

Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 1

Generated on: 11/19/2018 2:31:46 PM

	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															
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	433	37	695	4.67	22.92	396.7	*2095	*29.4	9	19.5	40.17	22.67	8.75
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	400	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	350	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	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	300	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			679	43	988	9.82	9.94	747.6	*14918	*56.58	*42	33.10	85.67	23.21	7.63
% of Calories											*24.8%	19.5%	50.4%	30.7%	10.1%
Nutrient Guideline			550-650		1230										<10.00

Tue - 12/04/2018															
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
Soft shell taco el	EACH	100	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	250	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	300	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			611	36	1074	8.69	3.54	641.3	1162	16.90	*39	35.26	83.16	14.62	5.17
% of Calories											*25.4%	23.1%	54.5%	21.5%	7.6%
Nutrient Guideline			550-650		1230										<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.

Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 2

Generated on: 11/19/2018 2:31:46 PM

	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															
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	400	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	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			589	37	874	7.84	4.25	*800.0	*3718	*42.79	43	31.69	82.75	14.75	5.78
% of Calories											29.3%	21.5%	56.2%	22.5%	8.8%
Nutrient Guideline			550-650		1230										<10.00

Thu - 12/06/2018															
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
Cheeseburger/wheat bun 1.60oz	1 EACH	100	315	53	425	3.00	3.08	31.0	*0	*0.0	2	19.5	28.0	14.0	6.00
Cherry tomatoes	3/4 cup	250	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	375	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	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	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			633	46	863	7.86	3.30	634.9	*4622	*49.04	*40	33.31	79.67	20.61	6.90
% of Calories											*25.4%	21.1%	50.4%	29.3%	9.8%
Nutrient Guideline			550-650		1230										<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.

Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 3

Generated on: 11/19/2018 2:31:46 PM

	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															
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	300	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			641	37	891	8.90	2.95	653.9	*2110	*61.14	46	33.48	87.19	17.98	5.83
% of Calories											28.7%	20.9%	54.4%	25.3%	8.2%
Nutrient Guideline			550-650		1230										<10.00

Mon - 12/10/2018															
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
Macaroni & cheese whole grain	3/4 CUP	100	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
Sweet pot chopwedg & sauc el	.75 cup	150	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	300	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	300	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	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	100	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			702	42	1004	8.25	2.83	706.4	*4040	*34.93	*46	32.74	89.93	24.46	7.33
% of Calories											*26.0%	18.7%	51.2%	31.4%	9.4%
Nutrient Guideline			550-650		1230										<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.

Natrona County School District

Dec 1, 2018 thru Dec 31, 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)
Tue - 12/11/2018															
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
Pork patties sandwich	1 EACH	100	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	350	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	300	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	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			629	38	995	10.32	3.17	647.1	*11890	*37.92	*45	34.27	89.86	15.47	5.53
% of Calories											*28.8%	21.8%	57.2%	22.1%	7.9%
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)
Wed - 12/12/2018															
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
Chicken patty/whole grain bun	1 EACH	100	380	25	650	6.00	3.80	71.0	*N/A*	*N/A*	3	21.0	42.0	14.5	2.50
Salad, chopped Romaine	2 CUP	400	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	350	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	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			674	41	932	9.99	3.73	658.0	*5429	*75.41	*41	35.44	86.28	21.14	6.28
% of Calories											*24.6%	21.0%	51.2%	28.2%	8.4%
Nutrient Guideline			550-650		1230										<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.

Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 5

Generated on: 11/19/2018 2:31:46 PM

	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															
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
Joe Cheeser - ham L	1 EACH	100	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	450	45	0	0	1.50	0.00	0.0	0	0.0	9	0.0	11.5	0.0	0.00
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	250	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	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
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			626	41	846	8.45	3.26	633.2	*1179	*30.95	51	33.58	94.47	13.04	4.88
% of Calories											32.3%	21.5%	60.3%	18.7%	7.0%
Nutrient Guideline			550-650		1230										<10.00

Fri - 12/14/2018															
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
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	350	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	350	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	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			648	38	971	10.40	16.01	883.8	*4578	*34.14	*46	34.68	97.96	13.30	5.12
% of Calories											*28.2%	21.4%	60.5%	18.5%	7.1%
Nutrient Guideline			550-650		1230										<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.

Natrona County School District

Dec 1, 2018 thru Dec 31, 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)
Mon - 12/17/2018															
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	175	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	serving	100	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
VEGGIES	3/4 CUP	200	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	200	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	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			612	34	909	8.26	3.89	693.5	*3766	*62.19	44	32.54	86.84	15.26	5.18
% of Calories											28.4%	21.3%	56.8%	22.4%	7.6%
Nutrient Guideline			550-650		1230										<10.00

Tue - 12/18/2018															
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
Joe Cheeser - ham L	1 EACH	100	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	275	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	0.00
VEGGIES	3/4 CUP	250	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	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			659	41	1129	10.56	5.11	699.1	*2765	*50.19	40	38.55	94.31	14.06	4.88
% of Calories											24.6%	23.4%	57.2%	19.2%	6.7%
Nutrient Guideline			550-650		1230										<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.

Natrona County School District

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 7

Generated on: 11/19/2018 2:31:46 PM

	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															
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
VEGGIES	3/4 CUP	400	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	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
Chocolate chip cookies	1 EACH	500	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	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			714	50	920	8.62	6.49	*898.5	*3865	*62.19	*45	33.92	96.60	21.82	7.76
% of Calories											*25.4%	19.0%	54.1%	27.5%	9.8%
Nutrient Guideline			550-650		1230										<10.00

Weighted Average			647	40	954	9.07	5.27	*715.2	*4926	*47.26	*44	34.04	88.82	17.67	6.02
											*60.8%	21.0%	54.9%	24.6%	8.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	647		550 - 650	100%				
Cholesterol (mg)	40							
Sodium 1 (mg)	954		1230					
Sodium 2 (mg)	954		935				19	Correction Required - Sodium too High
Fiber (g)	9.07							
Iron (mg)	5.27							
Calcium (mg)	715.2				Missing			
Vitamin A (IU)	4926				Missing			
Sugars (g)	44	27.01%			Missing			
Vitamin C (mg)	47.26				Missing			
Protein (g)	34.04	21.03%						
Carbohydrate (g)	88.82	54.88%						
Total Fat (g)	17.67	24.57%						
Saturated Fat (g)	6.02	8.37%	<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.