

Natrona County School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch 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 - 02/01/2019															
Lunch 9-12	Total	2000													
Chicken fajita tortilla sec	SERVING	300	322	84	936	4.00	*1.44	*80.0	*0	*0.0	2	25.5	32.5	10.0	5.00
Sandwich, Grilled Cheese - sec	1 EACH	1000	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	1000	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	1800	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	500	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	1900	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	1900	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	1200	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	800	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	350	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09
Weighted Daily Average			731	54	1241	11.18	*4.87	*722.0	*5528	*111.45	*56	32.01	101.02	24.10	8.41
% of Calories											*30.6%	17.5%	55.3%	29.7%	10.4%
Nutrient Guideline			750-850		1420										<10.00

Mon - 02/04/2019															
Lunch 9-12	Total	2000													
Meatball sub - sec	1 each	600	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	1000	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	1600	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 cup	1 CUP	1800	50	0	110	4.00	1.44	40.0	19000	4.8	6	0.0	12.0	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
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
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			870	48	1133	12.93	18.61	747.0	*23285	*89.49	*69	28.53	120.25	30.35	9.70
% of Calories											*31.7%	13.1%	55.3%	31.4%	10.0%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch 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 - 02/05/2019															
Lunch 9-12	Total	2000													
BBQ pork rib on wheat bun	1 EACH	900	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	1 EACH	600	184	29	200	2.50	1.67	113.5	169	0.61	*1	10.66	17.51	7.81	2.98
REFRIED BEANS	3/4 cup	600	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	0.00
Corn: canned yellow cup	1 CUP	1900	120	0	280	4.00	0.72	0.0	0	7.2	14	4.0	18.0	3.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	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	1200	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	800	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	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	300	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			723	41	1103	11.49	4.28	444.0	*1158	*30.71	*64	31.75	110.19	16.78	4.77
% of Calories											*35.5%	17.6%	61.0%	20.9%	5.9%
Nutrient Guideline			750-850		1420										<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 - 02/06/2019															
Lunch 9-12	Total	2000													
Chili dog	1 EACH	1000	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	500	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	1900	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	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	1200	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	800	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	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	300	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			718	52	919	10.21	5.23	*677.0	*4164	*61.32	*64	28.67	108.71	18.59	7.03
% of Calories											*35.8%	16.0%	60.5%	23.3%	8.8%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch 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)
Thu - 02/07/2019															
Lunch 9-12	Total	2000													
Cheeseburger/wheat bun 1.60oz	1 EACH	800	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	1 CUP	800	329	49	494	8.11	2.31	73.5	262	9.68	*11	23.1	32.38	11.52	3.76
Cherry tomatoes - sec	1 cup	1500	25	0	5	2.00	0.36	20.0	1250	18.0	4	1.0	6.0	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 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	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	800	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	1200	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	800	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	200	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			852	67	857	13.58	4.51	453.8	*5763	*81.96	*74	33.90	123.70	25.20	8.06
% of Calories											*34.6%	15.9%	58.1%	26.6%	8.5%
Nutrient Guideline			750-850		1420										<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)
Fri - 02/08/2019															
Lunch 9-12	Total	2000													
Salisbury steak	1 EACH	700	157	43	312	1.00	2.00	36.0	30	1.0	1	14.0	5.0	9.0	3.40
Chicken nuggets	5 Pieces	900	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	2/3 CUP	1600	213	0	293	2.67	0.96	53.3	0	79.99	3	5.33	45.33	2.67	0.00
Gravy, chicken dehydr & WA.50c	1/2 CUP	1600	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 2	2 EACH	1600	140	0	180	2.00	0.00	40.0	0	0.0	2	6.0	24.0	1.0	0.00
Broccoli,raw: fresh cup	1 CUP	1200	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	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	1200	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	800	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	200	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			896	40	1455	12.83	3.70	505.7	*2374	*149.81	*65	35.13	148.81	19.21	4.24
% of Calories											*28.8%	15.7%	66.5%	19.3%	4.3%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

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Base Menu Spreadsheet

Lunch 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 - 02/11/2019															
Lunch 9-12	Total	2000													
Macaroni & cheese wg - sec	1 CUP	600	377	49	864	2.67	0.00	494.7	657	1.33	11	20.0	41.33	14.67	8.67
CHICKEN DRUMSTICKS BREADE	each	1000	190	50	5	1.00	1.08	20.0	0	0.0	0	16.0	5.0	11.0	2.50
Sweet potato chopped wedge	1 cup	1000	220	0	260	8.00	1.16	54.9	1927	0.82	14	2.0	36.0	10.0	0.10
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 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Bread stick whole wheat 2	2 EACH	1600	180	0	240	2.00	1.44	40.0	*N/A*	*N/A*	6	6.0	28.0	5.0	0.00
Milk, chocolate fat free	1 CUP	1200	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	800	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	200	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	200	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			949	62	1013	14.30	*3.77	*622.0	*5944	*66.07	*71	35.59	132.70	32.00	6.94
% of Calories											*29.9%	15.0%	56.0%	30.4%	6.6%
Nutrient Guideline			750-850		1420										<10.00

Tue - 02/12/2019															
Lunch 9-12	Total	2000													
Dug out sec	SERVING	1000	607	39	905	8.08	1.73	115.1	196	7.26	*9	21.83	58.79	31.64	6.32
Pork patties sandwich	1 EACH	600	412	40	574	5.00	4.08	71.4	*0	*0.0	*3	23.0	39.17	19.2	4.73
Carrots, baby cup	1 CUP	1500	50	0	110	4.00	1.44	40.0	19000	4.8	6	0.0	12.0	0.0	0.00
Green beans: canned,cooked	1 CUP	1500	32	0	280	4.00	0.00	0.0	0	0.0	2	2.0	6.0	0.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	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	1200	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	800	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	200	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	200	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			892	47	1267	17.50	*4.15	*498.7	*15532	*57.37	*67	33.94	129.44	27.04	6.27
% of Calories											*30.0%	15.2%	58.0%	27.3%	6.3%
Nutrient Guideline			750-850		1420										<10.00

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Lunch 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)
Wed - 02/13/2019															
Lunch 9-12	Total	2000													
Chicken patty/whole grain bun	1 EACH	1000	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	600	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 cup	1 CUP	1500	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	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	1200	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	800	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	200	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	200	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			829	55	893	14.35	*5.24	*484.4	*6287	*111.05	*62	37.95	115.17	24.41	5.66
% of Calories											*29.9%	18.3%	55.6%	26.5%	6.1%
Nutrient Guideline			750-850		1420										<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 - 02/14/2019															
Lunch 9-12	Total	2000													
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	500	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Strawberries frozen sec	1/2 CUP	1800	90	0	0	3.00	0.00	0.0	0	0.0	17	0.0	23.0	0.0	0.00
Sausage, pork link	4 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 CUP	1 CUP	1100	90	0	138	4.50	1.08	30.0	*N/A*	*N/A*	6	4.5	18.0	0.0	0.00
Fruit, fresh	1 EACH	1800	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	1100	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	1200	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	800	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	200	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	200	647	51	1083	12.23	*2.60	*222.9	840	*14.07	*7	27.59	69.79	27.67	5.47
Weighted Daily Average			805	62	897	10.98	*3.60	*452.7	*733	*58.92	*64	27.73	115.30	26.15	7.57
% of Calories											*31.7%	13.8%	57.3%	29.2%	8.5%
Nutrient Guideline			750-850		1420										<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)
Fri - 02/15/2019															
Lunch 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

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Natrona County School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch 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)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420						0.0%	0.0%	0.0%	0.0%	<10.00

Mon - 02/18/2019															
Lunch 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420						0.0%	0.0%	0.0%	0.0%	<10.00

Tue - 02/19/2019															
Lunch 9-12	Total	2000													
Nachos with ground beef sec	SERVINGS	1200	438	51	279	6.21	0.16	133.7	140	1.28	*2	20.01	39.91	22.01	4.96
Joe Cheeser - ham L	1 EACH	400	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	1200	70	0	480	0.00	0.00	40.0	0	0.0	3	0.0	6.0	4.5	0.50
REFRIED BEANS	3/4 cup	1200	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	0.00
Tomatoes, diced	2 OZ	1000	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Cauliflower, raw: fresh cup	1 CUP	1800	25	0	30	2.00	7.56	220.0	0	289.2	2	1.92	4.97	0.28	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
Milk, chocolate fat free	1 CUP	1200	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	800	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	200	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
Weighted Daily Average % of Calories			768	56	1177	14.68	10.96	*752.2	*1097	*331.04	*40	37.04	102.68	23.21	5.23
Nutrient Guideline			750-850		1420						*20.6%	19.3%	53.5%	27.2%	<10.00

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Natrona County School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch 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 - 02/20/2019															
Lunch 9-12	Total	2000													
Chili White	1 CUP	500	256	54	395	6.22	2.75	136.9	154	5.8	*0	20.99	28.53	6.33	2.31
Hot dog & bun	1 EACH	1100	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 WGsec	2 SLICES	500	0	0	0	0.00	0.00	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00
Carrot and celery sticks	1 CUP	1800	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	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Chocolate chip cookies	1 EACH	2000	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	1200	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	800	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	200	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
Weighted Daily Average			780	60	798	11.72	8.42	*880.0	*4430	*86.85	*66	28.94	118.61	21.85	7.51
% of Calories											*34.0%	14.8%	60.8%	25.2%	8.7%
Nutrient Guideline			750-850		1420										<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 - 02/21/2019															
Lunch 9-12	Total	2000													
Country fried steak	1 EACH	1000	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	600	294	19	414	7.92	3.60	80.0	400	4.8	1	16.28	39.49	9.13	2.55
Salsa	1 TBSP	600	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	2/3 CUP	1000	213	0	293	2.67	0.96	53.3	0	79.99	3	5.33	45.33	2.67	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
Broccoli,raw: fresh cup	1 CUP	1200	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	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	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Dinner roll 100 % wheat 2	2 EACH	1000	140	0	180	2.00	0.00	40.0	0	0.0	2	6.0	24.0	1.0	0.00
Milk, chocolate fat free	1 CUP	1600	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	200	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
Weighted Daily Average			900	45	1334	14.54	*4.85	*566.0	*2838	*153.22	*68	36.26	143.95	20.55	5.34
% of Calories											*30.4%	16.1%	64.0%	20.5%	5.3%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch 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 - 02/22/2019															
Lunch 9-12	Total	2000													
Chicken fajita tortilla sec	SERVING	300	322	84	936	4.00	*1.44	*80.0	*0	*0.0	2	25.5	32.5	10.0	5.00
Sandwich, Grilled Cheese - sec	1 EACH	1000	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	1000	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	1800	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	400	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	1900	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	1900	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	1200	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	800	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	350	496	41	561	11.98	12.41	*471.1	*3290	*269.36	*24	17.48	68.21	18.33	5.09
Weighted Daily Average			729	54	1240	11.13	*4.87	*722.0	*5528	*111.00	*56	32.01	100.82	24.10	8.41
% of Calories											*30.6%	17.6%	55.3%	29.7%	10.4%
Nutrient Guideline			750-850		1420										<10.00

Mon - 02/25/2019															
Lunch 9-12	Total	2000													
Meatball sub - sec	1 each	600	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	1000	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	1600	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 cup	1 CUP	1800	50	0	110	4.00	1.44	40.0	19000	4.8	6	0.0	12.0	0.0	0.00
Fruit, fresh	1 EACH	1800	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, chocolate fat free	1 CUP	1200	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	800	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
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
Alternate, Pizza Hut Pizza	SLICES	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Weighted Daily Average			870	48	1133	12.93	18.61	747.0	*23285	*89.49	*69	28.53	120.25	30.35	9.70
% of Calories											*31.7%	13.1%	55.3%	31.4%	10.0%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch 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 - 02/26/2019															
Lunch 9-12	Total	2000													
BBQ pork rib on wheat bun	1 EACH	900	300	30	580	4.00	3.08	71.0	*100	*1.2	7	19.0	35.0	11.5	3.50
Soft shell taco sec	2 EACH	600	333	54	491	4.14	3.27	159.3	185	1.28	*0	20.28	31.58	13.68	5.14
REFRIED BEANS	3/4 cup	600	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	0.00
Corn: canned yellow cup	1 CUP	1900	120	0	280	4.00	0.72	0.0	0	7.2	14	4.0	18.0	3.0	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	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	1200	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	800	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	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	300	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			767	49	1190	11.98	4.76	457.8	*1163	*30.91	*64	34.63	114.41	18.54	5.42
% of Calories											*33.3%	18.1%	59.6%	21.7%	6.4%
Nutrient Guideline			750-850		1420										<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 - 02/27/2019															
Lunch 9-12	Total	2000													
Chili dog	1 EACH	1000	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	500	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	1900	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	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	1200	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	800	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	200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Bar breakfast	SERVING	300	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			718	52	919	10.21	5.23	*677.0	*4164	*61.32	*64	28.67	108.71	18.59	7.03
% of Calories											*35.8%	16.0%	60.5%	23.3%	8.8%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch 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 - 02/28/2019															
Lunch 9-12	Total	2000													
Cheeseburger/wheat bun 1.60oz	1 EACH	800	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	1 CUP	800	329	49	494	8.11	2.31	73.5	262	9.68	*11	23.1	32.38	11.52	3.76
Cherry tomatoes - sec	1 cup	1500	25	0	5	2.00	0.36	20.0	1250	18.0	4	1.0	6.0	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 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit, fresh	1 EACH	1800	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	800	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	1200	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	800	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	200	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			852	67	857	13.58	4.51	453.8	*5763	*81.96	*74	33.90	123.70	25.20	8.06
% of Calories											*34.6%	15.9%	58.1%	26.6%	8.5%
Nutrient Guideline			750-850		1420										<10.00

Weighted Average			814	53	1079	12.78	*6.67	*603.5	*6613	*98.00	*64	32.51	118.80	23.68	6.96
											*71.0%	16.0%	58.4%	26.2%	7.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	814		750 - 850	100%				
Cholesterol (mg)	53							
Sodium 1 (mg)	1079		1420					
Sodium 2 (mg)	1079		1080					
Fiber (g)	12.78							
Iron (mg)	6.67				Missing			
Calcium (mg)	603.5				Missing			
Vitamin A (IU)	6613				Missing			
Sugars (g)	64	31.57%			Missing			
Vitamin C (mg)	98.00				Missing			
Protein (g)	32.51	15.98%						
Carbohydrate (g)	118.80	58.39%						
Total Fat (g)	23.68	26.18%						
Saturated Fat (g)	6.96	7.70%	<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.