

# Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 1

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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															
BREAKFAST 9-12	Total	325													
Omelet, colby cheese wrap	1 EACH	125	180	205	305	2.00	1.44	60.0	200	0.0	0	8.0	16.0	9.5	2.50
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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 juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			471	89	538	5.56	1.94	476.0	*711	77.02	*48	16.26	84.24	8.25	2.60
% of Calories											*41.0%	13.8%	71.5%	15.8%	5.0%
Nutrient Guideline			450-600		640										<10.00

Mon - 03/04/2019															
BREAKFAST 9-12	Total	325													
EGGO MINIS PANCAKES	1 EACH	155	226	11	344	4.30	3.87	64.5	*N/A*	*N/A*	12	4.3	37.65	6.45	1.08
Cereal assorted, WG toast	BOWL	100	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	325	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	300	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	200	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	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	55	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Yogurt & toast	Serving	15	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			471	14	528	6.87	3.22	456.5	*626	*76.80	54	13.91	89.80	6.73	1.76
% of Calories											46.2%	11.8%	76.3%	12.9%	3.4%
Nutrient Guideline			450-600		640										<10.00

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

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Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 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 - 03/05/2019															
BREAKFAST 9-12	Total	325													
SAUSAGE,EGG/MUFFIN	1 EACH	100	372	145	598	1.00	3.25	100.0	*0	*0.0	*1	13.06	27.01	23.19	7.57
Cereal assorted, WG toast	BOWL	170	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, fresh	1 EACH	325	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	275	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	200	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	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	30	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Yogurt & toast	Serving	25	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Milk, chocolate fat free	1 CUP	80	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	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			543	54	625	6.08	2.87	554.3	*790	*74.95	*56	19.31	94.29	10.64	3.37
% of Calories											*41.3%	14.2%	69.5%	17.6%	5.6%
Nutrient Guideline			450-600		640										<10.00

Wed - 03/06/2019															
BREAKFAST 9-12	Total	325													
Donut long john WG	1 EACH	125	220	0	420	2.00	1.44	20.0	0	0.0	5	5.0	27.0	11.0	4.50
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, canned	1 cup	300	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			545	11	596	4.75	1.98	458.3	*992	57.56	*65	15.09	103.45	8.47	3.36
% of Calories											*47.6%	11.1%	75.9%	14.0%	5.5%
Nutrient Guideline			450-600		640										<10.00

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Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/07/2019															
BREAKFAST 9-12	Total	325													
Breakfast pizza sec	6.62 oz	75	420	30	700	6.00	3.96	300.0	0	0.0	10	18.0	54.0	14.0	4.00
Cereal assorted, WG toast	BOWL	125	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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 juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			530	18	625	6.88	2.71	525.7	*640	77.59	*53	18.15	97.66	8.11	2.56
% of Calories											*39.7%	13.7%	73.7%	13.8%	4.4%
Nutrient Guideline			450-600		640										<10.00

Fri - 03/08/2019															
BREAKFAST 9-12	Total	325													
Pancake, WG blue&saus on stick	1 EACH	125	210	20	370	1.00	1.08	20.0	*N/A*	*N/A*	8	6.0	20.0	11.0	3.00
Syrup maple	1 OZ	125	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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 juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			529	18	580	5.18	1.81	460.6	*635	*77.02	*58	15.49	97.71	8.83	2.79
% of Calories											*43.5%	11.7%	73.9%	15.0%	4.8%
Nutrient Guideline			450-600		640										<10.00

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Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 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 - 03/11/2019															
BREAKFAST 9-12	Total	325													
muffin, sec	1 each	75	383	83	267	4.00	2.20	62.7	*N/A*	*N/A*	33	6.33	61.67	12.0	4.00
Cereal assorted, WG toast	BOWL	125	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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 juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			522	30	525	6.42	2.30	470.9	*640	*77.59	*58	15.46	99.43	7.65	2.56
% of Calories											*44.4%	11.9%	76.2%	13.2%	4.4%
Nutrient Guideline			450-600		640										<10.00

Tue - 03/12/2019															
BREAKFAST 9-12	Total	325													
Hot ham & cheese/bun	1 EACH	125	291	54	728	3.00	2.00	31.0	*0	*0.0	3	18.97	29.0	12.49	6.00
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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 juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			514	31	700	5.95	2.16	464.8	*635	*77.02	*49	20.48	89.24	9.40	3.95
% of Calories											*38.5%	15.9%	69.5%	16.5%	6.9%
Nutrient Guideline			450-600		640										<10.00

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BREAKFAST 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)
Wed - 03/13/2019															
BREAKFAST 9-12	Total	325													
Eggo mini french toast	POUCH	125	210	0	260	4.00	3.60	200.0	1000	*N/A*	11	5.0	35.0	6.0	1.50
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, canned	1 cup	300	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			541	11	535	5.52	2.81	527.6	*1377	*57.56	*67	15.09	106.53	6.55	2.20
% of Calories											*49.6%	11.2%	78.7%	10.9%	3.7%
Nutrient Guideline			450-600		640										<10.00

Thu - 03/14/2019															
BREAKFAST 9-12	Total	325													
Bagel whole wheat	BAGEL	125	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00
Cream cheese 1 oz	1 OZ	125	100	30	100	0.00	0.18	20.0	200	0.0	1	2.0	2.0	9.0	6.00
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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 juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			494	22	528	6.33	2.15	476.0	*711	77.02	*51	16.26	90.01	8.44	3.95
% of Calories											*41.0%	13.2%	72.8%	15.4%	7.2%
Nutrient Guideline			450-600		640										<10.00

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BREAKFAST 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 - 03/15/2019															
BREAKFAST 9-12	Total	325													
Sausage, egg & cheese sliders	2 SLIDERS	125	160	30	290	2.00	1.44	80.0	0	0.0	7	8.0	20.0	5.0	1.50
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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 juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			464	22	532	5.56	1.94	483.7	*635	77.02	*51	16.26	85.78	6.52	2.22
% of Calories											*44.0%	14.0%	74.0%	12.7%	4.3%
Nutrient Guideline			450-600		640										<10.00

Mon - 03/18/2019															
BREAKFAST 9-12	Total	325													
Breakfast burrito	3.75 OZ	125	236	43	332	4.29	1.93	107.1	0	16.07	2	10.71	26.79	9.64	4.29
Salsa	1 TBSP	90	5	0	175	0.00	*N/A*	*N/A*	50	*N/A*	1	0.0	1.0	0.0	0.00
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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 juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	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
Milk, chocolate fat free	CUP	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			495	27	600	6.44	*2.13	*494.1	*648	*83.11	*50	17.31	89.21	8.11	3.17
% of Calories											*40.3%	14.0%	72.1%	14.8%	5.8%
Nutrient Guideline			450-600		640										<10.00

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# Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 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 - 03/19/2019															
BREAKFAST 9-12	Total	325													
Cinnamon roll, 2.25oz frozen	1 EACH	125	248	10	232	3.00	1.44	22.6	*4	*0.01	*20	5.07	45.11	5.6	2.20
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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 juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			497	15	510	5.95	1.94	461.6	*636	*77.02	*56	15.13	95.44	6.75	2.49
% of Calories											*45.0%	12.2%	76.8%	12.2%	4.5%
Nutrient Guideline			450-600		640										<10.00

Wed - 03/20/2019															
BREAKFAST 9-12	Total	325													
SAUSAGE, EGG, ON A BUN	1 EACH	100	392	145	588	3.00	3.81	51.0	*0	*0.0	3	16.06	29.01	23.69	7.57
Cereal assorted, WG toast	BOWL	100	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	0.00
Fruit, canned	1 cup	300	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			597	55	637	5.26	2.80	468.1	*995	*57.85	*65	18.51	105.55	11.67	3.96
% of Calories											*43.5%	12.4%	70.8%	17.6%	6.0%
Nutrient Guideline			450-600		640										<10.00

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# Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 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)
Thu - 03/21/2019															
BREAKFAST 9-12	Total	325													
Eggo mini waffles	1 EACH	125	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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 juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	1 CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			479	11	505	6.33	2.43	491.4	*827	77.02	*52	14.72	91.55	6.52	2.22
% of Calories											*43.6%	12.3%	76.5%	12.3%	4.2%
Nutrient Guideline			450-600		640										<10.00

Fri - 03/22/2019															
BREAKFAST 9-12	Total	325													
Omelet, colby cheese wrap	1 EACH	125	180	205	305	2.00	1.44	60.0	200	0.0	0	8.0	16.0	9.5	2.50
Cereal assorted, WG toast	BOWL	75	202	0	277	4.60	2.62	23.0	35	3.75	12	5.3	46.2	1.82	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 juice assorted	.50 CUP	325	63	0	3	0.00	0.00	83.3	0	40.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	125	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, chocolate fat free	CUP	200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate biscuits & gravy mid	SERVINGS	75	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Alternate yogurt & toast jel 8	1 EACH	50	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			471	89	538	5.56	1.94	476.0	*711	77.02	*48	16.26	84.24	8.25	2.60
% of Calories											*41.0%	13.8%	71.5%	15.8%	5.0%
Nutrient Guideline			450-600		640										<10.00

Mon - 03/25/2019															
BREAKFAST 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			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			450-600		640										<10.00

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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 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)
Tue - 03/26/2019															
BREAKFAST 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			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			450-600		640										<10.00

Wed - 03/27/2019															
BREAKFAST 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			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			450-600		640										<10.00

Thu - 03/28/2019															
BREAKFAST 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			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			450-600		640										<10.00

Fri - 03/29/2019															
BREAKFAST 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			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			450-600		640										<10.00

Weighted Average			510	32	569	5.92	*2.32	*484.1	*763	*73.70	*55 *97.1%	16.48 12.9%	94.01 73.7%	8.18 14.4%	2.86 5.0%
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# Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

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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	510		450 - 600	100%												
Cholesterol (mg)	32															
Sodium 1 (mg)	569		640													
Sodium 2 (mg)	569		570													
Fiber (g)	5.92															
Iron (mg)	2.32					Missing										
Calcium (mg)	484.1				Missing											
Vitamin A (IU)	763				Missing											
Sugars (g)	55	43.18%			Missing											
Vitamin C (mg)	73.70				Missing											
Protein (g)	16.48	12.92%														
Carbohydrate (g)	94.01	73.71%														
Total Fat (g)	8.18	14.43%														
Saturated Fat (g)	2.86	5.05%	<10.00%													

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