

Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 1

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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															
Lunch 6-8	Total	2500													
Meatball Sub	1 each	650	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	950	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	2.9	8.5	1.50
Carrots, baby 3/4 cup	.75 CUP	2000	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	1900	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Bar breakfast	SERVING	400	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Alternate, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			740	45	1030	9.94	15.44	697.8	*16408	*68.86	*51	27.08	97.83	26.14	8.32
% of Calories											*27.8%	14.6%	52.9%	31.8%	10.1%
Nutrient Guideline			600-700		1360										<10.00

Tue - 12/04/2018															
Lunch 6-8	Total	2500													
BBQ pork rib on wheat bun	1 EACH	1000	300	30	580	4.00	3.08	71.0	*100	*1.2	7	19.0	35.0	11.5	3.50
Soft shell taco el	EACH	1000	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	1000	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Corn: canned, yellow .75 cup	3/4 CUP	2000	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Tomatoes, diced	2 OZ	1500	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			579	39	968	8.52	3.66	438.0	*882	*18.64	*43	29.00	82.26	14.38	4.33
% of Calories											*29.8%	20.0%	56.8%	22.3%	6.7%
Nutrient Guideline			600-700		1360										<10.00

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

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

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 2

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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)
Wed - 12/05/2018															
Lunch 6-8	Total	2500													
Chili dog	1 EACH	1200	392	47	673	5.03	3.10	*38.4	*65	*2.42	*6	19.78	37.09	18.88	6.94
Hot pocket - pepperoni	1 EACH	800	300	40	680	3.00	2.70	250.0	*N/A*	*N/A*	4	18.0	32.0	11.0	5.00
Carrot and celery sticks	1 CUP	2500	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			646	51	919	9.58	5.20	*696.1	*4072	*57.17	*51	28.74	92.61	17.52	6.68
% of Calories											*31.4%	17.8%	57.4%	24.4%	9.3%
Nutrient Guideline			600-700		1360										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/06/2018															
Lunch 6-8	Total	2500													
Cheeseburger/wheat bun 1.60oz	1 EACH	900	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	1100	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	2000	19	0	4	1.50	0.27	15.0	937	13.5	3	0.75	4.5	0.0	0.00
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Cinnamon roll, 2.25oz frozen	1 EACH	1100	248	10	232	3.00	1.44	22.6	*4	*0.01	*20	5.07	45.11	5.6	2.20
Milk, chocolate fat free	1 CUP	1300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Bar breakfast	SERVING	200	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Alternate, Pizza Hut Pizza	SLICES	300	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			736	64	804	11.95	4.88	390.6	*4515	*67.54	*55	32.85	101.71	22.12	7.35
% of Calories											*30.1%	17.9%	55.3%	27.0%	9.0%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/07/2018															
Lunch 6-8	Total	2500													
Salisbury steak	1 EACH	1000	157	43	312	1.00	2.00	36.0	30	1.0	1	14.0	5.0	9.0	3.40
Chicken nuggets	5 Pieces	1000	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Potato pearls low sodium	1/2 CUP	1000	160	0	220	2.00	0.72	40.0	0	60.0	2	4.0	34.0	2.0	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	1000	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
Dinner roll 100 % wheat	1 EACH	2000	70	0	90	1.00	0.00	20.0	0	0.0	1	3.0	12.0	0.5	0.00
Broccoli,raw: fresh .75	.75 CUP	2000	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			656	40	1017	9.88	3.11	455.2	*2132	*105.59	*49	29.79	98.85	16.10	4.10
% of Calories											*29.8%	18.2%	60.3%	22.1%	5.6%
Nutrient Guideline			600-700		1360										<10.00

Mon - 12/10/2018															
Lunch 6-8	Total	2500													
Macaroni & cheese whole grain	3/4 CUP	1000	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
CHICKEN DRUMSTICKS BREADE	each	1050	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	1500	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	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	1500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Bread stick whole wheat	1 EACH	2050	90	0	120	1.00	0.72	20.0	*N/A*	*N/A*	3	3.0	14.0	2.5	0.00
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	200	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			732	54	835	8.84	*2.38	*568.2	*3960	*41.59	*53	29.88	95.09	26.27	6.54
% of Calories											*29.1%	16.3%	51.9%	32.3%	8.0%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 6-8

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 6-8	Total	2500													
Dug Out el	SERVING	1200	447	39	745	7.08	1.73	95.1	196	7.26	*9	19.83	42.79	21.64	4.82
Pork patties sandwich	1 EACH	800	412	40	574	5.00	4.08	71.4	*0	*0.0	*3	23.0	39.17	19.2	4.73
Carrot coins	3/4 cup	2000	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	1800	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	250	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			738	46	1091	14.49	*3.21	*476.1	*13268	*53.67	*53	32.94	103.58	21.90	5.34
% of Calories											*28.5%	17.9%	56.2%	26.7%	6.5%
Nutrient Guideline			600-700		1360										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/12/2018															
Lunch 6-8	Total	2500													
Chicken patty/whole grain bun	1 EACH	1200	380	25	650	6.00	3.80	71.0	*N/A*	*N/A*	3	21.0	42.0	14.5	2.50
BBQ pork (shredded) on WG bun	1 EACH	800	310	44	757	5.00	2.18	401.0	*18550	*3.0	11	24.0	40.0	7.5	2.10
Salad, chopped Romaine	2 CUP	2000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Broccoli,raw: fresh .75	.75 CUP	1800	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	250	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			726	47	995	13.17	*4.23	*580.4	*11161	*92.66	*49	35.26	99.85	21.35	4.59
% of Calories											*27.1%	19.4%	55.0%	26.5%	5.7%
Nutrient Guideline			600-700		1360										<10.00

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Base Menu Spreadsheet

Lunch 6-8

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/13/2018															
Lunch 6-8	Total	2500													
Dutch waffle	1 each	1100	300	20	350	3.00	1.80	0.0	0	0.0	12	4.0	43.0	13.0	3.00
Joe Cheeser - ham L	1 EACH	700	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Strawberries frozen el	1/4 CUP	1500	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	1100	230	40	340	0.00	0.72	*N/A*	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	1000	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	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	2000	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	350	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	350	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			728	60	876	8.07	*3.33	*489.5	*775	*65.84	*54	27.84	100.00	23.96	6.76
% of Calories											*29.9%	15.3%	55.0%	29.6%	8.4%
Nutrient Guideline			600-700		1360										<10.00

Fri - 12/14/2018															
Lunch 6-8	Total	2500													
Chicken Mandarin orange- Asian	2.50 oz	800	174	46	336	0.00	0.00	0.0	0	0.0	17	12.0	21.0	4.0	2.00
Corn dog - whole grain	1 EACH	1200	240	40	390	5.00	1.80	80.0	*N/A*	*N/A*	5	9.0	30.0	8.0	2.50
Rice, brown - ele	1/2 cup	800	82	0	0	0.51	0.37	0.0	0	0.0	0	2.04	17.87	0.77	0.00
BAKED BEANS (VEGETARIAN)	1/2 CUP	2000	68	0	67	2.44	12.46	232.9	3119	0.0	*3	2.85	15.72	0.21	0.04
Baby corn	.5 cup	2000	32	0	162	1.62	0.58	16.2	162	0.0	1	2.43	3.24	0.0	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	250	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			621	48	825	11.06	*12.27	*621.3	*3570	*45.86	*54	27.35	102.26	10.73	3.39
% of Calories											*34.7%	17.6%	65.8%	15.5%	4.9%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 6-8

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 6-8	Total	2500													
Chicken nuggets	5 Pieces	1100	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	1100	105	0	175	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	serving	1000	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Hot pocket - pepperoni	1 EACH	800	300	40	680	3.00	2.70	250.0	*N/A*	*N/A*	4	18.0	32.0	11.0	5.00
VEGGIES	3/4 CUP	1700	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	1500	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	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	350	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	250	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09
Weighted Daily Average			679	36	942	11.28	5.90	*642.7	*5419	*117.30	*56	28.89	104.67	16.45	4.61
% of Calories											*33.2%	17.0%	61.6%	21.8%	6.1%
Nutrient Guideline			600-700		1360										<10.00

Tue - 12/18/2018															
Lunch 6-8	Total	2500													
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	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	1200	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	1800	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	1700	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	1700	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	2200	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	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	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09
Weighted Daily Average			739	56	1081	14.05	6.38	*655.6	*5546	*118.34	*42	36.16	100.32	20.77	4.57
% of Calories											*22.5%	19.6%	54.3%	25.3%	5.6%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/19/2018															
Lunch 6-8	Total	2500													
Chili white el	3/4 CUP	800	202	29	308	6.00	2.38	119.3	121	4.83	*0	14.9	27.04	3.89	1.55
Hot dog & bun	1 EACH	1250	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
BREAD, MINI GARLIC TOAST WG	SLICE	800	70	0	95	1.00	0.72	*N/A*	*N/A*	*N/A*	0	2.0	11.0	2.5	0.50
VEGGIES	3/4 CUP	1700	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	1700	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	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	1800	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	2400	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	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	200	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09
Weighted Daily Average			721	52	832	11.97	8.43	*770.2	*5675	*113.23	*51	29.20	105.50	20.97	6.93
% of Calories											*28.2%	16.2%	58.5%	26.2%	8.6%
Nutrient Guideline			600-700		1360										<10.00
Thu - 12/20/2018															
Lunch 6-8	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			600-700		1360										<10.00
Fri - 12/21/2018															
Lunch 6-8	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			600-700		1360										<10.00
Weighted Average			696	49	940	10.99	*6.03	*575.5	*5952	*74.33	*51	30.38	98.81	19.90	5.65
											*65.8%	17.5%	56.8%	25.7%	7.3%

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Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch 6-8

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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	696		600 - 700	100%											
Cholesterol (mg)	49														
Sodium 1 (mg)	940		1360												
Sodium 2 (mg)	940		1035												
Fiber (g)	10.99														
Iron (mg)	6.03				Missing										
Calcium (mg)	575.5				Missing										
Vitamin A (IU)	5952				Missing										
Sugars (g)	51	29.26%			Missing										
Vitamin C (mg)	74.33				Missing										
Protein (g)	30.38	17.47%													
Carbohydrate (g)	98.81	56.83%													
Total Fat (g)	19.90	25.75%													
Saturated Fat (g)	5.65	7.32%	<10.00%												

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