

Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch K-5

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 - 03/01/2019															
Lunch K-5	Total	4000													
Meatloaf	Serving	1500	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	2500	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	2000	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	2000	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	4000	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	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			626	30	1092	9.03	2.66	427.8	1847	96.42	*44	28.41	93.43	16.12	3.90
% of Calories											*28.2%	18.1%	59.7%	23.2%	5.6%
Nutrient Guideline			550-650		1230										<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)
Mon - 03/04/2019															
Lunch K-5	Total	3000													
Macaroni & cheese whole grain	3/4 CUP	1525	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
CHICKEN DRUMSTICKS BREADE	each	1475	190	50	5	1.00	1.08	20.0	0	0.0	0	16.0	5.0	11.0	2.50
Sweet pot chopwedg & sauc el	.75 cup	900	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	1950	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	1850	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	1600	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	2200	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	2400	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	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			664	54	743	7.30	1.93	551.1	*4014	*37.43	*50	27.69	84.07	24.33	6.37
% of Calories											*29.8%	16.7%	50.6%	33.0%	8.6%
Nutrient Guideline			550-650		1230										<10.00

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

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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch K-5

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)
Tue - 03/05/2019															
Lunch K-5	Total	2900													
Dug Out el	SERVING	1675	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	1225	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	1625	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	1900	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	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	1325	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	2300	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	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			672	46	1022	11.70	3.10	416.4	*9420	*31.34	*44	31.30	89.02	21.43	5.10
% of Calories											*26.3%	18.6%	53.0%	28.7%	6.8%
Nutrient Guideline			550-650		1230										<10.00

Wed - 03/06/2019															
Lunch K-5	Total	3100													
Chicken patty/whole grain bun	1 EACH	2050	380	25	650	6.00	3.80	71.0	*N/A*	*N/A*	3	21.0	42.0	14.5	2.50
SLOPPY JOE	1/2 CUP	1050	480	95	780	4.30	5.24	60.9	*631	*11.14	*16	35.1	45.75	18.25	6.55
Salad, chopped Romaine	2 CUP	2000	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	1300	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	2100	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	2500	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	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			705	59	940	10.43	5.16	409.0	*4173	*66.23	*45	36.72	90.85	22.01	5.14
% of Calories											*25.6%	20.8%	51.5%	28.1%	6.6%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch K-5

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 - 03/07/2019															
Lunch K-5	Total	3100													
Dutch waffle	1 each	2250	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	850	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	2700	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	2050	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	800	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	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	2100	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	2100	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	1000	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			703	63	787	6.02	3.12	*389.4	*565	*50.91	53	22.75	93.16	26.55	7.71
% of Calories											30.3%	13.0%	53.0%	34.0%	9.9%
Nutrient Guideline			550-650		1230										<10.00

Fri - 03/08/2019															
Lunch K-5	Total	2100													
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	1300	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	690	82	0	0	0.51	0.37	0.0	0	0.0	0	2.04	17.87	0.77	0.00
BAKED BEANS (VEGETARIAN)	3/4 cup	1525	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	1300	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	1975	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	1700	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	1500	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	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			577	49	716	10.19	15.50	635.7	*4324	*38.57	*55	24.47	100.46	7.99	2.79
% of Calories											*38.1%	17.0%	69.7%	12.5%	4.4%
Nutrient Guideline			550-650		1230										<10.00

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Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch K-5

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 - 03/11/2019															
Lunch K-5	Total	3200													
Chicken nuggets	5 Pieces	2300	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	2300	105	0	175	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	serving	1900	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	900	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	1910	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	.75 cup	1900	90	0	210	3.00	0.54	0.0	0	5.4	11	3.0	13.5	2.25	0.00
Fruit, fresh	1 EACH	1375	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	2100	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	2400	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
Weighted Daily Average			706	36	1032	9.42	3.44	436.2	*3172	*35.61	*53	27.01	97.86	22.87	4.84
% of Calories											*29.8%	15.3%	55.5%	29.2%	6.2%
Nutrient Guideline			550-650		1230										<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)
Tue - 03/12/2019															
Lunch K-5	Total	2900													
Nachos with ground beef ele	SERVINGS	2100	260	38	191	3.14	0.12	67.4	105	0.96	*1	13.44	20.32	13.93	3.45
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
Cheese sauce 1/4 cup	1/4 CUP	2100	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	1530	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Tomatoes, diced canned	2 oz	775	12	0	7	0.50	0.00	0.0	50	8.93	1	0.5	2.48	0.0	0.00
Cauliflower, raw: fresh.75cup	.75 CUP	1900	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	2100	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	2100	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
Weighted Daily Average			563	49	975	8.11	5.92	536.9	*671	173.94	*33	28.33	72.22	17.19	3.70
% of Calories											*23.5%	20.1%	51.3%	27.5%	5.9%
Nutrient Guideline			550-650		1230										<10.00

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Base Menu Spreadsheet

Lunch K-5

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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 - 03/13/2019															
Lunch K-5	Total	3400													
Chili white el	3/4 CUP	1125	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	2275	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	1125	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	2400	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	2150	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	1950	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	3400	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	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			649	52	758	8.69	6.95	*742.2	*2498	*38.17	*43	25.79	91.36	20.44	6.95
% of Calories											*26.4%	15.9%	56.3%	28.4%	9.6%
Nutrient Guideline			550-650		1230										<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 - 03/14/2019															
Lunch K-5	Total	3000													
Country fried steak	1 EACH	1425	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	1575	294	19	414	7.92	3.60	80.0	400	4.8	1	16.28	39.49	9.13	2.55
Salsa	1 TBSP	1300	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	1425	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	1400	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	1500	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	1800	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	1425	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	2400	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	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			659	40	1119	10.44	*3.55	*409.4	*1638	*76.48	*39	30.00	96.09	17.52	4.50
% of Calories											*23.4%	18.2%	58.4%	23.9%	6.1%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch K-5

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 - 03/15/2019															
Lunch K-5	Total	2400													
PIZZA, PEPPERONI-THONY'S	1 PIECE	1350	300	15	550	4.00	2.70	250.0	0	0.0	7	15.0	35.0	11.0	4.00
Sandwich, Grilled Cheese - el	1 EACH	1050	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	1050	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	2000	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	2400	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	1800	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	1600	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	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			574	28	927	7.56	2.87	581.1	4418	48.43	*46	23.22	81.38	17.89	5.69
% of Calories											*32.3%	16.2%	56.7%	28.1%	8.9%
Nutrient Guideline			550-650		1230										<10.00

Mon - 03/18/2019															
Lunch K-5	Total	3200													
Meatball Sub	1 each	1100	433	37	695	4.67	22.92	396.7	*2095	*29.4	9	19.5	40.17	22.67	8.75
Bread stick mozzarella	2 Sticks	2100	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	2100	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	2300	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	1800	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	1300	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	2100	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	2700	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	500	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			665	37	1014	7.91	16.66	690.7	*13008	*55.26	*42	25.75	82.81	24.95	7.93
% of Calories											*25.0%	15.5%	49.8%	33.7%	10.7%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch K-5

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 - 03/19/2019															
Lunch K-5	Total	2700													
BBQ pork rib on wheat bun	1 EACH	1350	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	1350	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	1225	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	1900	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	2500	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	675	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	2200	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	500	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			540	35	917	8.46	3.69	416.9	*851	*15.48	*42	28.45	79.24	12.16	3.52
% of Calories											*31.3%	21.1%	58.7%	20.2%	5.9%
Nutrient Guideline			550-650		1230										<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 - 03/20/2019															
Lunch K-5	Total	2800													
Chili dog	1 EACH	1650	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	1150	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	2700	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	1800	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	2350	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	2300	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	500	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			604	50	917	9.11	5.15	*667.9	*3841	*49.07	*45	28.85	84.60	16.51	6.42
% of Calories											*29.9%	19.1%	56.1%	24.6%	9.6%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch K-5

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)
Thu - 03/21/2019															
Lunch K-5	Total	3400													
Cheeseburger/wheat bun 1.60oz	1 EACH	1400	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	2000	307	50	473	7.38	3.81	78.8	252	9.63	*10	24.76	29.71	8.9	3.30
VEGGIES	3/4 CUP	1950	43	0	79	2.44	1.60	91.4	*3272	*41.6	4	1.91	7.78	0.41	0.00
VEGGIES	3/4 CUP	2200	43	0	79	2.44	1.60	91.4	*3272	*41.6	4	1.91	7.78	0.41	0.00
Fruit, canned	1/2 CUP	2100	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	2125	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	2000	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	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	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			715	63	862	12.73	6.55	500.5	*4869	*85.60	*58	36.66	105.78	15.47	5.98
% of Calories											*32.3%	20.5%	59.2%	19.5%	7.5%
Nutrient Guideline			550-650		1230										<10.00

Fri - 03/22/2019															
Lunch K-5	Total	2100													
Salisbury steak	1 EACH	600	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	1500	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
VEGGIES	3/4 CUP	2000	43	0	79	2.44	1.60	91.4	*3272	*41.6	4	1.91	7.78	0.41	0.00
VEGGIES	3/4 CUP	1300	43	0	79	2.44	1.60	91.4	*3272	*41.6	4	1.91	7.78	0.41	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	1145	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	2100	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	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	500	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			577	33	814	9.78	4.64	520.2	*6022	*94.57	46	28.11	81.70	14.52	3.12
% of Calories											32.0%	19.5%	56.7%	22.7%	4.9%
Nutrient Guideline			550-650		1230										<10.00

Mon - 03/25/2019															
Lunch K-5	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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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch K-5

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 - 03/26/2019															
Lunch K-5	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
Wed - 03/27/2019															
Lunch K-5	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
Thu - 03/28/2019															
Lunch K-5	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
Fri - 03/29/2019															
Lunch K-5	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
Weighted Average			637	45	915	9.18	*5.68	*520.7	*4083	*62.10	*46 *65.1%	28.34 17.8%	89.00 55.9%	18.62 26.3%	5.23 7.4%

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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch K-5

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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	637		550 - 650	100%											
Cholesterol (mg)	45														
Sodium 1 (mg)	915		1230												
Sodium 2 (mg)	915		935												
Fiber (g)	9.18														
Iron (mg)	5.68				Missing										
Calcium (mg)	520.7				Missing										
Vitamin A (IU)	4083				Missing										
Sugars (g)	46	28.92%			Missing										
Vitamin C (mg)	62.10				Missing										
Protein (g)	28.34	17.79%													
Carbohydrate (g)	89.00	55.86%													
Total Fat (g)	18.62	26.30%													
Saturated Fat (g)	5.23	7.38%	<10.00%												

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