

Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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)
Wed - 01/02/2019															
BREAKFAST 6-8	Total	650													
Donut long john WG	1 EACH	425	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	140	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	650	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	650	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	200	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	85	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	8	551	5.70	1.95	451.2	639	79.65	*52	14.80	88.67	9.26	3.55
% of Calories											*42.4%	12.2%	72.9%	17.1%	6.6%
Nutrient Guideline			400-550		600										<10.00

Thu - 01/03/2019															
BREAKFAST 6-8	Total	600													
Breakfast pizza	3.3 oz	225	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	275	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	550	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	600	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	150	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	450	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	100	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Weighted Daily Average			459	13	527	6.20	2.41	474.5	*619	77.24	52	15.54	86.67	6.06	1.79
% of Calories											45.5%	13.5%	75.6%	11.9%	3.5%
Nutrient Guideline			400-550		600										<10.00

Fri - 01/04/2019															
BREAKFAST 6-8	Total	600													
Pancake, WG blue&saus on stick	1 EACH	275	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	275	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	250	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	75	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00

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 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)
Weighted Daily Average			527	17	523	5.51	2.00	449.0	*636	*77.27	*61	15.21	102.17	7.28	1.89
% of Calories											*46.3%	11.5%	77.5%	12.4%	3.2%
Nutrient Guideline			400-550		600										<10.00

Mon - 01/07/2019															
BREAKFAST 6-8	Total	650													
Muffin, blueberry	1 each	425	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	140	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	650	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	650	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	200	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	85	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			467	34	361	5.70	1.71	451.2	*639	*79.65	*59	13.49	90.63	5.99	1.91
% of Calories											*50.4%	11.6%	77.6%	11.6%	3.7%
Nutrient Guideline			400-550		600										<10.00

Tue - 01/08/2019															
BREAKFAST 6-8	Total	600													
Hot ham & cheese/bun	1 EACH	250	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	275	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	550	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	600	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	150	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	450	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
Weighted Daily Average			491	30	675	6.24	2.45	429.3	*619	*77.24	51	19.82	87.43	8.24	3.37
% of Calories											41.8%	16.1%	71.2%	15.1%	6.2%
Nutrient Guideline			400-550		600										<10.00

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Base Menu Spreadsheet

BREAKFAST 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)
Wed - 01/09/2019															
BREAKFAST 6-8	Total	600													
Eggo mini french toast	POUCH	275	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	250	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	75	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			472	8	452	6.89	3.15	531.5	1094	*77.27	*55	14.75	94.83	4.99	1.20
% of Calories											*46.6%	12.5%	80.3%	9.5%	2.3%
Nutrient Guideline			400-550		600										<10.00

Thu - 01/10/2019															
BREAKFAST 6-8	Total	600													
Bagel wheat 1/2	1/2 BAGEL	250	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	250	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	275	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	550	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	600	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	150	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	450	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
Weighted Daily Average			441	20	450	5.83	2.06	433.0	*702	77.24	52	14.00	82.22	6.99	3.37
% of Calories											46.8%	12.7%	74.6%	14.3%	6.9%
Nutrient Guideline			400-550		600										<10.00

Fri - 01/11/2019															
BREAKFAST 6-8	Total	600													
Sausage, egg & cheese sliders	2 SLIDERS	275	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	250	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	75	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00

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Natrona County School District

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Base Menu Spreadsheet

BREAKFAST 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)
Weighted Daily Average			449	21	466	5.97	2.16	476.5	636	77.27	*53	16.13	87.96	4.53	1.20
% of Calories											*47.4%	14.4%	78.3%	9.1%	2.4%
Nutrient Guideline			400-550		600										<10.00

Mon - 01/14/2019															
BREAKFAST 6-8	Total	600													
Breakfast burrito	3.75 OZ	225	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	300	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	75	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			481	24	481	7.04	2.45	481.9	639	83.61	*52	16.92	92.69	6.01	2.12
% of Calories											*43.1%	14.1%	77.0%	11.2%	4.0%
Nutrient Guideline			400-550		600										<10.00

Tue - 01/15/2019															
BREAKFAST 6-8	Total	600													
Cinnamon roll, 2.25oz frozen	1 EACH	275	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	250	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	550	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	600	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	150	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	450	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
Weighted Daily Average			533	12	480	5.37	2.20	423.5	*975	*57.77	*73	14.00	108.97	5.17	1.87
% of Calories											*54.9%	10.5%	81.7%	8.7%	3.2%
Nutrient Guideline			400-550		600										<10.00

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Base Menu Spreadsheet

BREAKFAST 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)
Wed - 01/16/2019															
BREAKFAST 6-8	Total	600													
SAUSAGE,EGG, ON A BUN	1 EACH	225	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	275	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	100	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			546	62	580	6.54	3.10	469.9	*644	*77.49	*52	19.20	94.59	11.37	3.39
% of Calories											*38.1%	14.1%	69.3%	18.7%	5.6%
Nutrient Guideline			400-550		600										<10.00

Thu - 01/17/2019															
BREAKFAST 6-8	Total	600													
Eggo mini waffles	1 EACH	275	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	250	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	550	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	600	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
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
Weighted Daily Average			356	2	321	6.64	2.74	211.2	*430	75.83	40	6.86	74.31	4.71	1.24
% of Calories											45.6%	7.7%	83.6%	11.9%	3.1%
Nutrient Guideline			400-550		600										<10.00

Fri - 01/18/2019															
BREAKFAST 6-8	Total	600													
Omelet, colby cheese wrap	1 EACH	225	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	275	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	100	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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)
Weighted Daily Average			466	85	474	6.16	2.21	473.3	719	77.49	*51	16.18	89.71	6.04	1.49
% of Calories											*43.6%	13.9%	76.9%	11.7%	2.9%
Nutrient Guideline			400-550		600										<10.00

Mon - 01/21/2019															
BREAKFAST 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			400-550		600										<10.00

Tue - 01/22/2019															
BREAKFAST 6-8	Total	650													
SAUSAGE,EGG/MUFFIN	1 EACH	125	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	450	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	650	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	650	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	200	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	450	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
Weighted Daily Average			556	36	558	5.61	2.90	439.6	*1024	*60.16	*70	15.66	108.41	7.61	2.37
% of Calories											*50.3%	11.3%	78.0%	12.3%	3.8%
Nutrient Guideline			400-550		600										<10.00

Wed - 01/23/2019															
BREAKFAST 6-8	Total	650													
Donut long john WG	1 EACH	425	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	140	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	650	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	650	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	200	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	85	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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)
Weighted Daily Average			487	8	551	5.70	1.95	451.2	639	79.65	*52	14.80	88.67	9.26	3.55
% of Calories											*42.4%	12.2%	72.9%	17.1%	6.6%
Nutrient Guideline			400-550		600										<10.00

Thu - 01/24/2019															
BREAKFAST 6-8	Total	600													
Breakfast pizza	3.3 oz	225	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	275	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	550	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	600	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	150	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	450	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	100	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Weighted Daily Average			459	13	527	6.20	2.41	474.5	*619	77.24	52	15.54	86.67	6.06	1.79
% of Calories											45.5%	13.5%	75.6%	11.9%	3.5%
Nutrient Guideline			400-550		600										<10.00

Fri - 01/25/2019															
BREAKFAST 6-8	Total	600													
Pancake, WG blue&saus on stick	1 EACH	275	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	275	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	250	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	75	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			527	17	523	5.51	2.00	449.0	*636	*77.27	*61	15.21	102.17	7.28	1.89
% of Calories											*46.3%	11.5%	77.5%	12.4%	3.2%
Nutrient Guideline			400-550		600										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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)
Mon - 01/28/2019															
BREAKFAST 6-8	Total	650													
Muffin, blueberry	1 each	425	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	140	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	650	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	650	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	200	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	85	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			467	34	361	5.70	1.71	451.2	*639	*79.65	*59	13.49	90.63	5.99	1.91
% of Calories											*50.4%	11.6%	77.6%	11.6%	3.7%
Nutrient Guideline			400-550		600										<10.00

Tue - 01/29/2019															
BREAKFAST 6-8	Total	600													
Hot ham & cheese/bun	1 EACH	250	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	275	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	550	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	600	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	150	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	450	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
Weighted Daily Average			491	30	675	6.24	2.45	429.3	*619	*77.24	51	19.82	87.43	8.24	3.37
% of Calories											41.8%	16.1%	71.2%	15.1%	6.2%
Nutrient Guideline			400-550		600										<10.00

Wed - 01/30/2019															
BREAKFAST 6-8	Total	600													
Eggo mini french toast	POUCH	275	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	250	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	75	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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)
Weighted Daily Average			472	8	452	6.89	3.15	531.5	1094	*77.27	*55	14.75	94.83	4.99	1.20
% of Calories											*46.6%	12.5%	80.3%	9.5%	2.3%
Nutrient Guideline			400-550		600										<10.00

Thu - 01/31/2019															
BREAKFAST 6-8	Total	600													
Bagel wheat 1/2	1/2 BAGEL	250	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	250	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	275	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	550	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	600	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	150	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	450	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
Weighted Daily Average			441	20	450	5.83	2.06	433.0	*702	77.24	52	14.00	82.22	6.99	3.37
% of Calories											46.8%	12.7%	74.6%	14.3%	6.9%
Nutrient Guideline			400-550		600										<10.00

Weighted Average			480	24	497	6.07	2.34	448.3	*713	*76.23	*55	15.25	91.52	6.81	2.28
											*103.1	12.7%	76.3%	12.8%	4.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	480		400 - 550	100%				
Cholesterol (mg)	24							
Sodium 1 (mg)	497		600					
Sodium 2 (mg)	497		535					
Fiber (g)	6.07							
Iron (mg)	2.34							
Calcium (mg)	448.3							
Vitamin A (IU)	713				Missing			
Sugars (g)	55	45.84%			Missing			
Vitamin C (mg)	76.23				Missing			
Protein (g)	15.25	12.71%						
Carbohydrate (g)	91.52	76.30%						
Total Fat (g)	6.81	12.78%						
Saturated Fat (g)	2.28	4.27%	<10.00%					

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