

Natrona County School District

Mar 1, 2019 thru Mar 31, 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 - 03/01/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 | | | 677 | 36 | 939 | 9.65 | 2.91 | 652.1 | *2096 | *63.05 | 44 | 35.33 | 92.92 | 18.08 | 5.71 |
| % of Calories | | | | | | | | | | | 26.0% | 20.9% | 54.9% | 24.1% | 7.6% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|-------------------------------|---------|------|---------|----|------|------|------|-------|-------|--------|--------|-------|-------|-------|--------|
| Mon - 03/04/2019 | | | | | | | | | | | | | | | |
| 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 | | | 751 | 44 | 1043 | 9.17 | 3.15 | 720.6 | *4557 | *47.90 | *49 | 34.09 | 98.75 | 25.46 | 7.58 |
| % of Calories | | | | | | | | | | | *26.3% | 18.2% | 52.6% | 30.5% | 9.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <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

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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 2

Generated on: 2/14/2019 11:25:18 AM

| | 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 | | | | | | | | | | | | | | | |
| 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 - 03/06/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |

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

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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 3

Generated on: 2/14/2019 11:25:18 AM

| | 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 | | | | | | | | | | | | | | | |
| 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 - 03/08/2019 | | | | | | | | | | | | | | | |
| Alternate pizza | Total | 500 | | | | | | | | | | | | | |
| Alternate, Pizza Hut Pizza | SLICES | 400 | 344 | 30 | 666 | 3.49 | 2.32 | 364.7 | 483 | 0.0 | 1 | 24.06 | 32.98 | 13.38 | 5.34 |
| Corn dog - whole grain | 1 EACH | 100 | 240 | 40 | 390 | 5.00 | 1.80 | 80.0 | *N/A* | *N/A* | 5 | 9.0 | 30.0 | 8.0 | 2.50 |
| BAKED BEANS (VEGETARIAN) | 3/4 cup | 350 | 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 | 350 | 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 | 450 | 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 | 350 | 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 | 400 | 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 | 100 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 |
| Weighted Daily Average | | | 648 | 38 | 971 | 10.40 | 16.01 | 883.8 | *4578 | *34.14 | *46 | 34.68 | 97.96 | 13.30 | 5.12 |
| % of Calories | | | | | | | | | | | *28.2% | 21.4% | 60.5% | 18.5% | 7.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <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

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Natrona County School District

Mar 1, 2019 thru Mar 31, 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 - 03/11/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Waffle | WAFFLES | 1500 | 105 | 0 | 175 | 2.50 | 0.72 | 20.0 | 0 | 0.0 | 3 | 2.0 | 16.5 | 3.5 | 0.50 |
| Syrup maple | serving | 2000 | 120 | 0 | 45 | 0.00 | 0.00 | 0.0 | *N/A* | *N/A* | 16 | 0.0 | 31.0 | 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 |
| Corn: canned, yellow .75 cup | 3/4 CUP | 2000 | 90 | 0 | 211 | 3.01 | 0.54 | 0.0 | 0 | 5.41 | 11 | 3.01 | 13.54 | 2.26 | 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 | | | 741 | 38 | 1024 | 9.85 | 3.39 | 582.2 | *4111 | *50.23 | *54 | 32.05 | 101.67 | 23.47 | 6.05 |
| % of Calories | | | | | | | | | | | *29.0% | 17.3% | 54.9% | 28.5% | 7.3% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|------------------------------|---------|------|---------|----|------|------|------|-------|-------|-------|-------|-------|-------|-------|--------|
| Tue - 03/12/2019 | | | | | | | | | | | | | | | |
| 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 |

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

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Mar 1, 2019 thru Mar 31, 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) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 03/13/2019 | | | | | | | | | | | | | | | |
| 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 |

| | | | | | | | | | | | | | | | |
|--------------------------------|---------|------|---------|----|------|------|-------|--------|-------|--------|-------|-------|-------|-------|--------|
| Thu - 03/14/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |

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
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Natrona County School District

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 6

Generated on: 2/14/2019 11:25:19 AM

| | 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 | | | | | | | | | | | | | | | |
| 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 - 03/18/2019 | | | | | | | | | | | | | | | |
| 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 |

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

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Natrona County School District

Mar 1, 2019 thru Mar 31, 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 - 03/19/2019 | | | | | | | | | | | | | | | |
| 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 - 03/20/2019 | | | | | | | | | | | | | | | |
| 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 - 03/21/2019 | | | | | | | | | | | | | | | |
| 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 |
| VEGGIES | 3/4 CUP | 3000 | 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 | 3000 | 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 | 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

Mar 1, 2019 thru Mar 31, 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | | 617 | 48 | 834 | 9.80 | 5.39 | 654.8 | *5922 | *97.32 | 45 | 33.55 | 86.58 | 15.34 | 6.13 |
| % of Calories | | | | | | | | | | | 29.3% | 21.7% | 56.1% | 22.4% | 8.9% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 |

| Fri - 03/22/2019 | | | | | | | | | | | | | | | |
|----------------------------|----------|------|---------|----|------|-------|------|-------|-------|--------|-------|-------|-------|-------|--------|
| 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 |
| 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 |
| 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 | 2500 | 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 | 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 | | | 659 | 34 | 966 | 10.01 | 4.28 | 726.2 | *4840 | *81.72 | 44 | 35.35 | 93.91 | 15.53 | 5.09 |
| % of Calories | | | | | | | | | | | 26.7% | 21.4% | 57.0% | 21.2% | 6.9% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 |

| Mon - 03/25/2019 | | | | | | | | | | | | | | | |
|------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|
| 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 |

| Tue - 03/26/2019 | | | | | | | | | | | | | | | |
|------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|
| 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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Natrona County School District

Mar 1, 2019 thru Mar 31, 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 03/27/2019 | | | | | | | | | | | | | | | |
| 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 |

| | | | | | | | | | | | | | | | |
|------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|
| Thu - 03/28/2019 | | | | | | | | | | | | | | | |
| 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 |

| | | | | | | | | | | | | | | | |
|------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|
| Fri - 03/29/2019 | | | | | | | | | | | | | | | |
| 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 |

| | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|-------|--------|-------|--------|--------|-------|-------|-------|------|
| Weighted Average | | | 631 | 39 | 910 | 8.94 | *5.30 | *677.4 | *4756 | *55.29 | *44 | 32.08 | 87.02 | 17.40 | 5.87 |
| | | | | | | | | | | | *62.1% | 20.3% | 55.2% | 24.8% | 8.4% |

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Natrona County School District

Mar 1, 2019 thru Mar 31, 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 | 631 | | 550 - 650 | | 100% | | | | | | | | | | | |
| Cholesterol (mg) | 39 | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 910 | | 1230 | | | | | | | | | | | | | |
| Sodium 2 (mg) | 910 | | 935 | | | | | | | | | | | | | |
| Fiber (g) | 8.94 | | | | | | | | | | | | | | | |
| Iron (mg) | 5.30 | | | | | Missing | | | | | | | | | | |
| Calcium (mg) | 677.4 | | | | | Missing | | | | | | | | | | |
| Vitamin A (IU) | 4756 | | | | | Missing | | | | | | | | | | |
| Sugars (g) | 44 | 27.59% | | | | Missing | | | | | | | | | | |
| Vitamin C (mg) | 55.29 | | | | | Missing | | | | | | | | | | |
| Protein (g) | 32.08 | 20.34% | | | | | | | | | | | | | | |
| Carbohydrate (g) | 87.02 | 55.16% | | | | | | | | | | | | | | |
| Total Fat (g) | 17.40 | 24.82% | | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.87 | 8.37% | <10.00% | | | | | | | | | | | | | |

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 * - 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.