

Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

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)
Wed - 01/02/2019															
BREAKFAST 9-12	Total	325													
Donut long john WG	1 EACH	125	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	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			487	11	582	5.56	1.94	460.6	*635	77.02	*50	15.11	88.47	8.83	3.37
% of Calories											*41.3%	12.4%	72.7%	16.3%	6.2%
Nutrient Guideline			450-600		640										<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 - 01/03/2019															
BREAKFAST 9-12	Total	325													
Breakfast pizza sec	6.62 oz	75	420	30	700	6.00	3.96	300.0	0	0.0	10	18.0	54.0	14.0	4.00
Cereal assorted, WG toast	BOWL	125	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			530	18	625	6.88	2.71	525.7	*640	77.59	*53	18.15	97.66	8.11	2.56
% of Calories											*39.7%	13.7%	73.7%	13.8%	4.4%
Nutrient Guideline			450-600		640										<10.00

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

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

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)
Fri - 01/04/2019															
BREAKFAST 9-12	Total	325													
Pancake, WG blue&saus on stick	1 EACH	125	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	125	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	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			529	18	580	5.18	1.81	460.6	*635	*77.02	*58	15.49	97.71	8.83	2.79
% of Calories											*43.5%	11.7%	73.9%	15.0%	4.8%
Nutrient Guideline			450-600		640										<10.00

Mon - 01/07/2019															
BREAKFAST 9-12	Total	325													
muffin, sec	1 each	75	383	83	267	4.00	2.20	62.7	*N/A*	*N/A*	33	6.33	61.67	12.0	4.00
Cereal assorted, WG toast	BOWL	125	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			522	30	525	6.42	2.30	470.9	*640	*77.59	*58	15.46	99.43	7.65	2.56
% of Calories											*44.4%	11.9%	76.2%	13.2%	4.4%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

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 - 01/08/2019															
BREAKFAST 9-12	Total	325													
Hot ham & cheese/bun	1 EACH	125	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	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			514	31	700	5.95	2.16	464.8	*635	*77.02	*49	20.48	89.24	9.40	3.95
% of Calories											*38.5%	15.9%	69.5%	16.5%	6.9%
Nutrient Guideline			450-600		640										<10.00

Wed - 01/09/2019															
BREAKFAST 9-12	Total	325													
Eggo mini french toast	POUCH	125	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	75	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			541	11	535	5.52	2.81	527.6	*1377	*57.56	*67	15.09	106.53	6.55	2.20
% of Calories											*49.6%	11.2%	78.7%	10.9%	3.7%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

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)
Thu - 01/10/2019															
BREAKFAST 9-12	Total	325													
Bagel whole wheat	BAGEL	125	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00
Cream cheese 1 oz	1 OZ	125	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	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			494	22	528	6.33	2.15	476.0	*711	77.02	*51	16.26	90.01	8.44	3.95
% of Calories											*41.0%	13.2%	72.8%	15.4%	7.2%
Nutrient Guideline			450-600		640										<10.00

Fri - 01/11/2019															
BREAKFAST 9-12	Total	325													
Sausage, egg & cheese sliders	2 SLIDERS	125	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	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			464	22	532	5.56	1.94	483.7	*635	77.02	*51	16.26	85.78	6.52	2.22
% of Calories											*44.0%	14.0%	74.0%	12.7%	4.3%
Nutrient Guideline			450-600		640										<10.00

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Base Menu Spreadsheet

BREAKFAST 9-12

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 - 01/14/2019															
BREAKFAST 9-12	Total	325													
Breakfast burrito	3.75 OZ	125	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	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	300	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	325	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	100	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	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			493	27	552	6.44	2.13	494.1	*635	83.11	*50	17.31	88.93	8.11	3.17
% of Calories											*40.2%	14.0%	72.1%	14.8%	5.8%
Nutrient Guideline			450-600		640										<10.00

Tue - 01/15/2019															
BREAKFAST 9-12	Total	325													
Cinnamon roll, 2.25oz frozen	1 EACH	125	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	75	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	300	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	325	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	110	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			556	15	524	5.14	1.98	459.3	*994	*57.56	*71	15.11	110.42	6.40	2.47
% of Calories											*50.8%	10.9%	79.5%	10.4%	4.0%
Nutrient Guideline			450-600		640										<10.00

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Base Menu Spreadsheet

BREAKFAST 9-12

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)
Wed - 01/16/2019															
BREAKFAST 9-12	Total	325													
SAUSAGE,EGG, ON A BUN	1 EACH	100	392	145	588	3.00	3.81	51.0	*0	*0.0	3	16.06	29.01	23.69	7.57
Cereal assorted, WG toast	BOWL	100	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			538	55	623	6.07	2.76	470.4	*637	*77.31	*50	18.53	90.57	12.03	3.97
% of Calories											*37.3%	13.8%	67.3%	20.1%	6.6%
Nutrient Guideline			450-600		640										<10.00

Thu - 01/17/2019															
BREAKFAST 9-12	Total	325													
Eggo mini waffles	1 EACH	125	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	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			479	11	505	6.33	2.43	491.4	*827	77.02	*52	14.72	91.55	6.52	2.22
% of Calories											*43.6%	12.3%	76.5%	12.3%	4.2%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

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)
Fri - 01/18/2019															
BREAKFAST 9-12	Total	325													
Omelet, colby cheese wrap	1 EACH	125	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			471	89	538	5.56	1.94	476.0	*711	77.02	*48	16.26	84.24	8.25	2.60
% of Calories											*41.0%	13.8%	71.5%	15.8%	5.0%
Nutrient Guideline			450-600		640										<10.00

Mon - 01/21/2019															
BREAKFAST 9-12	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			450-600		640										<10.00

Tue - 01/22/2019															
BREAKFAST 9-12	Total	325													
SAUSAGE,EGG/MUFFIN	1 EACH	100	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	170	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	325	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	275	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	200	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	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	30	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Yogurt & toast	Serving	25	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
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
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
Weighted Daily Average			606	54	640	5.21	2.90	551.9	*1178	*53.87	*72	19.29	110.51	10.26	3.36
% of Calories											*47.5%	12.7%	72.9%	15.2%	5.0%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

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 - 01/23/2019															
BREAKFAST 9-12	Total	325													
Donut long john WG	1 EACH	125	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	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			487	11	582	5.56	1.94	460.6	*635	77.02	*50	15.11	88.47	8.83	3.37
% of Calories											*41.3%	12.4%	72.7%	16.3%	6.2%
Nutrient Guideline			450-600		640										<10.00

Thu - 01/24/2019															
BREAKFAST 9-12	Total	325													
Breakfast pizza sec	6.62 oz	75	420	30	700	6.00	3.96	300.0	0	0.0	10	18.0	54.0	14.0	4.00
Cereal assorted, WG toast	BOWL	125	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			530	18	625	6.88	2.71	525.7	*640	77.59	*53	18.15	97.66	8.11	2.56
% of Calories											*39.7%	13.7%	73.7%	13.8%	4.4%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

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)
Fri - 01/25/2019															
BREAKFAST 9-12	Total	325													
Pancake, WG blue&saus on stick	1 EACH	125	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	125	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	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			529	18	580	5.18	1.81	460.6	*635	*77.02	*58	15.49	97.71	8.83	2.79
% of Calories											*43.5%	11.7%	73.9%	15.0%	4.8%
Nutrient Guideline			450-600		640										<10.00

Mon - 01/28/2019															
BREAKFAST 9-12	Total	325													
muffin, sec	1 each	75	383	83	267	4.00	2.20	62.7	*N/A*	*N/A*	33	6.33	61.67	12.0	4.00
Cereal assorted, WG toast	BOWL	125	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			522	30	525	6.42	2.30	470.9	*640	*77.59	*58	15.46	99.43	7.65	2.56
% of Calories											*44.4%	11.9%	76.2%	13.2%	4.4%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

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 - 01/29/2019															
BREAKFAST 9-12	Total	325													
Hot ham & cheese/bun	1 EACH	125	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	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			514	31	700	5.95	2.16	464.8	*635	*77.02	*49	20.48	89.24	9.40	3.95
% of Calories											*38.5%	15.9%	69.5%	16.5%	6.9%
Nutrient Guideline			450-600		640										<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 - 01/30/2019															
BREAKFAST 9-12	Total	325													
Eggo mini french toast	POUCH	125	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	75	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			541	11	535	5.52	2.81	527.6	*1377	*57.56	*67	15.09	106.53	6.55	2.20
% of Calories											*49.6%	11.2%	78.7%	10.9%	3.7%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

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 - 01/31/2019															
BREAKFAST 9-12	Total	325													
Bagel whole wheat	BAGEL	125	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00
Cream cheese 1 oz	1 OZ	125	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	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	300	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	325	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	125	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	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			494	22	528	6.33	2.15	476.0	*711	77.02	*51	16.26	90.01	8.44	3.95
% of Calories											*41.0%	13.2%	72.8%	15.4%	7.2%
Nutrient Guideline			450-600		640										<10.00

Weighted Average			516	26	574	5.90	2.28	485.7	*769	*73.55	*55	16.65	95.24	8.27	2.99
											*96.7%	12.9%	73.8%	14.4%	5.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	516		450 - 600	100%				
Cholesterol (mg)	26							
Sodium 1 (mg)	574		640					
Sodium 2 (mg)	574		570				4	Correction Required - Sodium too High
Fiber (g)	5.90							
Iron (mg)	2.28							
Calcium (mg)	485.7							
Vitamin A (IU)	769				Missing			
Sugars (g)	55	42.98%			Missing			
Vitamin C (mg)	73.55				Missing			
Protein (g)	16.65	12.90%						
Carbohydrate (g)	95.24	73.80%						
Total Fat (g)	8.27	14.42%						
Saturated Fat (g)	2.99	5.21%	<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.