

Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Alternate pizza

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															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Chicken patty/whole grain bun	1 EACH	100	380	25	650	6.00	3.80	71.0	*N/A*	*N/A*	3	21.0	42.0	14.5	2.50
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	400	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	350	32	0	162	1.62	0.58	16.2	162	0.0	1	2.43	3.24	0.0	0.00
Fruit, canned	1/2 CUP	450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	300	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			651	35	1036	10.45	3.95	653.5	*1292	*30.47	44	36.70	92.83	14.34	5.08
% of Calories											27.1%	22.6%	57.1%	19.8%	7.0%
Nutrient Guideline			550-650		1230										<10.00

Thu - 01/03/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Joe Cheeser - ham L	1 EACH	100	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Strawberries frozen el	1/4 CUP	450	45	0	0	1.50	0.00	0.0	0	0.0	9	0.0	11.5	0.0	0.00
Salad, chopped Romaine	2 CUP	250	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	300	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			639	45	838	7.56	3.14	630.0	*3179	39.35	*49	32.55	89.16	17.29	5.63
% of Calories											*30.5%	20.4%	55.9%	24.4%	7.9%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 2

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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)
Fri - 01/04/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Corn dog - whole grain	1 EACH	100	240	40	390	5.00	1.80	80.0	*N/A*	*N/A*	5	9.0	30.0	8.0	2.50
BAKED BEANS (VEGETARIAN)	3/4 cup	350	103	0	100	3.66	18.68	349.4	4679	0.0	*5	4.28	23.58	0.32	0.06
Broccoli,raw: fresh .75	.75 CUP	350	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	350	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			651	38	879	11.37	15.98	893.4	*5515	*65.64	*46	35.08	99.89	13.30	5.12
% of Calories											*28.4%	21.5%	61.3%	18.4%	7.1%
Nutrient Guideline			550-650		1230										<10.00

Mon - 01/07/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Chicken nuggets	5 Pieces	1500	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	1500	105	0	175	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	servng	2000	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Salad, chopped Romaine	2 CUP	3000	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	2000	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	3000	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	3000	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	2800	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	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			741	38	1024	9.85	3.39	582.2	*4111	*50.23	*54	32.05	101.67	23.47	6.05
% of Calories											*29.0%	17.3%	54.9%	28.5%	7.3%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

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Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 3

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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)
Tue - 01/08/2019															
Alternate pizza	Total	8000													
Alternate, Pizza Hut Pizza	SLICES	3500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Joe Cheeser - ham L	1 EACH	500	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
REFRIED BEANS	3/4 cup	1500	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	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	3000	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	3000	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	2800	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	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			317	20	510	4.76	3.31	375.7	*597	71.84	20	18.50	45.07	7.21	2.66
% of Calories											25.7%	23.3%	56.9%	20.5%	7.5%
Nutrient Guideline			550-650		1230										<10.00

Wed - 01/09/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Hot dog & bun	1 EACH	1800	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Carrot and celery sticks	1 CUP	3000	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, fresh	1 EACH	3000	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	3000	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	4000	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	2800	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	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			704	52	874	8.47	6.80	*915.1	*3526	*43.03	*47	30.69	95.80	22.53	8.08
% of Calories											*26.5%	17.4%	54.4%	28.8%	10.3%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/10/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	425	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Burrito beef/bean gre chile WG	1 EACH	75	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	1 TBSP	75	5	0	175	0.00	*N/A*	*N/A*	50	*N/A*	1	0.0	1.0	0.0	0.00
Broccoli,raw: fresh .75	.75 CUP	200	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	200	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	300	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	350	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			599	35	917	7.34	*2.66	*653.6	*1820	*47.09	43	32.82	83.10	14.35	5.89
% of Calories											28.4%	21.9%	55.5%	21.6%	8.9%
Nutrient Guideline			550-650		1230										<10.00

Fri - 01/11/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	450	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Sandwich, Grilled Cheese - el	1 EACH	50	155	15	428	2.00	1.00	222.5	223	0.0	*2	10.09	16.03	7.53	3.63
Tomato Soup	1 cup	80	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	350	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Cucumbers, sliced	1/2 cup	300	8	0	1	0.00	0.00	10.0	50	0.0	0	0.0	2.0	0.0	0.00
Fruit, canned	1/2 CUP	350	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	300	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			611	40	922	6.98	2.88	684.7	4069	41.27	*38	32.44	77.65	19.58	6.57
% of Calories											*24.9%	21.2%	50.8%	28.8%	9.7%
Nutrient Guideline			550-650		1230										<10.00

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 5

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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)
Mon - 01/14/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Meatball Sub	1 each	100	433	37	695	4.67	22.92	396.7	*2095	*29.4	9	19.5	40.17	22.67	8.75
Spaghetti sauce low sodium	1/4 CUP	100	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Salad, chopped Romaine	2 CUP	400	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Carrots, baby 3/4 cup	.75 CUP	350	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	0.00
Fruit, fresh	1 EACH	350	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	300	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			679	43	988	9.82	9.94	747.6	*14918	*56.58	*42	33.10	85.67	23.21	7.63
% of Calories											*24.8%	19.5%	50.4%	30.7%	10.1%
Nutrient Guideline			550-650		1230										<10.00

Tue - 01/15/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Soft shell taco el	EACH	100	176	29	271	2.07	1.64	111.7	115	0.64	*0	10.34	15.86	7.8	2.99
Refried beans	1/2 CUP	250	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Corn: canned, yellow .75 cup	3/4 CUP	300	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, canned	1/2 CUP	450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Tomatoes, diced	2 OZ	300	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			611	36	1074	8.69	3.54	641.3	1162	16.90	*39	35.26	83.16	14.62	5.17
% of Calories											*25.4%	23.1%	54.5%	21.5%	7.6%
Nutrient Guideline			550-650		1230										<10.00

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Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/16/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Hot dog & bun	1 EACH	100	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Carrot and celery sticks	1 CUP	400	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, canned	1/2 CUP	450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	350	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			589	37	874	7.84	4.25	*800.0	*3718	*42.79	43	31.69	82.75	14.75	5.78
% of Calories											29.3%	21.5%	56.2%	22.5%	8.8%
Nutrient Guideline			550-650		1230										<10.00

Thu - 01/17/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Cheeseburger/wheat bun 1.60oz	1 EACH	100	315	53	425	3.00	3.08	31.0	*0	*0.0	2	19.5	28.0	14.0	6.00
Cherry tomatoes	3/4 cup	250	19	0	4	1.50	0.27	15.0	937	13.5	3	0.75	4.5	0.0	0.00
Salad, chopped Romaine	2 CUP	375	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Fruit, canned	1/2 CUP	400	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	300	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			633	46	863	7.86	3.30	634.9	*4622	*49.04	*40	33.31	79.67	20.61	6.90
% of Calories											*25.4%	21.1%	50.4%	29.3%	9.8%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Alternate pizza

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															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Chicken nuggets	5 Pieces	100	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Coleslaw	.25 cup	300	85	5	85	1.00	0.18	20.1	*N/A*	*N/A*	7	0.5	8.02	6.02	1.25
Broccoli,raw: fresh .75	.75 CUP	300	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	350	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Dinner roll 100 % wheat	1 EACH	100	70	0	90	1.00	0.00	20.0	0	0.0	1	3.0	12.0	0.5	0.00
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			641	37	891	8.90	2.95	653.9	*2110	*61.14	46	33.48	87.19	17.98	5.83
% of Calories											28.7%	20.9%	54.4%	25.3%	8.2%
Nutrient Guideline			550-650		1230										<10.00

Mon - 01/21/2019															
Alternate pizza	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			550-650		1230										<10.00

Tue - 01/22/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Pork patties sandwich	1 EACH	100	412	40	574	5.00	4.08	71.4	*0	*0.0	*3	23.0	39.17	19.2	4.73
Carrot coins	3/4 cup	350	38	0	63	2.60	0.27	30.0	15286	5.4	4	0.85	8.77	0.22	0.00
Green beans: canned,cooked	.75 cup	300	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Fruit, canned	1/2 CUP	450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	350	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			629	38	995	10.32	3.17	647.1	*11890	*37.92	*45	34.27	89.86	15.47	5.53
% of Calories											*28.8%	21.8%	57.2%	22.1%	7.9%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 8

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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 - 01/23/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Chicken patty/whole grain bun	1 EACH	100	380	25	650	6.00	3.80	71.0	*N/A*	*N/A*	3	21.0	42.0	14.5	2.50
Salad, chopped Romaine	2 CUP	400	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Broccoli,raw: fresh .75	.75 CUP	350	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	300	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			674	41	932	9.99	3.73	658.0	*5429	*75.41	*41	35.44	86.28	21.14	6.28
% of Calories											*24.6%	21.0%	51.2%	28.2%	8.4%
Nutrient Guideline			550-650		1230										<10.00
Thu - 01/24/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Joe Cheeser - ham L	1 EACH	100	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Strawberries frozen el	1/4 CUP	450	45	0	0	1.50	0.00	0.0	0	0.0	9	0.0	11.5	0.0	0.00
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	250	68	0	104	3.37	0.81	22.5	*N/A*	*N/A*	4	3.37	13.5	0.0	0.00
Fruit, fresh	1 EACH	300	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			626	41	846	8.45	3.26	633.2	*1179	*30.95	51	33.58	94.47	13.04	4.88
% of Calories											32.3%	21.5%	60.3%	18.7%	7.0%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

	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)
Fri - 01/25/2019															
Alternate pizza	Total	500													
Alternate, Pizza Hut Pizza	SLICES	400	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Corn dog - whole grain	1 EACH	100	240	40	390	5.00	1.80	80.0	*N/A*	*N/A*	5	9.0	30.0	8.0	2.50
BAKED BEANS (VEGETARIAN)	3/4 cup	350	103	0	100	3.66	18.68	349.4	4679	0.0	*5	4.28	23.58	0.32	0.06
Baby corn	.5 cup	350	32	0	162	1.62	0.58	16.2	162	0.0	1	2.43	3.24	0.0	0.00
Fruit, canned	1/2 CUP	450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	350	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	400	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			648	38	971	10.40	16.01	883.8	*4578	*34.14	*46	34.68	97.96	13.30	5.12
% of Calories											*28.2%	21.4%	60.5%	18.5%	7.1%
Nutrient Guideline			550-650		1230										<10.00

Mon - 01/28/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Chicken nuggets	5 Pieces	1500	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	1500	105	0	175	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	servng	2000	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Salad, chopped Romaine	2 CUP	3000	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	2000	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	3000	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	3000	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	2800	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	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			741	38	1024	9.85	3.39	582.2	*4111	*50.23	*54	32.05	101.67	23.47	6.05
% of Calories											*29.0%	17.3%	54.9%	28.5%	7.3%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/29/2019															
Alternate pizza	Total	8000													
Alternate, Pizza Hut Pizza	SLICES	3500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Joe Cheeser - ham L	1 EACH	500	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
REFRIED BEANS	3/4 cup	1500	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	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	3000	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	3000	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	2800	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	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			317	20	510	4.76	3.31	375.7	*597	71.84	20	18.50	45.07	7.21	2.66
% of Calories											25.7%	23.3%	56.9%	20.5%	7.5%
Nutrient Guideline			550-650		1230										<10.00

Wed - 01/30/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Hot dog & bun	1 EACH	1800	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Carrot and celery sticks	1 CUP	3000	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, fresh	1 EACH	3000	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	3000	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	4000	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	2800	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	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			704	52	874	8.47	6.80	*915.1	*3526	*43.03	*47	30.69	95.80	22.53	8.08
% of Calories											*26.5%	17.4%	54.4%	28.8%	10.3%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/31/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Burrito beef/bean gre chile WG	1 EACH	1000	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	1 TBSP	1000	5	0	175	0.00	*N/A*	*N/A*	50	*N/A*	1	0.0	1.0	0.0	0.00
Broccoli,raw: fresh .75	.75 CUP	3000	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	3000	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	3500	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	3000	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	2800	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	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			661	35	980	9.38	*2.83	*643.1	*2385	*73.56	52	33.31	95.51	14.87	6.21
% of Calories											31.3%	20.2%	57.8%	20.3%	8.5%
Nutrient Guideline			550-650		1230										<10.00

Weighted Average			622	38	896	8.64	*5.17	*676.4	*4016	*49.16	*43	31.91	86.20	16.87	5.77
											*62.4%	20.5%	55.4%	24.4%	8.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	622		550 - 650	100%				
Cholesterol (mg)	38							
Sodium 1 (mg)	896		1230					
Sodium 2 (mg)	896		935					
Fiber (g)	8.64							
Iron (mg)	5.17				Missing			
Calcium (mg)	676.4				Missing			
Vitamin A (IU)	4016				Missing			
Sugars (g)	43	27.74%			Missing			
Vitamin C (mg)	49.16				Missing			
Protein (g)	31.91	20.52%						
Carbohydrate (g)	86.20	55.42%						
Total Fat (g)	16.87	24.40%						
Saturated Fat (g)	5.77	8.35%	<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.