

Natrona County School District

Feb 1, 2019 thru Feb 28, 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)
Fri - 02/01/2019															
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
Sandwich, Grilled Cheese - el	1 EACH	1000	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	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	3500	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	3000	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	3500	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	3000	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	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			634	39	961	7.80	2.90	672.3	4858	52.10	*44	30.92	83.36	20.65	6.81
% of Calories											*27.6%	19.5%	52.6%	29.3%	9.7%
Nutrient Guideline			550-650		1230										<10.00

Mon - 02/04/2019															
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
Meatball Sub	1 each	500	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	4000	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	3500	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	2500	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	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	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			600	36	864	8.47	15.77	748.5	*14698	*59.13	*39	27.72	74.38	21.58	6.70
% of Calories											*25.7%	18.5%	49.6%	32.3%	10.0%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Feb 1, 2019 thru Feb 28, 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 - 02/05/2019															
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
Soft shell taco el	EACH	1500	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	3000	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	3500	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	3000	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	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			579	36	988	8.31	3.27	591.8	1099	19.01	*39	32.50	78.92	14.11	4.91
% of Calories											*27.1%	22.5%	54.5%	21.9%	7.6%
Nutrient Guideline			550-650		1230										<10.00

Wed - 02/06/2019															
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
Hot dog & bun	1 EACH	1000	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, 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
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
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			587	38	858	8.07	4.18	*773.3	*3518	*47.62	43	31.23	82.21	15.19	5.96
% of Calories											29.1%	21.3%	56.0%	23.3%	9.1%
Nutrient Guideline			550-650		1230										<10.00

Thu - 02/07/2019															
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
Cheeseburger/wheat bun 1.60oz	1 EACH	1000	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	3000	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	3000	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	3000	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	3000	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	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

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Natrona County School District

Feb 1, 2019 thru Feb 28, 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)
Weighted Daily Average % of Calories			642	48	846	8.60	3.44	624.3	*4837	*57.65	*42 *26.0%	33.37 20.8%	81.71 50.9%	20.95 29.4%	7.09 9.9%
Nutrient Guideline			550-650		1230										<10.00

Fri - 02/08/2019															
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
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
Coleslaw	.25 cup	2000	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	2500	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	3000	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	3000	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	4000	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	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 % of Calories			677	36	939	9.65	2.91	652.1	*2096	*63.05	44 26.0%	35.33 20.9%	92.92 54.9%	18.08 24.1%	5.71 7.6%
Nutrient Guideline			550-650		1230										<10.00

Mon - 02/11/2019															
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
Macaroni & cheese whole grain	3/4 CUP	1000	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
Sweet pot chopwedg & sauc el	.75 cup	800	340	0	300	6.22	0.90	42.7	*1499	*0.64	32	1.56	49.33	17.56	1.86
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
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
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
Bread stick whole wheat	1 EACH	2800	90	0	120	1.00	0.72	20.0	*N/A*	*N/A*	3	3.0	14.0	2.5	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 % of Calories			751	44	1043	9.17	3.15	720.6	*4557	*47.90	*49 *26.3%	34.09 18.2%	98.75 52.6%	25.46 30.5%	7.58 9.1%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Feb 1, 2019 thru Feb 28, 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 - 02/12/2019															
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
Pork patties sandwich	1 EACH	1000	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	3000	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	2000	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	3500	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	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	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			614	39	967	9.63	3.22	630.1	*12601	*30.78	*42	33.94	85.39	15.94	5.64
% of Calories											*27.2%	22.1%	55.6%	23.4%	8.3%
Nutrient Guideline			550-650		1230										<10.00

Wed - 02/13/2019															
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
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
Salad, chopped Romaine	2 CUP	3500	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	2500	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	3000	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	3000	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	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			680	42	930	10.30	3.83	643.8	*5571	*77.75	*41	35.22	85.95	22.14	6.40
% of Calories											*23.9%	20.7%	50.6%	29.3%	8.5%
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)
Thu - 02/14/2019															
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
Joe Cheeser - ham L	1 EACH	1000	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	2500	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	3000	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	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			627	43	853	8.99	3.54	625.2	*1134	*35.52	49	34.24	93.97	13.07	4.84
% of Calories											31.2%	21.8%	60.0%	18.8%	6.9%
Nutrient Guideline			550-650		1230										<10.00

Fri - 02/15/2019															
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

Mon - 02/18/2019															
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

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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)
Tue - 02/19/2019															
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 - 02/20/2019															
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

Feb 1, 2019 thru Feb 28, 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)
Thu - 02/21/2019															
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

Fri - 02/22/2019															
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
Sandwich, Grilled Cheese - el	1 EACH	1000	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	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	3500	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	3000	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	3500	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	3000	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	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			634	39	961	7.80	2.90	672.3	4858	52.10	*44	30.92	83.36	20.65	6.81
% of Calories											*27.6%	19.5%	52.6%	29.3%	9.7%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Feb 1, 2019 thru Feb 28, 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)
Mon - 02/25/2019															
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
Meatball Sub	1 each	500	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	4000	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	3500	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	2500	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	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	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			600	36	864	8.47	15.77	748.5	*14698	*59.13	*39	27.72	74.38	21.58	6.70
% of Calories											*25.7%	18.5%	49.6%	32.3%	10.0%
Nutrient Guideline			550-650		1230										<10.00

Tue - 02/26/2019															
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
Soft shell taco el	EACH	1500	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	3000	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	3500	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	3000	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	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			579	36	988	8.31	3.27	591.8	1099	19.01	*39	32.50	78.92	14.11	4.91
% of Calories											*27.1%	22.5%	54.5%	21.9%	7.6%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Feb 1, 2019 thru Feb 28, 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 - 02/27/2019															
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
Hot dog & bun	1 EACH	1000	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, 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
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
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			587	38	858	8.07	4.18	*773.3	*3518	*47.62	43	31.23	82.21	15.19	5.96
% of Calories											29.1%	21.3%	56.0%	23.3%	9.1%
Nutrient Guideline			550-650		1230										<10.00

Thu - 02/28/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2000	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	2000	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	3000	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	3000	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	3000	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	3000	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	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			635	53	786	8.47	3.63	540.9	*4716	*57.65	*42	32.23	80.47	21.10	7.25
% of Calories											*26.5%	20.3%	50.7%	29.9%	10.3%
Nutrient Guideline			550-650		1230										<10.00

Weighted Average			617	39	893	8.48	*4.94	*663.5	*5020	*50.80	*42	31.43	82.96	18.02	6.12
											*61.2%	20.4%	53.8%	26.3%	8.9%

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Natrona County School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Alternate pizza

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	617		550 - 650	100%												
Cholesterol (mg)	39															
Sodium 1 (mg)	893		1230													
Sodium 2 (mg)	893		935													
Fiber (g)	8.48															
Iron (mg)	4.94				Missing											
Calcium (mg)	663.5				Missing											
Vitamin A (IU)	5020				Missing											
Sugars (g)	42	27.21%			Missing											
Vitamin C (mg)	50.80				Missing											
Protein (g)	31.43	20.36%														
Carbohydrate (g)	82.96	53.76%														
Total Fat (g)	18.02	26.28%														
Saturated Fat (g)	6.12	8.93%	<10.00%													

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