

Natrona County School District

Apr 1, 2019 thru Apr 30, 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 - 04/01/2019															
BREAKFAST 9-12	Total	215													
muffin, sec	1 each	130	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	25	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	105	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	150	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	50	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	165	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	45	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	15	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	59	513	5.05	2.16	433.8	*569	*48.12	*57	14.92	91.87	10.55	3.66
% of Calories											*43.0%	11.3%	69.8%	18.0%	6.2%
Nutrient Guideline			450-600		640										<10.00

Tue - 04/02/2019															
BREAKFAST 9-12	Total	215													
Hot ham & cheese/bun	1 EACH	100	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	40	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	105	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	150	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	50	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	165	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	55	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	20	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			463	35	745	4.54	2.04	419.6	*575	*48.42	*39	20.83	74.30	9.78	4.23
% of Calories											*33.9%	18.0%	64.1%	19.0%	8.2%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/03/2019															
BREAKFAST 9-12	Total	235													
Eggo mini french toast	POUCH	95	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	25	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	105	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	145	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	70	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	165	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	40	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			458	11	559	4.32	2.57	497.0	*1156	*34.11	*47	14.86	83.41	7.15	2.46
% of Calories											*41.2%	13.0%	72.8%	14.0%	4.8%
Nutrient Guideline			450-600		640										<10.00

	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 - 04/04/2019															
BREAKFAST 9-12	Total	225													
Bagel whole wheat	BAGEL	85	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	85	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	25	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	125	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	155	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	50	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	175	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	40	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			456	22	569	5.00	1.91	450.4	*668	50.36	*41	16.16	78.53	8.70	4.08
% of Calories											*36.1%	14.2%	68.9%	17.2%	8.1%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 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)
Fri - 04/05/2019															
BREAKFAST 9-12	Total	200													
Sausage, egg & cheese sliders	2 SLIDERS	105	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	40	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	145	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	185	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	55	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	160	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	45	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	10	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			433	25	541	4.70	1.86	481.6	*633	66.41	*49	16.38	77.05	6.35	2.13
% of Calories											*45.2%	15.1%	71.2%	13.2%	4.4%
Nutrient Guideline			450-600		640										<10.00

Mon - 04/08/2019															
BREAKFAST 9-12	Total	215													
Breakfast burrito	3.75 OZ	105	236	43	332	4.29	1.93	107.1	0	16.07	2	10.71	26.79	9.64	4.29
Salsa	1 TBSP	105	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	45	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	125	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	175	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	55	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	160	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	50	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	15	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			451	30	638	5.47	*2.07	*462.8	*607	*64.45	*42	17.02	76.46	8.50	3.46
% of Calories											*37.5%	15.1%	67.9%	17.0%	6.9%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 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 - 04/09/2019															
BREAKFAST 9-12	Total	215													
Cinnamon roll, 2.25oz frozen	1 EACH	140	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	20	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	125	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	180	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	55	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	160	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	35	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	20	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	15	477	4.75	1.70	426.9	*585	*57.15	*52	14.34	86.92	6.64	2.55
% of Calories											*45.2%	12.4%	74.9%	12.9%	4.9%
Nutrient Guideline			450-600		640										<10.00

Wed - 04/10/2019															
BREAKFAST 9-12	Total	225													
SAUSAGE, EGG, ON A BUN	1 EACH	125	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	45	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	130	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	195	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	60	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	165	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	40	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	15	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			575	89	690	4.36	3.16	438.4	*806	*46.40	*52	20.29	86.84	16.19	5.36
% of Calories											*36.1%	14.1%	60.5%	25.4%	8.4%
Nutrient Guideline			450-600		640										<10.00

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Apr 1, 2019 thru Apr 30, 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 - 04/11/2019															
BREAKFAST 9-12	Total	230													
Eggo mini waffles	1 EACH	90	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	50	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	165	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	205	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	60	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	170	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	70	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	20	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			451	10	527	5.58	2.37	466.1	*797	64.78	*48	14.14	83.91	6.59	2.26
% of Calories											*42.8%	12.5%	74.4%	13.2%	4.5%
Nutrient Guideline			450-600		640										<10.00

Fri - 04/12/2019															
BREAKFAST 9-12	Total	185													
Omelet, colby cheese wrap	1 EACH	100	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	25	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	95	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	150	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	35	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	150	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	45	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	15	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			417	120	548	3.99	1.73	442.9	*683	53.65	*39	15.87	68.42	8.74	2.67
% of Calories											*37.7%	15.2%	65.6%	18.8%	5.8%
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)
Mon - 04/15/2019															
BREAKFAST 9-12	Total	250													
EGGO MINIS PANCAKES	1 EACH	100	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	50	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	145	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	185	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	50	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	70	236	9	585	2.00	1.44	44.7	*0	0.0	5	5.89	28.78	9.72	3.89
Yogurt & toast	Serving	30	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			438	13	569	5.35	2.80	456.1	*581	*53.40	47	13.99	80.41	6.63	1.83
% of Calories											42.9%	12.8%	73.5%	13.6%	3.8%
Nutrient Guideline			450-600		640										<10.00

Tue - 04/16/2019															
BREAKFAST 9-12	Total	225													
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	45	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	125	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	190	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	175	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	50	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
Weighted Daily Average			522	88	674	3.78	2.82	484.5	*577	*56.74	*43	18.55	76.63	15.54	5.06
% of Calories											*32.9%	14.2%	58.8%	26.8%	8.7%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 7

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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 - 04/17/2019															
BREAKFAST 9-12	Total	245													
Donut long john WG	1 EACH	185	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	30	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	110	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	140	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	55	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	190	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	20	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	10	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			440	7	592	3.30	1.71	386.2	*735	32.08	*44	13.75	74.15	10.05	4.09
% of Calories											*40.4%	12.5%	67.5%	20.6%	8.4%
Nutrient Guideline			450-600		640										<10.00

Thu - 04/18/2019															
BREAKFAST 9-12	Total	200													
Breakfast pizza sec	6.62 oz	135	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	20	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	125	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	165	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	50	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	150	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	30	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	15	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			581	29	786	6.91	3.42	609.8	*585	58.24	*47	22.97	93.30	12.26	3.74
% of Calories											*32.1%	15.8%	64.3%	19.0%	5.8%
Nutrient Guideline			450-600		640										<10.00

Fri - 04/19/2019															
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

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

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)
Mon - 04/22/2019															
BREAKFAST 9-12	Total	215													
muffin, sec	1 each	130	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	25	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	105	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	150	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	50	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	165	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	45	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	15	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	59	513	5.05	2.16	433.8	*569	*48.12	*57	14.92	91.87	10.55	3.66
% of Calories											*43.0%	11.3%	69.8%	18.0%	6.2%
Nutrient Guideline			450-600		640										<10.00

Tue - 04/23/2019															
BREAKFAST 9-12	Total	215													
Hot ham & cheese/bun	1 EACH	100	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	40	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	105	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	150	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	50	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	165	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	55	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	20	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			463	35	745	4.54	2.04	419.6	*575	*48.42	*39	20.83	74.30	9.78	4.23
% of Calories											*33.9%	18.0%	64.1%	19.0%	8.2%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

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)
Wed - 04/24/2019															
BREAKFAST 9-12	Total	235													
Eggo mini french toast	POUCH	95	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	25	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	105	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	145	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	70	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	165	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	40	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			458	11	559	4.32	2.57	497.0	*1156	*34.11	*47	14.86	83.41	7.15	2.46
% of Calories											*41.2%	13.0%	72.8%	14.0%	4.8%
Nutrient Guideline			450-600		640										<10.00

	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 - 04/25/2019															
BREAKFAST 9-12	Total	225													
Bagel whole wheat	BAGEL	85	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	85	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	25	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	125	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	155	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	50	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	175	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	40	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			456	22	569	5.00	1.91	450.4	*668	50.36	*41	16.16	78.53	8.70	4.08
% of Calories											*36.1%	14.2%	68.9%	17.2%	8.1%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 10

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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 - 04/26/2019															
BREAKFAST 9-12	Total	200													
Sausage, egg & cheese sliders	2 SLIDERS	105	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	40	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	145	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	185	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	55	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	160	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	45	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	10	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			433	25	541	4.70	1.86	481.6	*633	66.41	*49	16.38	77.05	6.35	2.13
% of Calories											*45.2%	15.1%	71.2%	13.2%	4.4%
Nutrient Guideline			450-600		640										<10.00

Mon - 04/29/2019															
BREAKFAST 9-12	Total	215													
Breakfast burrito	3.75 OZ	105	236	43	332	4.29	1.93	107.1	0	16.07	2	10.71	26.79	9.64	4.29
Salsa	1 TBSP	105	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	45	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	125	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	175	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	55	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	160	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	50	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	15	350	10	370	4.00	1.44	240.0	148	1.5	*8	12.0	71.75	4.0	1.00
Weighted Daily Average			451	30	638	5.47	*2.07	*462.8	*607	*64.45	*42	17.02	76.46	8.50	3.46
% of Calories											*37.5%	15.1%	67.9%	17.0%	6.9%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 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 - 04/30/2019															
BREAKFAST 9-12															
	Total	215													
Cinnamon roll, 2.25oz frozen	1 EACH	140	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	20	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	125	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	180	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	55	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	160	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	35	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	20	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	15	477	4.75	1.70	426.9	*585	*57.15	*52	14.34	86.92	6.64	2.55
% of Calories											*45.2%	12.4%	74.9%	12.9%	4.9%
Nutrient Guideline			450-600		640										<10.00

Weighted Average			473	36	594	4.81	*2.22	*458.5	*683	*52.54	*46	16.60	80.99	9.11	3.34
											*88.5%	14.0%	68.5%	17.3%	6.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	473		450 - 600	100%				
Cholesterol (mg)	36							
Sodium 1 (mg)	594		640					
Sodium 2 (mg)	594		570				24	Correction Required - Sodium too High
Fiber (g)	4.81							
Iron (mg)	2.22				Missing			
Calcium (mg)	458.5				Missing			
Vitamin A (IU)	683				Missing			
Sugars (g)	46	39.31%			Missing			
Vitamin C (mg)	52.54				Missing			
Protein (g)	16.60	14.05%						
Carbohydrate (g)	80.99	68.52%						
Total Fat (g)	9.11	17.34%						
Saturated Fat (g)	3.34	6.36%	<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

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.