

# Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

Page 1

Generated on: 12/13/2018 10:33:25 AM

	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 - 01/02/2019															
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

Thu - 01/03/2019															
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 - 01/04/2019															
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

\*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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

Page 2

Generated on: 12/13/2018 10:33:25 AM

	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)
<b>Mon - 01/07/2019</b>															
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

<b>Tue - 01/08/2019</b>															
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

<b>Wed - 01/09/2019</b>															
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

\*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

<sup>1</sup> - 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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

Page 3

Generated on: 12/13/2018 10:33:25 AM

	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			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 - 01/10/2019															
BREAKFAST K-5	Total	100													
Bagel wheat 1/2	1/2 BAGEL	60	70	0	90	2.00	0.90	20.0	0	0.0	2	3.0	14.5	0.5	0.00
Cream cheese 1 oz	1 OZ	60	100	30	100	0.00	0.18	20.0	200	0.0	1	2.0	2.0	9.0	6.00
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	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			437	24	399	5.91	1.95	435.0	746	80.02	52	13.94	80.82	7.32	3.91
% of Calories											47.9%	12.7%	73.9%	15.1%	8.1%
Nutrient Guideline			350-500		540										<10.00

Fri - 01/11/2019															
BREAKFAST K-5	Total	100													
Sausage, egg & cheese sliders	2 SLIDERS	60	160	30	290	2.00	1.44	80.0	0	0.0	7	8.0	20.0	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	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			424	25	453	5.92	2.16	450.6	626	76.10	52	15.74	80.65	4.87	1.36
% of Calories											49.4%	14.8%	76.1%	10.3%	2.9%
Nutrient Guideline			350-500		540										<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

<sup>1</sup> - 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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

Page 4

Generated on: 12/13/2018 10:33:25 AM

	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 - 01/14/2019															
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 - 01/15/2019															
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 - 01/16/2019															
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

\*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

Jan 1, 2019 thru Jan 31, 2019

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)
<b>Thu - 01/17/2019</b>															
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

<b>Fri - 01/18/2019</b>															
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

<b>Mon - 01/21/2019</b>															
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

\*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

Jan 1, 2019 thru Jan 31, 2019

## 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)
Tue - 01/22/2019															
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 - 01/23/2019															
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

Thu - 01/24/2019															
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

\*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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

Page 7

Generated on: 12/13/2018 10:33:25 AM

	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 - 01/25/2019															
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 - 01/28/2019															
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

Tue - 01/29/2019															
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

\*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

<sup>1</sup> - 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

Jan 1, 2019 thru Jan 31, 2019

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)
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 - 01/30/2019															
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 - 01/31/2019															
BREAKFAST K-5	Total	100													
Bagel wheat 1/2	1/2 BAGEL	60	70	0	90	2.00	0.90	20.0	0	0.0	2	3.0	14.5	0.5	0.00
Cream cheese 1 oz	1 OZ	60	100	30	100	0.00	0.18	20.0	200	0.0	1	2.0	2.0	9.0	6.00
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	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			437	24	399	5.91	1.95	435.0	746	80.02	52	13.94	80.82	7.32	3.91
% of Calories											47.9%	12.7%	73.9%	15.1%	8.1%
Nutrient Guideline			350-500		540										<10.00

Weighted Average			475	25	483	6.51	2.62	442.0	*754	*75.02	*56	15.45	91.57	6.38	2.08
											*106.4	13.0%	77.1%	12.1%	3.9%

\*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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

Page 9

Generated on: 12/13/2018 10:33:26 AM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	475		350 - 500	100%												
Cholesterol (mg)	25															
Sodium 1 (mg)	483		540													
Sodium 2 (mg)	483		485													
Fiber (g)	6.51															
Iron (mg)	2.62															
Calcium (mg)	442.0															
Vitamin A (IU)	754				Missing											
Sugars (g)	56	47.31%			Missing											
Vitamin C (mg)	75.02				Missing											
Protein (g)	15.45	13.01%														
Carbohydrate (g)	91.57	77.13%														
Total Fat (g)	6.38	12.10%														
Saturated Fat (g)	2.08	3.94%	<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

<sup>1</sup> - 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.