1.91	7.78	0.41	0.00
VEGGIES	3/4 CUP	2000	43	0	79	2.44	1.60	91.4	*3272	*41.6	4	1.91	7.78	0.41	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	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			622	36	933	8.75	4.40	550.1	*4008	*65.40	47	26.86	92.69	15.92	4.36
% of Calories											30.5%	17.3%	59.6%	23.1%	6.3%
Nutrient Guideline			550-650		1230										<10.00

Tue - 12/18/2018															
Lunch K-5	Total	4000													
Nachos with ground beef ele	SERVINGS	3200	260	38	191	3.14	0.12	67.4	105	0.96	*1	13.44	20.32	13.93	3.45
Joe Cheeser - ham L	1 EACH	800	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	3200	70	0	480	0.00	0.00	40.0	0	0.0	3	0.0	6.0	4.5	0.50
Refried beans	1/2 CUP	3000	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
VEGGIES	3/4 CUP	2000	43	0	79	2.44	1.60	91.4	*3272	*41.6	4	1.91	7.78	0.41	0.00
VEGGIES	3/4 CUP	2000	43	0	79	2.44	1.60	91.4	*3272	*41.6	4	1.91	7.78	0.41	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
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			623	48	1135	10.85	3.95	533.1	*3941	*71.92	*36	30.32	81.36	18.54	3.92
% of Calories											*22.9%	19.5%	52.2%	26.8%	5.7%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 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)
Wed - 12/19/2018															
Lunch K-5	Total	4000													
Chili white el	3/4 CUP	1000	202	29	308	6.00	2.38	119.3	121	4.83	*0	14.9	27.04	3.89	1.55
Hot dog & bun	1 EACH	3000	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
BREAD, MINI GARLIC TOAST WG	SLICE	1000	70	0	95	1.00	0.72	*N/A*	*N/A*	*N/A*	0	2.0	11.0	2.5	0.50
VEGGIES	3/4 CUP	2000	43	0	79	2.44	1.60	91.4	*3272	*41.6	4	1.91	7.78	0.41	0.00
VEGGIES	3/4 CUP	2000	43	0	79	2.44	1.60	91.4	*3272	*41.6	4	1.91	7.78	0.41	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Chocolate chip cookies	1 EACH	4000	133	13	39	0.85	2.60	213.0	118	0.0	*5	1.58	16.65	6.86	1.98
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			664	53	800	9.23	7.06	*662.5	*4102	*66.61	*42	26.82	91.27	21.81	7.45
% of Calories											*25.2%	16.1%	55.0%	29.6%	10.1%
Nutrient Guideline			550-650		1230										<10.00

Thu - 12/20/2018															
Lunch 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			550-650		1230										<10.00

Fri - 12/21/2018															
Lunch 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			550-650		1230										<10.00

Mon - 12/24/2018															
Lunch 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

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 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 % 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						0.0%	0.0%	0.0%	0.0%	<10.00

Tue - 12/25/2018															
Lunch 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 % 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						0.0%	0.0%	0.0%	0.0%	<10.00

Wed - 12/26/2018															
Lunch 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 % 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						0.0%	0.0%	0.0%	0.0%	<10.00

Thu - 12/27/2018															
Lunch 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 % 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						0.0%	0.0%	0.0%	0.0%	<10.00

Fri - 12/28/2018															
Lunch 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 % 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						0.0%	0.0%	0.0%	0.0%	<10.00

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 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)
Mon - 12/31/2018															
Lunch 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			550-650		1230										<10.00

Weighted Average			645	48	906	9.59	5.93	*529.5	*5327	*57.45	*46 *64.3%	28.79 17.9%	90.02 55.8%	18.83 26.3%	5.37 7.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	645		550 - 650	100%				
Cholesterol (mg)	48							
Sodium 1 (mg)	906		1230					
Sodium 2 (mg)	906		935					
Fiber (g)	9.59							
Iron (mg)	5.93							
Calcium (mg)	529.5				Missing			
Vitamin A (IU)	5327				Missing			
Sugars (g)	46	28.59%			Missing			
Vitamin C (mg)	57.45				Missing			
Protein (g)	28.79	17.86%						
Carbohydrate (g)	90.02	55.83%						
Total Fat (g)	18.83	26.27%						
Saturated Fat (g)	5.37	7.49%	<10.00%					

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