

# Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

## Base Menu Spreadsheet

Lunch 6-8

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/01/2019															
Lunch 6-8	Total	2500													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00

	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															
Lunch 6-8	Total	2500													
Chicken patty/whole grain bun	1 EACH	1200	380	25	650	6.00	3.80	71.0	*N/A*	*N/A*	3	21.0	42.0	14.5	2.50
Sloppy Joes	Servings	900	385	69	360	3.16	4.34	49.1	*13	*2.64	*10	28.85	35.89	13.52	4.56
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	2000	68	0	104	3.37	0.81	22.5	*N/A*	*N/A*	4	3.37	13.5	0.0	0.00
Baby corn	.5 cup	1800	32	0	162	1.62	0.58	16.2	162	0.0	1	2.43	3.24	0.0	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	150	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			716	49	945	12.64	*5.21	*456.1	*1032	*46.25	*52	38.12	103.67	15.91	4.14
% of Calories											*29.0%	21.3%	57.9%	20.0%	5.2%
Nutrient Guideline			600-700		1360										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/03/2019															
Lunch 6-8	Total	2500													
Dutch waffle	1 each	1300	300	20	350	3.00	1.80	0.0	0	0.0	12	4.0	43.0	13.0	3.00
Joe Cheeser - ham L	1 EACH	700	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Strawberries frozen el	1/4 CUP	1500	45	0	0	1.50	0.00	0.0	0	0.0	9	0.0	11.5	0.0	0.00
Sausage, pork link - el	2 each	1300	230	40	340	0.00	0.72	*N/A*	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00
Salad, chopped Romaine	2 CUP	1000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	2000	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	350	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	150	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47

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

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

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# Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			728	63	839	6.62	*3.23	*469.0	*2308	*71.44	*53 *29.2%	25.76 14.1%	93.77 51.5%	27.86 34.4%	7.73 9.5%
Nutrient Guideline			600-700		1360										<10.00

Fri - 01/04/2019															
Lunch 6-8	Total	2500													
Chicken Mandarin orange- Asian	2.50 oz	900	174	46	336	0.00	0.00	0.0	0	0.0	17	12.0	21.0	4.0	2.00
Corn dog - whole grain	1 EACH	1200	240	40	390	5.00	1.80	80.0	*N/A*	*N/A*	5	9.0	30.0	8.0	2.50
Rice, brown - ele	1/2 cup	900	82	0	0	0.51	0.37	0.0	0	0.0	0	2.04	17.87	0.77	0.00
BAKED BEANS (VEGETARIAN)	1/2 CUP	2000	68	0	67	2.44	12.46	232.9	3119	0.0	*3	2.85	15.72	0.21	0.04
Broccoli,raw: fresh .75	.75 CUP	1800	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	2200	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	150	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average % of Calories			604	48	688	11.19	*12.08	*619.5	*4493	*73.92	*54 *35.9%	26.95 17.9%	101.94 67.6%	9.76 14.6%	3.25 4.8%
Nutrient Guideline			600-700		1360										<10.00

Mon - 01/07/2019															
Lunch 6-8	Total	2500													
Chicken nuggets	5 Pieces	1100	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	1100	105	0	175	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	serving	1000	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Hot pocket - pepperoni	1 EACH	950	300	40	680	3.00	2.70	250.0	*N/A*	*N/A*	4	18.0	32.0	11.0	5.00
Salad, chopped Romaine	2 CUP	1700	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Corn: canned, yellow .75 cup	3/4 CUP	1500	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	300	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	150	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09

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# Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 3

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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			732	42	1033	10.69	4.19	*525.4	*3809	*67.96	*57	29.04	103.34	22.73	5.62
% of Calories											*31.3%	15.9%	56.5%	28.0%	6.9%
Nutrient Guideline			600-700		1360										<10.00

Tue - 01/08/2019															
Lunch 6-8	Total	2500													
Nachos with ground beef sec	SERVINGS	1500	434	51	126	6.39	0.13	134.0	249	0.5	*2	19.94	38.99	22.02	4.95
Joe Cheeser - ham L	1 EACH	550	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Cheese sauce 1/4 cup	1/4 CUP	1500	70	0	480	0.00	0.00	40.0	0	0.0	3	0.0	6.0	4.5	0.50
Refried beans	1/2 CUP	1800	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Tomatoes, diced canned	1 OZ	1500	6	0	4	0.25	0.00	0.0	25	4.46	1	0.25	1.24	0.0	0.00
Cauliflower, raw: fresh.75cup	.75 CUP	1500	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	0.00
Fruit, fresh	1 EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	300	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	150	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09
Weighted Daily Average			715	55	1011	12.15	6.81	*633.6	*1018	*183.63	*37	34.86	93.06	22.27	4.98
% of Calories											*20.5%	19.5%	52.0%	28.0%	6.3%
Nutrient Guideline			600-700		1360										<10.00

Wed - 01/09/2019															
Lunch 6-8	Total	2500													
Chili white el	3/4 CUP	800	202	29	308	6.00	2.38	119.3	121	4.83	*0	14.9	27.04	3.89	1.55
Hot dog & bun	1 EACH	1250	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
BREAD, MINI GARLIC TOAST WG	SLICE	800	70	0	95	1.00	0.72	*N/A*	*N/A*	*N/A*	0	2.0	11.0	2.5	0.50
Carrot and celery sticks el	3/4 CUP	2000	21	0	59	1.58	1.98	226.8	2302	10.61	2	0.72	3.68	0.1	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Chocolate chip cookies	1 EACH	2500	133	13	39	0.85	2.60	213.0	118	0.0	*5	1.58	16.65	6.86	1.98
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	200	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09

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Jan 1, 2019 thru Jan 31, 2019

## Base Menu Spreadsheet

Lunch 6-8

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			696	52	774	10.27	7.98	*837.9	*3100	*68.70	*50 *28.5%	27.34 15.7%	101.36 58.3%	20.80 26.9%	7.01 9.1%
Nutrient Guideline			600-700		1360										<10.00

Thu - 01/10/2019															
Lunch 6-8	Total	2500													
Country fried steak	1 EACH	1200	330	50	530	3.00	1.80	20.0	0	0.0	0	17.0	16.0	21.0	6.00
Burrito, Beef, bean, green chi	1 Each	850	294	19	414	7.92	3.60	80.0	400	4.8	1	16.28	39.49	9.13	2.55
Salsa	1 TBSP	800	5	0	175	0.00	*N/A*	*N/A*	50	*N/A*	1	0.0	1.0	0.0	0.00
Potato pearls low sodium	1/2 CUP	1200	160	0	220	2.00	0.72	40.0	0	60.0	2	4.0	34.0	2.0	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	1200	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
Broccoli,raw: fresh .75	.75 CUP	1800	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Beets, pickled	1/2 cup	500	62	0	171	0.00	0.00	0.0	*N/A*	*N/A*	12	0.0	12.43	0.0	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2200	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Dinner roll 100 % wheat	1 EACH	1200	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	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	300	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	150	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09
Weighted Daily Average % of Calories			732	43	1194	12.05	*4.17	*482.7	*2297	*116.74	*49 *26.6%	32.16 17.6%	109.20 59.7%	19.14 23.5%	5.12 6.3%
Nutrient Guideline			600-700		1360										<10.00

Fri - 01/11/2019															
Lunch 6-8	Total	2500													
Chicken fajita tortilla sec	SERVING	350	442	114	1236	4.00	*1.44	*80.0	*0	*0.0	2	36.0	34.0	19.0	11.00
Sandwich, Grilled Cheese - sec	1 EACH	900	310	30	856	4.00	2.00	445.0	447	0.0	*4	20.17	32.05	15.07	7.25
Tomato Soup	1 cup	900	80	0	414	1.00	0.36	3.6	400	6.0	*10	1.0	16.0	1.0	0.50
Salad, chopped Romaine	2 CUP	1500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Vegetable fajita blend	.75 CUP	650	30	0	10	1.00	0.00	0.0	0	9.0	4	0.0	4.0	0.0	0.00
Fruit, canned	1/2 CUP	2200	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	600	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	650	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09

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Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			718	56	1165	10.94	*5.53	*715.5	*4495	*125.29	*55	32.84	99.65	22.56	8.27
% of Calories											*30.5%	18.3%	55.5%	28.3%	10.4%
Nutrient Guideline			600-700		1360										<10.00

Mon - 01/14/2019															
Lunch 6-8	Total	2500													
Meatball sub - sec	1 each	500	520	52	835	5.00	23.40	410.0	*2095	*29.4	9	23.5	41.5	30.0	11.75
Bread stick mozzarella	2 Sticks	1400	320	20	680	2.00	1.44	200.0	*N/A*	*N/A*	2	14.0	32.0	14.0	5.00
Spaghetti sauce low sodium	1/4 CUP	1900	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Carrots, baby 3/4 cup	.75 CUP	1500	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	2200	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Bar breakfast	SERVING	250	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Alternate, Pizza Hut Pizza	SLICES	350	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			742	44	1047	9.53	15.14	698.3	*13531	*72.10	*51	27.31	96.50	26.81	8.57
% of Calories											*27.5%	14.7%	52.0%	32.5%	10.4%
Nutrient Guideline			600-700		1360										<10.00

Tue - 01/15/2019															
Lunch 6-8	Total	2500													
BBQ pork rib on wheat bun	1 EACH	1000	300	30	580	4.00	3.08	71.0	*100	*1.2	7	19.0	35.0	11.5	3.50
Soft shell taco el	EACH	1000	176	29	271	2.07	1.64	111.7	115	0.64	*0	10.34	15.86	7.8	2.99
Refried beans	1/2 CUP	1500	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Corn: canned, yellow .75 cup	3/4 CUP	2000	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Tomatoes, diced	2 OZ	1500	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			603	39	1040	9.52	4.02	446.0	*882	*18.64	*43	30.40	86.26	14.58	4.33
% of Calories											*28.7%	20.2%	57.2%	21.8%	6.5%
Nutrient Guideline			600-700		1360										<10.00

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

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# Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Wed - 01/16/2019</b>															
Lunch 6-8	Total	2500													
Chili dog	1 EACH	1200	392	47	673	5.03	3.10	*38.4	*65	*2.42	*6	19.78	37.09	18.88	6.94
Hot pocket - pepperoni	1 EACH	800	300	40	680	3.00	2.70	250.0	*N/A*	*N/A*	4	18.0	32.0	11.0	5.00
Carrot and celery sticks	1 CUP	2500	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			646	51	919	9.58	5.20	*696.1	*4072	*57.17	*51	28.74	92.61	17.52	6.68
% of Calories											*31.4%	17.8%	57.4%	24.4%	9.3%
Nutrient Guideline			600-700		1360										<10.00

<b>Thu - 01/17/2019</b>															
Lunch 6-8	Total	2500													
Cheeseburger/wheat bun 1.60oz	1 EACH	750	315	53	425	3.00	3.08	31.0	*0	*0.0	2	19.5	28.0	14.0	6.00
Chili con carne & beans	3/4 CUP	1100	307	50	473	7.38	3.81	78.8	252	9.63	*10	24.76	29.71	8.9	3.30
Cherry tomatoes	3/4 cup	2000	19	0	4	1.50	0.27	15.0	937	13.5	3	0.75	4.5	0.0	0.00
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Cinnamon roll, 2.25oz frozen	1 EACH	1100	248	10	232	3.00	1.44	22.6	*4	*0.01	*20	5.07	45.11	5.6	2.20
Milk, chocolate fat free	1 CUP	1300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	200	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			719	61	765	12.05	4.68	383.6	*4519	*71.94	*57	31.29	101.55	21.06	6.89
% of Calories											*31.6%	17.4%	56.5%	26.4%	8.6%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/18/2019															
Lunch 6-8	Total	2500													
Meatloaf	SERVING	1000	170	30	390	1.00	1.44	60.0	200	9.0	5	12.0	8.0	10.0	5.00
Chicken nuggets	5 Pieces	1000	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Potato pearls low sodium	1/2 CUP	1000	160	0	220	2.00	0.72	40.0	0	60.0	2	4.0	34.0	2.0	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	1000	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
Dinner roll 100 % wheat	1 EACH	2000	70	0	90	1.00	0.00	20.0	0	0.0	1	3.0	12.0	0.5	0.00
Broccoli,raw: fresh .75	.75 CUP	2000	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	250	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			661	35	1049	9.88	2.88	464.8	*2200	*108.79	*50	28.99	100.05	16.50	4.74
% of Calories											*30.5%	17.5%	60.5%	22.5%	6.5%
Nutrient Guideline			600-700		1360										<10.00

Mon - 01/21/2019															
Lunch 6-8	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00

Tue - 01/22/2019															
Lunch 6-8	Total	2500													
Dug Out el	SERVING	1200	447	39	745	7.08	1.73	95.1	196	7.26	*9	19.83	42.79	21.64	4.82
Pork patties sandwich	1 EACH	800	412	40	574	5.00	4.08	71.4	*0	*0.0	*3	23.0	39.17	19.2	4.73
Carrot coins	3/4 cup	2000	38	0	63	2.60	0.27	30.0	15286	5.4	4	0.85	8.77	0.22	0.00
Green beans: canned,cooked	.75 cup	1800	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	250	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47

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# Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			738	46	1091	14.49	*3.21	*476.1	*13268	*53.67	*53	32.94	103.58	21.90	5.34
% of Calories											*28.5%	17.9%	56.2%	26.7%	6.5%
Nutrient Guideline			600-700		1360										<10.00

Wed - 01/23/2019															
Lunch 6-8	Total	2500													
Chicken patty/whole grain bun	1 EACH	1200	380	25	650	6.00	3.80	71.0	*N/A*	*N/A*	3	21.0	42.0	14.5	2.50
Sloppy Joes	Servings	900	385	69	360	3.16	4.34	49.1	*13	*2.64	*10	28.85	35.89	13.52	4.56
Salad, chopped Romaine	2 CUP	1800	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Broccoli,raw: fresh .75	.75 CUP	1500	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	150	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			719	55	828	11.38	*4.85	*453.7	*4682	*80.95	*47	36.30	94.04	21.98	5.21
% of Calories											*26.3%	20.2%	52.3%	27.5%	6.5%
Nutrient Guideline			600-700		1360										<10.00

Thu - 01/24/2019															
Lunch 6-8	Total	2500													
Dutch waffle	1 each	1100	300	20	350	3.00	1.80	0.0	0	0.0	12	4.0	43.0	13.0	3.00
Joe Cheeser - ham L	1 EACH	800	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Strawberries frozen el	1/4 CUP	1500	45	0	0	1.50	0.00	0.0	0	0.0	9	0.0	11.5	0.0	0.00
Sausage, pork link - el	2 each	1100	230	40	340	0.00	0.72	*N/A*	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00
MIXED VEGETABLES, FROZEN 3 /4 C	.75 CUP	1000	68	0	104	3.37	0.81	22.5	*N/A*	*N/A*	4	3.37	13.5	0.0	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit juice assorted	.50 CUP	2000	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	350	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	250	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47

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# Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			713	60	850	7.58	*3.37	*483.0	*741	*65.38	*54	27.49	98.41	23.17	6.60
% of Calories											*30.5%	15.4%	55.2%	29.3%	8.3%
Nutrient Guideline			600-700		1360										<10.00

Fri - 01/25/2019															
Lunch 6-8	Total	2500													
Chicken Mandarin orange- Asian	2.50 oz	800	174	46	336	0.00	0.00	0.0	0	0.0	17	12.0	21.0	4.0	2.00
Corn dog - whole grain	1 EACH	1200	240	40	390	5.00	1.80	80.0	*N/A*	*N/A*	5	9.0	30.0	8.0	2.50
Rice, brown - ele	1/2 cup	800	82	0	0	0.51	0.37	0.0	0	0.0	0	2.04	17.87	0.77	0.00
BAKED BEANS (VEGETARIAN)	1/2 CUP	2000	68	0	67	2.44	12.46	232.9	3119	0.0	*3	2.85	15.72	0.21	0.04
Baby corn	.5 cup	2000	32	0	162	1.62	0.58	16.2	162	0.0	1	2.43	3.24	0.0	0.00
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar nacho mid	SERVING	250	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			621	48	825	11.06	*12.27	*621.3	*3570	*45.86	*54	27.35	102.26	10.73	3.39
% of Calories											*34.7%	17.6%	65.8%	15.5%	4.9%
Nutrient Guideline			600-700		1360										<10.00

Mon - 01/28/2019															
Lunch 6-8	Total	2500													
Chicken nuggets	5 Pieces	1200	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	1200	105	0	175	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	serving	1000	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Hot pocket - pepperoni	1 EACH	800	300	40	680	3.00	2.70	250.0	*N/A*	*N/A*	4	18.0	32.0	11.0	5.00
Salad, chopped Romaine	2 CUP	1700	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Corn: canned, yellow .75 cup	3/4 CUP	1500	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	350	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	150	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09

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# Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			734	41	1032	10.80	4.18	*520.1	*3823	*67.96	*57 *31.2%	29.04 15.8%	103.38 56.3%	23.03 28.2%	5.54 6.8%
Nutrient Guideline			600-700		1360										<10.00

Tue - 01/29/2019															
Lunch 6-8	Total	2500													
Nachos with ground beef sec	SERVINGS	1500	434	51	126	6.39	0.13	134.0	249	0.5	*2	19.94	38.99	22.02	4.95
Joe Cheeser - ham L	1 EACH	600	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Cheese sauce 1/4 cup	1/4 CUP	1500	70	0	480	0.00	0.00	40.0	0	0.0	3	0.0	6.0	4.5	0.50
Refried beans	1/2 CUP	2000	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Tomatoes, diced canned	1 OZ	2000	6	0	4	0.25	0.00	0.0	25	4.46	1	0.25	1.24	0.0	0.00
Cauliflower, raw: fresh.75cup	.75 CUP	2000	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	0.00
Fruit, fresh	1 EACH	2200	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	150	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09
Weighted Daily Average % of Calories			729	56	1040	12.83	8.12	*663.7	*1014	*227.95	*37 *20.4%	35.65 19.6%	95.59 52.5%	22.28 27.5%	4.90 6.1%
Nutrient Guideline			600-700		1360										<10.00

Wed - 01/30/2019															
Lunch 6-8	Total	2500													
Chili white el	3/4 CUP	800	202	29	308	6.00	2.38	119.3	121	4.83	*0	14.9	27.04	3.89	1.55
Hot dog & bun	1 EACH	1250	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
BREAD, MINI GARLIC TOAST WG	SLICE	800	70	0	95	1.00	0.72	*N/A*	*N/A*	*N/A*	0	2.0	11.0	2.5	0.50
Carrot and celery sticks el	3/4 CUP	2000	21	0	59	1.58	1.98	226.8	2302	10.61	2	0.72	3.68	0.1	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Chocolate chip cookies	1 EACH	2500	133	13	39	0.85	2.60	213.0	118	0.0	*5	1.58	16.65	6.86	1.98
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	200	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09

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# Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			696	52	774	10.27	7.98	*837.9	*3100	*68.70	*50	27.34	101.36	20.80	7.01
% of Calories											*28.5%	15.7%	58.3%	26.9%	9.1%
Nutrient Guideline			600-700		1360										<10.00

Thu - 01/31/2019															
Lunch 6-8	Total	2500													
Country fried steak	1 EACH	1200	330	50	530	3.00	1.80	20.0	0	0.0	0	17.0	16.0	21.0	6.00
Burrito, Beef, bean, green chi	1 Each	900	294	19	414	7.92	3.60	80.0	400	4.8	1	16.28	39.49	9.13	2.55
Salsa	1 TBSP	800	5	0	175	0.00	*N/A*	*N/A*	50	*N/A*	1	0.0	1.0	0.0	0.00
Potato pearls low sodium	1/2 CUP	1200	160	0	220	2.00	0.72	40.0	0	60.0	2	4.0	34.0	2.0	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	1200	33	0	524	0.00	0.00	3.6	0	0.0	*2	0.0	6.5	2.17	0.00
Broccoli,raw: fresh .75	.75 CUP	2000	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Beets, pickled	1/2 cup	500	62	0	171	0.00	0.00	0.0	*N/A*	*N/A*	12	0.0	12.43	0.0	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Dinner roll 100 % wheat	1 EACH	1200	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	1800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate, Pizza Hut Pizza	SLICES	250	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar potato high	SERVINGS	150	496	41	561	11.98	12.41	*471.1	*3296	*269.36	*24	17.48	68.21	18.33	5.09
Weighted Daily Average			728	43	1191	12.30	*4.23	*478.8	*2396	*119.81	*48	32.21	108.43	19.05	5.07
% of Calories											*26.1%	17.7%	59.5%	23.5%	6.3%
Nutrient Guideline			600-700		1360										<10.00

Weighted Average			700	49	957	10.85	*6.16	*569.7	*3826	*86.33	*50	30.58	99.52	20.02	5.73
											*64.8%	17.5%	56.9%	25.8%	7.4%

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# Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	700		600 - 700	100%												
Cholesterol (mg)	49															
Sodium 1 (mg)	957		1360													
Sodium 2 (mg)	957		1035													
Fiber (g)	10.85															
Iron (mg)	6.16				Missing											
Calcium (mg)	569.7				Missing											
Vitamin A (IU)	3826				Missing											
Sugars (g)	50	28.81%			Missing											
Vitamin C (mg)	86.33				Missing											
Protein (g)	30.58	17.48%														
Carbohydrate (g)	99.52	56.91%														
Total Fat (g)	20.02	25.76%														
Saturated Fat (g)	5.73	7.37%	<10.00%													

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