

# Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

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 6-8	Total	600													
Omelet, colby cheese wrap	1 EACH	225	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	275	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	100	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			466	85	474	6.16	2.21	473.3	719	77.49	*51	16.18	89.71	6.04	1.49
% of Calories											*43.6%	13.9%	76.9%	11.7%	2.9%
Nutrient Guideline			400-550		600										<10.00

Mon - 03/04/2019															
BREAKFAST 6-8	Total	650													
EGGO MINIS PANCAKES	1 EACH	425	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	140	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	650	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	650	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	200	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	85	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			490	15	501	7.20	3.54	480.3	*639	*79.65	*56	14.34	95.64	6.29	1.31
% of Calories											*45.7%	11.7%	78.0%	11.5%	2.4%
Nutrient Guideline			400-550		600										<10.00

Tue - 03/05/2019															
BREAKFAST 6-8	Total	650													
SAUSAGE,EGG/MUFFIN	1 EACH	125	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	450	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	650	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	650	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	200	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	450	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

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

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)
Weighted Daily Average			492	36	543	6.48	2.86	442.1	*637	*81.25	*54	15.68	92.18	8.00	2.38
% of Calories											*43.9%	12.7%	74.9%	14.6%	4.3%
Nutrient Guideline			400-550		600										<10.00

Wed - 03/06/2019															
BREAKFAST 6-8	Total	650													
Donut long john WG	1 EACH	425	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	140	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	650	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	650	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	200	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	85	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			550	8	567	4.82	1.98	448.7	1027	58.57	*67	14.78	104.90	8.88	3.53
% of Calories											*49.0%	10.8%	76.3%	14.5%	5.8%
Nutrient Guideline			400-550		600										<10.00

Thu - 03/07/2019															
BREAKFAST 6-8	Total	600													
Breakfast pizza	3.3 oz	225	210	15	350	3.00	1.98	150.0	0	0.0	5	9.0	27.0	7.0	2.00
Cereal assorted, WG toast	BOWL	275	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	550	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	600	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	150	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	450	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	100	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Weighted Daily Average			459	13	527	6.20	2.41	474.5	*619	77.24	52	15.54	86.67	6.06	1.79
% of Calories											45.5%	13.5%	75.6%	11.9%	3.5%
Nutrient Guideline			400-550		600										<10.00

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Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

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 - 03/08/2019															
BREAKFAST 6-8	Total	600													
Pancake, WG blue&saus on stick	1 EACH	275	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	275	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	250	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	75	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			527	17	523	5.51	2.00	449.0	*636	*77.27	*61	15.21	102.17	7.28	1.89
% of Calories											*46.3%	11.5%	77.5%	12.4%	3.2%
Nutrient Guideline			400-550		600										<10.00

Mon - 03/11/2019															
BREAKFAST 6-8	Total	650													
Muffin, blueberry	1 each	425	190	40	130	2.00	1.08	20.0	*N/A*	*N/A*	16	3.0	30.0	6.0	2.00
Cereal assorted, WG toast	BOWL	140	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	650	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	650	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	200	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	85	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			467	34	361	5.70	1.71	451.2	*639	*79.65	*59	13.49	90.63	5.99	1.91
% of Calories											*50.4%	11.6%	77.6%	11.6%	3.7%
Nutrient Guideline			400-550		600										<10.00

Tue - 03/12/2019															
BREAKFAST 6-8	Total	600													
Hot ham & cheese/bun	1 EACH	250	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	275	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	550	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	600	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	150	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	450	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

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# Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

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			491	30	675	6.24	2.45	429.3	*619	*77.24	51	19.82	87.43	8.24	3.37
% of Calories											41.8%	16.1%	71.2%	15.1%	6.2%
Nutrient Guideline			400-550		600										<10.00

Wed - 03/13/2019															
BREAKFAST 6-8	Total	600													
Eggo mini french toast	POUCH	275	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	250	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	75	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	8	466	6.08	3.19	529.2	1450	*57.95	*70	14.73	109.71	4.64	1.19
% of Calories											*52.5%	11.1%	82.8%	7.9%	2.0%
Nutrient Guideline			400-550		600										<10.00

Thu - 03/14/2019															
BREAKFAST 6-8	Total	600													
Bagel wheat 1/2	1/2 BAGEL	250	70	0	90	2.00	0.90	20.0	0	0.0	2	3.0	14.5	0.5	0.00
Cream cheese 1 oz	1 OZ	250	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	275	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	550	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	600	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	150	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	450	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
Weighted Daily Average			441	20	450	5.83	2.06	433.0	*702	77.24	52	14.00	82.22	6.99	3.37
% of Calories											46.8%	12.7%	74.6%	14.3%	6.9%
Nutrient Guideline			400-550		600										<10.00

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Base Menu Spreadsheet

BREAKFAST 6-8

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 6-8	Total	600													
Sausage, egg & cheese sliders	2 SLIDERS	275	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	250	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	75	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			449	21	466	5.97	2.16	476.5	636	77.27	*53	16.13	87.96	4.53	1.20
% of Calories											*47.4%	14.4%	78.3%	9.1%	2.4%
Nutrient Guideline			400-550		600										<10.00

Mon - 03/18/2019															
BREAKFAST 6-8	Total	600													
Breakfast burrito	3.75 OZ	225	236	43	332	4.29	1.93	107.1	0	16.07	2	10.71	26.79	9.64	4.29
Salsa	1 TBSP	200	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	300	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	75	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			483	24	539	7.04	*2.45	*481.9	656	*83.61	*52	16.92	93.02	6.01	2.12
% of Calories											*43.2%	14.0%	77.1%	11.2%	3.9%
Nutrient Guideline			400-550		600										<10.00

Tue - 03/19/2019															
BREAKFAST 6-8	Total	600													
Cinnamon roll, 2.25oz frozen	1 EACH	275	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	250	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	550	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	600	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	150	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	450	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

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# Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 6

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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			475	12	466	6.18	2.16	425.7	*620	*77.09	*59	14.02	94.10	5.52	1.88
% of Calories											*49.4%	11.8%	79.2%	10.5%	3.6%
Nutrient Guideline			400-550		600										<10.00

Wed - 03/20/2019															
BREAKFAST 6-8	Total	600													
SAUSAGE,EGG, ON A BUN	1 EACH	225	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	275	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	100	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			604	62	595	5.73	3.13	467.7	*999	*58.17	*66	19.18	109.46	11.01	3.38
% of Calories											*44.0%	12.7%	72.5%	16.4%	5.0%
Nutrient Guideline			400-550		600										<10.00

Thu - 03/21/2019															
BREAKFAST 6-8	Total	600													
Eggo mini waffles	1 EACH	275	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	250	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	550	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	600	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	20	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	80	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
Weighted Daily Average			356	2	321	6.64	2.74	211.2	*430	75.83	40	6.86	74.31	4.71	1.24
% of Calories											45.6%	7.7%	83.6%	11.9%	3.1%
Nutrient Guideline			400-550		600										<10.00

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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

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 - 03/22/2019															
BREAKFAST 6-8	Total	600													
Omelet, colby cheese wrap	1 EACH	225	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	275	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	550	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	600	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	150	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	450	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Alternate yogurt & toast jel 8	1 EACH	100	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			466	85	474	6.16	2.21	473.3	719	77.49	*51	16.18	89.71	6.04	1.49
% of Calories											*43.6%	13.9%	76.9%	11.7%	2.9%
Nutrient Guideline			400-550		600										<10.00

Mon - 03/25/2019															
BREAKFAST 6-8	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			400-550		600										<10.00

Tue - 03/26/2019															
BREAKFAST 6-8	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			400-550		600										<10.00

Wed - 03/27/2019															
BREAKFAST 6-8	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			400-550		600										<10.00

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# Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

Page 8

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/28/2019															
BREAKFAST 6-8	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			400-550		600										<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 - 03/29/2019															
BREAKFAST 6-8	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			400-550		600										<10.00

Weighted Average			484	29	497	6.12	*2.45	*446.7	*734	*74.57	*56 *103.9	15.19 12.5%	93.11 76.9%	6.64 12.3%	2.10 3.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	484		400 - 550	100%				
Cholesterol (mg)	29							
Sodium 1 (mg)	497		600					
Sodium 2 (mg)	497		535					
Fiber (g)	6.12							
Iron (mg)	2.45				Missing			
Calcium (mg)	446.7				Missing			
Vitamin A (IU)	734				Missing			
Sugars (g)	56	46.19%			Missing			
Vitamin C (mg)	74.57				Missing			
Protein (g)	15.19	12.55%						
Carbohydrate (g)	93.11	76.92%						
Total Fat (g)	6.64	12.34%						
Saturated Fat (g)	2.10	3.90%	<10.00%					

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