

# Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Lunch 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           |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Lunch 9-12                 | Total        | 850       |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Chicken nuggets            | 5 Pieces     | 265       | 240         | 20          | 470       | 3.00      | 1.80      | 40.0      | 100        | 0.0        | 1          | 13.0      | 16.0     | 14.0      | 2.50      |
| Waffle                     | WAFFLES      | 265       | 105         | 0           | 175       | 2.50      | 0.72      | 20.0      | 0          | 0.0        | 3          | 2.0       | 16.5     | 3.5       | 0.50      |
| Syrup maple                | serving      | 265       | 120         | 0           | 45        | 0.00      | 0.00      | 0.0       | *N/A*      | *N/A*      | 16         | 0.0       | 31.0     | 0.0       | 0.00      |
| Hot pocket - pepperoni     | 1 EACH       | 200       | 300         | 40          | 680       | 3.00      | 2.70      | 250.0     | *N/A*      | *N/A*      | 4          | 18.0      | 32.0     | 11.0      | 5.00      |
| Salad, chopped Romaine     | 2 CUP        | 750       | 92          | 7           | 89        | 1.60      | 0.58      | 16.0      | 4000       | 16.8       | *0         | 1.3       | 2.9      | 8.5       | 1.50      |
| Corn: canned yellow cup    | 1 CUP        | 650       | 120         | 0           | 280       | 4.00      | 0.72      | 0.0       | 0          | 7.2        | 14         | 4.0       | 18.0     | 3.0       | 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, 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      |
| Milk, chocolate fat free   | 1 CUP        | 700       | 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        | 150       | 110         | 10          | 130       | 0.00      | 0.00      | 300.0     | 500        | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      |
| Alternate, Pizza Hut Pizza | SLICES       | 275       | 344         | 30          | 666       | 3.49      | 2.32      | 364.7     | 483        | 0.0        | 1          | 24.06     | 32.98    | 13.38     | 5.34      |
| Bar potato high            | SERVINGS     | 110       | 496         | 41          | 561       | 11.98     | 12.41     | *471.1    | *3290      | *269.36    | *24        | 17.48     | 68.21    | 18.33     | 5.09      |
| Weighted Daily Average     |              |           | 826         | 43          | 1138      | 13.06     | 5.21      | *595.0    | *5052      | *94.74     | *69        | 32.31     | 118.07   | 25.27     | 6.10      |
| % of Calories              |              |           |             |             |           |           |           |           |            |            | *33.2%     | 15.6%     | 57.2%    | 27.5%     | 6.6%      |
| Nutrient Guideline         |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <10.00    |

|                             |          |     |         |    |      |       |       |        |       |         |        |       |        |       |        |
|-----------------------------|----------|-----|---------|----|------|-------|-------|--------|-------|---------|--------|-------|--------|-------|--------|
| Tue - 04/02/2019            |          |     |         |    |      |       |       |        |       |         |        |       |        |       |        |
| Lunch 9-12                  | Total    | 810 |         |    |      |       |       |        |       |         |        |       |        |       |        |
| Nachos with ground beef sec | SERVINGS | 245 | 438     | 51 | 279  | 6.21  | 0.16  | 133.7  | 140   | 1.28    | *2     | 20.01 | 39.91  | 22.01 | 4.96   |
| Joe Cheeser - ham L         | 1 EACH   | 225 | 270     | 55 | 420  | 0.00  | 3.60  | 60.0   | *N/A* | 2.4     | 7      | 19.0  | 30.0   | 8.0   | 1.50   |
| Cheese sauce 1/4 cup        | 1/4 CUP  | 245 | 70      | 0  | 480  | 0.00  | 0.00  | 40.0   | 0     | 0.0     | 3      | 0.0   | 6.0    | 4.5   | 0.50   |
| REFRIED BEANS               | 3/4 cup  | 545 | 180     | 0  | 540  | 7.50  | 2.70  | 60.0   | 0     | 0.0     | 1      | 10.5  | 30.0   | 1.5   | 0.00   |
| Tomatoes, diced             | 2 OZ     | 515 | 12      | 0  | 7    | 0.47  | 0.00  | 0.0    | 47    | 8.43    | 1      | 0.47  | 2.34   | 0.0   | 0.00   |
| Cauliflower,raw: fresh cup  | 1 CUP    | 750 | 25      | 0  | 30   | 2.00  | 7.56  | 220.0  | 0     | 289.2   | 2      | 1.92  | 4.97   | 0.28  | 0.00   |
| Fruit, fresh                | 1 EACH   | 775 | 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    | 700 | 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    | 110 | 110     | 10 | 130  | 0.00  | 0.00  | 300.0  | 500   | 2.4     | 12     | 8.0   | 13.0   | 2.5   | 1.50   |
| Alternate, Pizza Hut Pizza  | SLICES   | 265 | 344     | 30 | 666  | 3.49  | 2.32  | 364.7  | 483   | 0.0     | 1      | 24.06 | 32.98  | 13.38 | 5.34   |
| Bar potato high             | SERVINGS | 75  | 496     | 41 | 561  | 11.98 | 12.41 | *471.1 | *3290 | *269.36 | *24    | 17.48 | 68.21  | 18.33 | 5.09   |
| Weighted Daily Average      |          |     | 727     | 50 | 1185 | 14.08 | 12.01 | *793.8 | *1142 | *335.60 | *40    | 38.74 | 102.04 | 18.29 | 4.50   |
| % of Calories               |          |     |         |    |      |       |       |        |       |         | *22.1% | 21.3% | 56.1%  | 22.6% | 5.6%   |
| Nutrient Guideline          |          |     | 750-850 |    | 1420 |       |       |        |       |         |        |       |        |       | <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

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

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Lunch 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 - 04/03/2019               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |
| Lunch 9-12                     | Total        | 850       |             |             |           |           |           |            |            |            |            |           |          |           |           |
| Chili White                    | 1 CUP        | 215       | 256         | 54          | 395       | 6.22      | 2.75      | 136.9      | 154        | 5.8        | *0         | 20.99     | 28.53    | 6.33      | 2.31      |
| Hot dog & bun                  | 1 EACH       | 185       | 310         | 35          | 550       | 3.00      | 2.52      | *20.0      | *N/A*      | *N/A*      | 3          | 14.0      | 29.0     | 16.0      | 6.00      |
| Bread, mini garlic toast WGsec | 2 SLICES     | 165       | 0           | 0           | 0         | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 0          | 0.0       | 0.0      | 0.0       | 0.00      |
| Carrot and celery sticks       | 1 CUP        | 745       | 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       | 675       | 73          | 0           | 0         | 2.87      | 0.25      | 18.4       | 112        | 36.68      | 14         | 0.82      | 18.17    | 0.39      | 0.01      |
| Fruit, canned                  | 1 cup        | 525       | 136         | 0           | 16        | 2.00      | 0.29      | 16.0       | 500        | 15.6       | 30         | 0.8       | 34.4     | 0.0       | 0.00      |
| Chocolate chip cookies         | 1 EACH       | 850       | 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        | 650       | 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        | 200       | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 500        | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      |
| Alternate, Pizza Hut Pizza     | SLICES       | 275       | 344         | 30          | 666       | 3.49      | 2.32      | 364.7      | 483        | 0.0        | 1          | 24.06     | 32.98    | 13.38     | 5.34      |
| Bar potato high                | SERVINGS     | 175       | 496         | 41          | 561       | 11.98     | 12.41     | *471.1     | *3290      | *269.36    | *24        | 17.48     | 68.21    | 18.33     | 5.09      |
| Weighted Daily Average         |              |           | 762         | 58          | 826       | 11.88     | 9.27      | *993.3     | *4659      | *106.65    | *59        | 31.24     | 113.05   | 21.02     | 7.01      |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | *31.1%     | 16.4%     | 59.4%    | 24.8%     | 8.3%      |
| Nutrient Guideline             |              |           | 750-850     |             | 1420      |           |           |            |            |            |            |           |          |           | <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               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |
| Lunch 9-12                     | Total        | 775       |             |             |           |           |           |            |            |            |            |           |          |           |           |
| Country fried steak            | 1 EACH       | 325       | 330         | 50          | 530       | 3.00      | 1.80      | 20.0       | 0          | 0.0        | 0          | 17.0      | 16.0     | 21.0      | 6.00      |
| Burrito, Beef, bean, green chi | 1 Each       | 90        | 294         | 19          | 414       | 7.92      | 3.60      | 80.0       | 400        | 4.8        | 1          | 16.28     | 39.49    | 9.13      | 2.55      |
| Salsa                          | 1 TBSP       | 75        | 5           | 0           | 175       | 0.00      | *N/A*     | *N/A*      | 50         | *N/A*      | 1          | 0.0       | 1.0      | 0.0       | 0.00      |
| POTATO PEARLS LOW SODIUM       | 2/3 CUP      | 325       | 213         | 0           | 293       | 2.67      | 0.96      | 53.3       | 0          | 79.99      | 3          | 5.33      | 45.33    | 2.67      | 0.00      |
| Gravy, chicken dehydr & WA.50c | 1/2 CUP      | 325       | 33          | 0           | 524       | 0.00      | 0.00      | 3.6        | 0          | 0.0        | *2         | 0.0       | 6.5      | 2.17      | 0.00      |
| Broccoli,raw: fresh cup        | 1 CUP        | 600       | 50          | 0           | 40        | 4.00      | 0.72      | 40.0       | 2000       | 60.0       | 2          | 4.0       | 8.0      | 0.0       | 0.00      |
| Beets, pickled                 | 1/2 cup      | 200       | 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       | 675       | 73          | 0           | 0         | 2.87      | 0.25      | 18.4       | 112        | 36.68      | 14         | 0.82      | 18.17    | 0.39      | 0.01      |
| 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      |
| Dinner roll 100 % wheat 2      | 2 EACH       | 325       | 140         | 0           | 180       | 2.00      | 0.00      | 40.0       | 0          | 0.0        | 2          | 6.0       | 24.0     | 1.0       | 0.00      |
| Milk, chocolate fat free       | 1 CUP        | 600       | 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        | 175       | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 500        | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      |
| Alternate, Pizza Hut Pizza     | SLICES       | 250       | 344         | 30          | 666       | 3.49      | 2.32      | 364.7      | 483        | 0.0        | 1          | 24.06     | 32.98    | 13.38     | 5.34      |
| Bar potato high                | SERVINGS     | 110       | 496         | 41          | 561       | 11.98     | 12.41     | *471.1     | *3290      | *269.36    | *24        | 17.48     | 68.21    | 18.33     | 5.09      |
| Weighted Daily Average         |              |           | 849         | 45          | 1255      | 13.98     | *5.06     | *601.2     | *3175      | *163.28    | *61        | 36.39     | 131.57   | 20.13     | 5.61      |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | *28.9%     | 17.1%     | 62.0%    | 21.3%     | 5.9%      |
| Nutrient Guideline             |              |           | 750-850     |             | 1420      |           |           |            |            |            |            |           |          |           | <10.00    |

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Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Lunch 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               |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Lunch 9-12                     | Total        | 775       |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Chicken fajita tortilla sec    | SERVING      | 245       | 322         | 84          | 936       | 4.00      | *1.44     | *80.0     | *0         | *0.0       | 2          | 25.5      | 32.5     | 10.0      | 5.00      |
| Sandwich, Grilled Cheese - sec | 1 EACH       | 225       | 310         | 30          | 856       | 4.00      | 2.00      | 445.0     | 447        | 0.0        | *4         | 20.17     | 32.05    | 15.07     | 7.25      |
| Tomato Soup                    | 1 cup        | 225       | 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        | 710       | 92          | 7           | 89        | 1.60      | 0.58      | 16.0      | 4000       | 16.8       | *0         | 1.3       | 2.9      | 8.5       | 1.50      |
| Vegetable fajita blend         | .75 CUP      | 245       | 30          | 0           | 10        | 1.00      | 0.00      | 0.0       | 0          | 9.0        | 4          | 0.0       | 4.0      | 0.0       | 0.00      |
| Fruit, canned                  | 1/2 CUP      | 675       | 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       | 750       | 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        | 600       | 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        | 175       | 110         | 10          | 130       | 0.00      | 0.00      | 300.0     | 500        | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      |
| Alternate, Pizza Hut Pizza     | SLICES       | 215       | 344         | 30          | 666       | 3.49      | 2.32      | 364.7     | 483        | 0.0        | 1          | 24.06     | 32.98    | 13.38     | 5.34      |
| Bar potato high                | SERVINGS     | 90        | 496         | 41          | 561       | 11.98     | 12.41     | *471.1    | *3290      | *269.36    | *24        | 17.48     | 68.21    | 18.33     | 5.09      |
| Weighted Daily Average         |              |           | 710         | 61          | 1175      | 10.51     | *4.12     | *650.8    | *5253      | *95.02     | *52        | 33.24     | 96.20    | 22.39     | 7.63      |
| % of Calories                  |              |           |             |             |           |           |           |           |            |            | *29.6%     | 18.7%     | 54.2%    | 28.4%     | 9.7%      |
| Nutrient Guideline             |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <10.00    |

|                            |          |     |         |    |      |       |       |       |        |        |        |       |        |       |        |
|----------------------------|----------|-----|---------|----|------|-------|-------|-------|--------|--------|--------|-------|--------|-------|--------|
| Mon - 04/08/2019           |          |     |         |    |      |       |       |       |        |        |        |       |        |       |        |
| Lunch 9-12                 | Total    | 875 |         |    |      |       |       |       |        |        |        |       |        |       |        |
| Meatball sub - sec         | 1 each   | 245 | 520     | 52 | 835  | 5.00  | 23.40 | 410.0 | *2095  | *29.4  | 9      | 23.5  | 41.5   | 30.0  | 11.75  |
| Bread stick mozzarella     | 2 Sticks | 275 | 320     | 20 | 680  | 2.00  | 1.44  | 200.0 | *N/A*  | *N/A*  | 2      | 14.0  | 32.0   | 14.0  | 5.00   |
| Spaghetti sauce low sodium | 1/4 CUP  | 275 | 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    | 725 | 92      | 7  | 89   | 1.60  | 0.58  | 16.0  | 4000   | 16.8   | *0     | 1.3   | 2.9    | 8.5   | 1.50   |
| Carrots, baby cup          | 1 CUP    | 350 | 50      | 0  | 110  | 4.00  | 1.44  | 40.0  | 19000  | 4.8    | 6      | 0.0   | 12.0   | 0.0   | 0.00   |
| Fruit, fresh               | 1 EACH   | 725 | 73      | 0  | 0    | 2.87  | 0.25  | 18.4  | 112    | 36.68  | 14     | 0.82  | 18.17  | 0.39  | 0.01   |
| 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   |
| Milk, chocolate fat free   | 1 CUP    | 750 | 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   |
| Bar breakfast              | SERVING  | 130 | 551     | 59 | 717  | 2.57  | 2.71  | 61.1  | *194   | *7.34  | *23    | 10.49 | 65.83  | 24.13 | 7.78   |
| Alternate, Pizza Hut Pizza | SLICES   | 225 | 344     | 30 | 666  | 3.49  | 2.32  | 364.7 | 483    | 0.0    | 1      | 24.06 | 32.98  | 13.38 | 5.34   |
| Weighted Daily Average     |          |     | 806     | 49 | 1048 | 10.26 | 12.65 | 676.2 | *12948 | *73.14 | *61    | 29.23 | 108.32 | 28.17 | 9.02   |
| % of Calories              |          |     |         |    |      |       |       |       |        |        | *30.4% | 14.5% | 53.8%  | 31.5% | 10.1%  |
| Nutrient Guideline         |          |     | 750-850 |    | 1420 |       |       |       |        |        |        |       |        |       | <10.00 |

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Apr 1, 2019 thru Apr 30, 2019

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Lunch 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           |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Lunch 9-12                 | Total        | 875       |             |             |           |           |           |           |            |            |            |           |          |           |           |
| BBQ pork rib on wheat bun  | 1 EACH       | 325       | 300         | 30          | 580       | 4.00      | 3.08      | 71.0      | *100       | *1.2       | 7          | 19.0      | 35.0     | 11.5      | 3.50      |
| Soft shell taco sec        | 2 EACH       | 175       | 333         | 54          | 491       | 4.14      | 3.27      | 159.3     | 185        | 1.28       | *0         | 20.28     | 31.58    | 13.68     | 5.14      |
| REFRIED BEANS              | 3/4 cup      | 325       | 180         | 0           | 540       | 7.50      | 2.70      | 60.0      | 0          | 0.0        | 1          | 10.5      | 30.0     | 1.5       | 0.00      |
| Corn: canned yellow cup    | 1 CUP        | 675       | 120         | 0           | 280       | 4.00      | 0.72      | 0.0       | 0          | 7.2        | 14         | 4.0       | 18.0     | 3.0       | 0.00      |
| Fruit, canned              | 1 cup        | 635       | 136         | 0           | 16        | 2.00      | 0.29      | 16.0      | 500        | 15.6       | 30         | 0.8       | 34.4     | 0.0       | 0.00      |
| Tomatoes, diced            | 2 OZ         | 375       | 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        | 650       | 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, Pizza Hut Pizza | SLICES       | 275       | 344         | 30          | 666       | 3.49      | 2.32      | 364.7     | 483        | 0.0        | 1          | 24.06     | 32.98    | 13.38     | 5.34      |
| Bar breakfast              | SERVING      | 100       | 551         | 59          | 717       | 2.57      | 2.71      | 61.1      | *194       | *7.34      | *23        | 10.49     | 65.83    | 24.13     | 7.78      |
| Weighted Daily Average     |              |           | 717         | 43          | 1188      | 11.23     | 4.60      | 479.4     | *1074      | *23.27     | *54        | 34.73     | 104.91   | 17.20     | 5.11      |
| % of Calories              |              |           |             |             |           |           |           |           |            |            | *30.2%     | 19.4%     | 58.5%    | 21.6%     | 6.4%      |
| Nutrient Guideline         |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <10.00    |

|                            |         |     |         |    |      |      |      |        |       |        |        |       |        |       |        |
|----------------------------|---------|-----|---------|----|------|------|------|--------|-------|--------|--------|-------|--------|-------|--------|
| Wed - 04/10/2019           |         |     |         |    |      |      |      |        |       |        |        |       |        |       |        |
| Lunch 9-12                 | Total   | 775 |         |    |      |      |      |        |       |        |        |       |        |       |        |
| Chili dog                  | 1 EACH  | 245 | 392     | 47 | 673  | 5.03 | 3.10 | *38.4  | *65   | *2.42  | *6     | 19.78 | 37.09  | 18.88 | 6.94   |
| Hot pocket - pepperoni     | 1 EACH  | 150 | 300     | 40 | 680  | 3.00 | 2.70 | 250.0  | *N/A* | *N/A*  | 4      | 18.0  | 32.0   | 11.0  | 5.00   |
| Carrot and celery sticks   | 1 CUP   | 700 | 27      | 0  | 67   | 1.92 | 1.98 | 230.2  | 3160  | 10.81  | 2      | 0.89  | 4.71   | 0.1   | 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, fresh               | 1 EACH  | 725 | 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   | 625 | 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   | 150 | 110     | 10 | 130  | 0.00 | 0.00 | 300.0  | 500   | 2.4    | 12     | 8.0   | 13.0   | 2.5   | 1.50   |
| Alternate, Pizza Hut Pizza | SLICES  | 245 | 344     | 30 | 666  | 3.49 | 2.32 | 364.7  | 483   | 0.0    | 1      | 24.06 | 32.98  | 13.38 | 5.34   |
| Bar breakfast              | SERVING | 135 | 551     | 59 | 717  | 2.57 | 2.71 | 61.1   | *194  | *7.34  | *23    | 10.49 | 65.83  | 24.13 | 7.78   |
| Weighted Daily Average     |         |     | 712     | 48 | 925  | 9.83 | 4.97 | *725.1 | *4086 | *60.64 | *64    | 29.41 | 108.56 | 17.46 | 6.51   |
| % of Calories              |         |     |         |    |      |      |      |        |       |        | *35.7% | 16.5% | 61.0%  | 22.1% | 8.2%   |
| Nutrient Guideline         |         |     | 750-850 |    | 1420 |      |      |        |       |        |        |       |        |       | <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

Apr 1, 2019 thru Apr 30, 2019

## Base Menu Spreadsheet

Lunch 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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 04/11/2019              |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Lunch 9-12                    | Total        | 850       |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Cheeseburger/wheat bun 1.60oz | 1 EACH       | 250       | 315         | 53          | 425       | 3.00      | 3.08      | 31.0      | *0         | *0.0       | 2          | 19.5      | 28.0     | 14.0      | 6.00      |
| Chili con carne & beans       | 1 CUP        | 240       | 329         | 49          | 494       | 8.11      | 2.31      | 73.5      | 262        | 9.68       | *11        | 23.1      | 32.38    | 11.52     | 3.76      |
| Cherry tomatoes - sec         | 1 cup        | 250       | 25          | 0           | 5         | 2.00      | 0.36      | 20.0      | 1250       | 18.0       | 4          | 1.0       | 6.0      | 0.0       | 0.00      |
| Salad, chopped Romaine        | 2 CUP        | 625       | 92          | 7           | 89        | 1.60      | 0.58      | 16.0      | 4000       | 16.8       | *0         | 1.3       | 2.9      | 8.5       | 1.50      |
| 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, fresh                  | 1 EACH       | 800       | 73          | 0           | 0         | 2.87      | 0.25      | 18.4      | 112        | 36.68      | 14         | 0.82      | 18.17    | 0.39      | 0.01      |
| Cinnamon roll, 2.25oz frozen  | 1 EACH       | 240       | 248         | 10          | 232       | 3.00      | 1.44      | 22.6      | *4         | *0.01      | *20        | 5.07      | 45.11    | 5.6       | 2.20      |
| Milk, chocolate fat free      | 1 CUP        | 725       | 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, Pizza Hut Pizza    | SLICES       | 225       | 344         | 30          | 666       | 3.49      | 2.32      | 364.7     | 483        | 0.0        | 1          | 24.06     | 32.98    | 13.38     | 5.34      |
| Bar breakfast                 | SERVING      | 135       | 551         | 59          | 717       | 2.57      | 2.71      | 61.1      | *194       | *7.34      | *23        | 10.49     | 65.83    | 24.13     | 7.78      |
| Weighted Daily Average        |              |           | 801         | 61          | 872       | 11.35     | 3.99      | 489.7     | *4531      | *69.38     | *68        | 32.36     | 115.58   | 23.31     | 7.43      |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | *33.8%     | 16.2%     | 57.7%    | 26.2%     | 8.4%      |
| Nutrient Guideline            |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <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 - 04/12/2019               |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Lunch 9-12                     | Total        | 700       |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Meatloaf                       | Serving      | 140       | 170         | 30          | 390       | 1.00      | 1.44      | 60.0      | 200        | 9.0        | 5          | 12.0      | 8.0      | 10.0      | 5.00      |
| Chicken nuggets                | 5 Pieces     | 225       | 240         | 20          | 470       | 3.00      | 1.80      | 40.0      | 100        | 0.0        | 1          | 13.0      | 16.0     | 14.0      | 2.50      |
| POTATO PEARLS LOW SODIUM       | 2/3 CUP      | 350       | 213         | 0           | 293       | 2.67      | 0.96      | 53.3      | 0          | 79.99      | 3          | 5.33      | 45.33    | 2.67      | 0.00      |
| Gravy, chicken dehydr & WA.50c | 1/2 CUP      | 350       | 33          | 0           | 524       | 0.00      | 0.00      | 3.6       | 0          | 0.0        | *2         | 0.0       | 6.5      | 2.17      | 0.00      |
| Dinner roll 100 % wheat 2      | 2 EACH       | 345       | 140         | 0           | 180       | 2.00      | 0.00      | 40.0      | 0          | 0.0        | 2          | 6.0       | 24.0     | 1.0       | 0.00      |
| Broccoli,raw: fresh cup        | 1 CUP        | 525       | 50          | 0           | 40        | 4.00      | 0.72      | 40.0      | 2000       | 60.0       | 2          | 4.0       | 8.0      | 0.0       | 0.00      |
| Fruit, canned                  | 1 cup        | 220       | 136         | 0           | 16        | 2.00      | 0.29      | 16.0      | 500        | 15.6       | 30         | 0.8       | 34.4     | 0.0       | 0.00      |
| Fruit, fresh                   | 1 EACH       | 535       | 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        | 575       | 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, Pizza Hut Pizza     | SLICES       | 225       | 344         | 30          | 666       | 3.49      | 2.32      | 364.7     | 483        | 0.0        | 1          | 24.06     | 32.98    | 13.38     | 5.34      |
| Bar breakfast                  | SERVING      | 110       | 551         | 59          | 717       | 2.57      | 2.71      | 61.1      | *194       | *7.34      | *23        | 10.49     | 65.83    | 24.13     | 7.78      |
| Weighted Daily Average         |              |           | 755         | 37          | 1259      | 10.83     | 3.34      | 548.9     | *2501      | *122.30    | *47        | 33.46     | 114.88   | 18.24     | 5.02      |
| % of Calories                  |              |           |             |             |           |           |           |           |            |            | *24.9%     | 17.7%     | 60.9%    | 21.8%     | 6.0%      |
| Nutrient Guideline             |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <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

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Lunch 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           |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Lunch 9-12                 | Total        | 875       |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Macaroni & cheese wg - sec | 1 CUP        | 275       | 377         | 49          | 864       | 2.67      | 0.00      | 494.7     | 657        | 1.33       | 11         | 20.0      | 41.33    | 14.67     | 8.67      |
| CHICKEN DRUMSTICKS BREADE  | each         | 185       | 190         | 50          | 5         | 1.00      | 1.08      | 20.0      | 0          | 0.0        | 0          | 16.0      | 5.0      | 11.0      | 2.50      |
| Sweet potato chopped wedge | 1 cup        | 345       | 220         | 0           | 260       | 8.00      | 1.16      | 54.9      | 1927       | 0.82       | 14         | 2.0       | 36.0     | 10.0      | 0.10      |
| Salad, chopped Romaine     | 2 CUP        | 650       | 92          | 7           | 89        | 1.60      | 0.58      | 16.0      | 4000       | 16.8       | *0         | 1.3       | 2.9      | 8.5       | 1.50      |
| 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, fresh               | 1 EACH       | 775       | 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 2  | 2 EACH       | 425       | 180         | 0           | 240       | 2.00      | 1.44      | 40.0      | *N/A*      | *N/A*      | 6          | 6.0       | 28.0     | 5.0       | 0.00      |
| Milk, chocolate fat free   | 1 CUP        | 700       | 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        | 175       | 110         | 10          | 130       | 0.00      | 0.00      | 300.0     | 500        | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      |
| Alternate, Pizza Hut Pizza | SLICES       | 215       | 344         | 30          | 666       | 3.49      | 2.32      | 364.7     | 483        | 0.0        | 1          | 24.06     | 32.98    | 13.38     | 5.34      |
| Bar nacho mid              | SERVING      | 200       | 647         | 51          | 1083      | 12.23     | *2.60     | *222.9    | 840        | *14.07     | *7         | 27.59     | 69.79    | 27.67     | 5.47      |
| Weighted Daily Average     |              |           | 917         | 57          | 1151      | 14.05     | *3.41     | *681.4    | *5219      | *61.96     | *65        | 35.87     | 128.30   | 30.08     | 7.28      |
| % of Calories              |              |           |             |             |           |           |           |           |            |            | *28.4%     | 15.6%     | 55.9%    | 29.5%     | 7.1%      |
| Nutrient Guideline         |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <10.00    |

|                            |         |     |         |    |      |       |       |        |        |        |        |       |        |       |        |
|----------------------------|---------|-----|---------|----|------|-------|-------|--------|--------|--------|--------|-------|--------|-------|--------|
| Tue - 04/16/2019           |         |     |         |    |      |       |       |        |        |        |        |       |        |       |        |
| Lunch 9-12                 | Total   | 850 |         |    |      |       |       |        |        |        |        |       |        |       |        |
| Dug out sec                | SERVING | 245 | 607     | 39 | 905  | 8.08  | 1.73  | 115.1  | 196    | 7.26   | *9     | 21.83 | 58.79  | 31.64 | 6.32   |
| Pork patties sandwich      | 1 EACH  | 175 | 412     | 40 | 574  | 5.00  | 4.08  | 71.4   | *0     | *0.0   | *3     | 23.0  | 39.17  | 19.2  | 4.73   |
| Carrots, baby cup          | 1 CUP   | 515 | 50      | 0  | 110  | 4.00  | 1.44  | 40.0   | 19000  | 4.8    | 6      | 0.0   | 12.0   | 0.0   | 0.00   |
| Green beans: canned,cooked | 1 CUP   | 500 | 32      | 0  | 280  | 4.00  | 0.00  | 0.0    | 0      | 0.0    | 2      | 2.0   | 6.0    | 0.0   | 0.00   |
| Fruit, canned              | 1 cup   | 700 | 136     | 0  | 16   | 2.00  | 0.29  | 16.0   | 500    | 15.6   | 30     | 0.8   | 34.4   | 0.0   | 0.00   |
| Fruit, fresh               | 1 EACH  | 800 | 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   | 700 | 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   | 150 | 110     | 10 | 130  | 0.00  | 0.00  | 300.0  | 500    | 2.4    | 12     | 8.0   | 13.0   | 2.5   | 1.50   |
| Alternate, Pizza Hut Pizza | SLICES  | 215 | 344     | 30 | 666  | 3.49  | 2.32  | 364.7  | 483    | 0.0    | 1      | 24.06 | 32.98  | 13.38 | 5.34   |
| Bar nacho mid              | SERVING | 215 | 647     | 51 | 1083 | 12.23 | *2.60 | *222.9 | 840    | *14.07 | *7     | 27.59 | 69.79  | 27.67 | 5.47   |
| Weighted Daily Average     |         |     | 859     | 46 | 1238 | 16.46 | *3.93 | *551.3 | *12921 | *57.34 | *64    | 34.70 | 126.00 | 24.26 | 5.81   |
| % of Calories              |         |     |         |    |      |       |       |        |        |        | *30.0% | 16.2% | 58.7%  | 25.4% | 6.1%   |
| Nutrient Guideline         |         |     | 750-850 |    | 1420 |       |       |        |        |        |        |       |        |       | <10.00 |

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# Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Lunch 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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 04/17/2019              |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Lunch 9-12                    | Total        | 750       |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Chicken patty/whole grain bun | 1 EACH       | 200       | 380         | 25          | 650       | 6.00      | 3.80      | 71.0      | *N/A*      | *N/A*      | 3          | 21.0      | 42.0     | 14.5      | 2.50      |
| Sloppy Joes                   | Servings     | 125       | 385         | 69          | 360       | 3.16      | 4.34      | 49.1      | *13        | *2.64      | *10        | 28.85     | 35.89    | 13.52     | 4.56      |
| Salad, chopped Romaine        | 2 CUP        | 700       | 92          | 7           | 89        | 1.60      | 0.58      | 16.0      | 4000       | 16.8       | *0         | 1.3       | 2.9      | 8.5       | 1.50      |
| Broccoli,raw: fresh cup       | 1 CUP        | 385       | 50          | 0           | 40        | 4.00      | 0.72      | 40.0      | 2000       | 60.0       | 2          | 4.0       | 8.0      | 0.0       | 0.00      |
| Fruit, canned                 | 1 cup        | 245       | 136         | 0           | 16        | 2.00      | 0.29      | 16.0      | 500        | 15.6       | 30         | 0.8       | 34.4     | 0.0       | 0.00      |
| Fruit, fresh                  | 1 EACH       | 475       | 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        | 250       | 110         | 10          | 130       | 0.00      | 0.00      | 300.0     | 500        | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      |
| Alternate, Pizza Hut Pizza    | SLICES       | 210       | 344         | 30          | 666       | 3.49      | 2.32      | 364.7     | 483        | 0.0        | 1          | 24.06     | 32.98    | 13.38     | 5.34      |
| Bar nacho mid                 | SERVING      | 215       | 647         | 51          | 1083      | 12.23     | *2.60     | *222.9    | 840        | *14.07     | *7         | 27.59     | 69.79    | 27.67     | 5.47      |
| Weighted Daily Average        |              |           | 750         | 54          | 979       | 12.63     | *4.29     | *505.5    | *5806      | *80.72     | *38        | 36.03     | 90.98    | 26.81     | 6.40      |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | *20.5%     | 19.2%     | 48.5%    | 32.2%     | 7.7%      |
| Nutrient Guideline            |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <10.00    |

|                              | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 04/18/2019             |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Lunch 9-12                   | Total        | 800       |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Dutch waffle                 | 1 each       | 240       | 300         | 20          | 350       | 3.00      | 1.80      | 0.0       | 0          | 0.0        | 12         | 4.0       | 43.0     | 13.0      | 3.00      |
| Joe Cheeser - ham L          | 1 EACH       | 160       | 270         | 55          | 420       | 0.00      | 3.60      | 60.0      | *N/A*      | 2.4        | 7          | 19.0      | 30.0     | 8.0       | 1.50      |
| Strawberries frozen sec      | 1/2 CUP      | 225       | 90          | 0           | 0         | 3.00      | 0.00      | 0.0       | 0          | 0.0        | 17         | 0.0       | 23.0     | 0.0       | 0.00      |
| Sausage, pork link           | 4 each       | 240       | 230         | 40          | 340       | 0.00      | 0.72      | *N/A*     | *N/A*      | *N/A*      | 0          | 8.0       | 2.0      | 21.0      | 7.00      |
| MIXED VEGETABLES, FROZEN CUP | 1 CUP        | 615       | 90          | 0           | 138       | 4.50      | 1.08      | 30.0      | *N/A*      | *N/A*      | 6          | 4.5       | 18.0     | 0.0       | 0.00      |
| Fruit, fresh                 | 1 EACH       | 515       | 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      | 345       | 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        | 650       | 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        | 150       | 110         | 10          | 130       | 0.00      | 0.00      | 300.0     | 500        | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      |
| Alternate, Pizza Hut Pizza   | SLICES       | 220       | 344         | 30          | 666       | 3.49      | 2.32      | 364.7     | 483        | 0.0        | 1          | 24.06     | 32.98    | 13.38     | 5.34      |
| Bar nacho mid                | SERVING      | 180       | 647         | 51          | 1083      | 12.23     | *2.60     | *222.9    | 840        | *14.07     | *7         | 27.59     | 69.79    | 27.67     | 5.47      |
| Weighted Daily Average       |              |           | 740         | 55          | 996       | 10.76     | *3.69     | *533.3    | *894       | *46.11     | *48        | 32.21     | 101.72   | 22.42     | 6.29      |
| % of Calories                |              |           |             |             |           |           |           |           |            |            | *26.1%     | 17.4%     | 55.0%    | 27.3%     | 7.6%      |
| Nutrient Guideline           |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <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 - 04/19/2019 |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |
| Lunch 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      |

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# Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Lunch 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| 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     |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <10.00    |

| Mon - 04/22/2019           |          |     |         |    |      |       |       |        |       |         |        |       |        |       |        |
|----------------------------|----------|-----|---------|----|------|-------|-------|--------|-------|---------|--------|-------|--------|-------|--------|
| Lunch 9-12                 | Total    | 850 |         |    |      |       |       |        |       |         |        |       |        |       |        |
| Chicken nuggets            | 5 Pieces | 265 | 240     | 20 | 470  | 3.00  | 1.80  | 40.0   | 100   | 0.0     | 1      | 13.0  | 16.0   | 14.0  | 2.50   |
| Waffle                     | WAFFLES  | 265 | 105     | 0  | 175  | 2.50  | 0.72  | 20.0   | 0     | 0.0     | 3      | 2.0   | 16.5   | 3.5   | 0.50   |
| Syrup maple                | serving  | 265 | 120     | 0  | 45   | 0.00  | 0.00  | 0.0    | *N/A* | *N/A*   | 16     | 0.0   | 31.0   | 0.0   | 0.00   |
| Hot pocket - pepperoni     | 1 EACH   | 200 | 300     | 40 | 680  | 3.00  | 2.70  | 250.0  | *N/A* | *N/A*   | 4      | 18.0  | 32.0   | 11.0  | 5.00   |
| Salad, chopped Romaine     | 2 CUP    | 375 | 92      | 7  | 89   | 1.60  | 0.58  | 16.0   | 4000  | 16.8    | *0     | 1.3   | 2.9    | 8.5   | 1.50   |
| Corn: canned yellow cup    | 1 CUP    | 650 | 120     | 0  | 280  | 4.00  | 0.72  | 0.0    | 0     | 7.2     | 14     | 4.0   | 18.0   | 3.0   | 0.00   |
| Fruit, fresh               | 1 EACH   | 475 | 73      | 0  | 0    | 2.87  | 0.25  | 18.4   | 112   | 36.68   | 14     | 0.82  | 18.17  | 0.39  | 0.01   |
| Fruit, canned              | 1 cup    | 230 | 136     | 0  | 16   | 2.00  | 0.29  | 16.0   | 500   | 15.6    | 30     | 0.8   | 34.4   | 0.0   | 0.00   |
| Milk, chocolate fat free   | 1 CUP    | 700 | 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    | 150 | 110     | 10 | 130  | 0.00  | 0.00  | 300.0  | 500   | 2.4     | 12     | 8.0   | 13.0   | 2.5   | 1.50   |
| Alternate, Pizza Hut Pizza | SLICES   | 275 | 344     | 30 | 666  | 3.49  | 2.32  | 364.7  | 483   | 0.0     | 1      | 24.06 | 32.98  | 13.38 | 5.34   |
| Bar potato high            | SERVINGS | 110 | 496     | 41 | 561  | 11.98 | 12.41 | *471.1 | *3290 | *269.36 | *24    | 17.48 | 68.21  | 18.33 | 5.09   |
| Weighted Daily Average     |          |     | 719     | 40 | 1092 | 11.01 | 4.80  | *578.2 | *3076 | *73.91  | *54    | 31.26 | 100.09 | 21.45 | 5.43   |
| % of Calories              |          |     |         |    |      |       |       |        |       |         | *30.3% | 17.4% | 55.7%  | 26.8% | 6.8%   |
| Nutrient Guideline         |          |     | 750-850 |    | 1420 |       |       |        |       |         |        |       |        |       | <10.00 |

| Tue - 04/23/2019            |          |     |     |    |     |       |       |        |       |         |     |       |       |       |      |
|-----------------------------|----------|-----|-----|----|-----|-------|-------|--------|-------|---------|-----|-------|-------|-------|------|
| Lunch 9-12                  | Total    | 810 |     |    |     |       |       |        |       |         |     |       |       |       |      |
| Nachos with ground beef sec | SERVINGS | 245 | 438 | 51 | 279 | 6.21  | 0.16  | 133.7  | 140   | 1.28    | *2  | 20.01 | 39.91 | 22.01 | 4.96 |
| Joe Cheeser - ham L         | 1 EACH   | 225 | 270 | 55 | 420 | 0.00  | 3.60  | 60.0   | *N/A* | 2.4     | 7   | 19.0  | 30.0  | 8.0   | 1.50 |
| Cheese sauce 1/4 cup        | 1/4 CUP  | 230 | 70  | 0  | 480 | 0.00  | 0.00  | 40.0   | 0     | 0.0     | 3   | 0.0   | 6.0   | 4.5   | 0.50 |
| REFRIED BEANS               | 3/4 cup  | 235 | 180 | 0  | 540 | 7.50  | 2.70  | 60.0   | 0     | 0.0     | 1   | 10.5  | 30.0  | 1.5   | 0.00 |
| Tomatoes, diced             | 2 OZ     | 515 | 12  | 0  | 7   | 0.47  | 0.00  | 0.0    | 47    | 8.43    | 1   | 0.47  | 2.34  | 0.0   | 0.00 |
| Cauliflower, raw: fresh cup | 1 CUP    | 600 | 25  | 0  | 30  | 2.00  | 7.56  | 220.0  | 0     | 289.2   | 2   | 1.92  | 4.97  | 0.28  | 0.00 |
| Fruit, fresh                | 1 EACH   | 450 | 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    | 700 | 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    | 110 | 110 | 10 | 130 | 0.00  | 0.00  | 300.0  | 500   | 2.4     | 12  | 8.0   | 13.0  | 2.5   | 1.50 |
| Alternate, Pizza Hut Pizza  | SLICES   | 265 | 344 | 30 | 666 | 3.49  | 2.32  | 364.7  | 483   | 0.0     | 1   | 24.06 | 32.98 | 13.38 | 5.34 |
| Bar potato high             | SERVINGS | 75  | 496 | 41 | 561 | 11.98 | 12.41 | *471.1 | *3290 | *269.36 | *24 | 17.48 | 68.21 | 18.33 | 5.09 |

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# Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Lunch 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)    |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|----------------|--------------|
| Weighted Daily Average % of Calories |              |           | 623         | 50          | 964       | 9.68      | 9.48      | *722.0    | *1097      | *267.32    | *34<br>*21.6% | 34.04<br>21.9% | 82.23<br>52.8% | 17.43<br>25.2% | 4.49<br>6.5% |
| Nutrient Guideline                   |              |           | 750-850     |             | 1420      |           |           |           |            |            |               |                |                |                | <10.00       |

| Wed - 04/24/2019                     |          |     |         |    |      |       |       |        |       |         |               |                |                |                |              |
|--------------------------------------|----------|-----|---------|----|------|-------|-------|--------|-------|---------|---------------|----------------|----------------|----------------|--------------|
| Lunch 9-12                           | Total    | 850 |         |    |      |       |       |        |       |         |               |                |                |                |              |
| Chili White                          | 1 CUP    | 215 | 256     | 54 | 395  | 6.22  | 2.75  | 136.9  | 154   | 5.8     | *0            | 20.99          | 28.53          | 6.33           | 2.31         |
| Hot dog & bun                        | 1 EACH   | 185 | 310     | 35 | 550  | 3.00  | 2.52  | *20.0  | *N/A* | *N/A*   | 3             | 14.0           | 29.0           | 16.0           | 6.00         |
| Bread, mini garlic toast WGsec       | 2 SLICES | 165 | 0       | 0  | 0    | 0.00  | 0.00  | *N/A*  | *N/A* | *N/A*   | 0             | 0.0            | 0.0            | 0.0            | 0.00         |
| Carrot and celery sticks             | 1 CUP    | 745 | 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   | 525 | 73      | 0  | 0    | 2.87  | 0.25  | 18.4   | 112   | 36.68   | 14            | 0.82           | 18.17          | 0.39           | 0.01         |
| Fruit, canned                        | 1 cup    | 275 | 136     | 0  | 16   | 2.00  | 0.29  | 16.0   | 500   | 15.6    | 30            | 0.8            | 34.4           | 0.0            | 0.00         |
| Chocolate chip cookies               | 1 EACH   | 725 | 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    | 650 | 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    | 200 | 110     | 10 | 130  | 0.00  | 0.00  | 300.0  | 500   | 2.4     | 12            | 8.0            | 13.0           | 2.5            | 1.50         |
| Alternate, Pizza Hut Pizza           | SLICES   | 275 | 344     | 30 | 666  | 3.49  | 2.32  | 364.7  | 483   | 0.0     | 1             | 24.06          | 32.98          | 13.38          | 5.34         |
| Bar potato high                      | SERVINGS | 175 | 496     | 41 | 561  | 11.98 | 12.41 | *471.1 | *3290 | *269.36 | *24           | 17.48          | 68.21          | 18.33          | 5.09         |
| Weighted Daily Average % of Calories |          |     | 689     | 56 | 816  | 10.66 | 8.75  | *954.0 | *4475 | *95.59  | *47<br>*27.5% | 30.63<br>17.8% | 97.28<br>56.4% | 19.95<br>26.0% | 6.72<br>8.8% |
| Nutrient Guideline                   |          |     | 750-850 |    | 1420 |       |       |        |       |         |               |                |                |                | <10.00       |

| Thu - 04/25/2019               |          |     |     |    |     |       |       |        |       |         |     |       |       |       |      |
|--------------------------------|----------|-----|-----|----|-----|-------|-------|--------|-------|---------|-----|-------|-------|-------|------|
| Lunch 9-12                     | Total    | 775 |     |    |     |       |       |        |       |         |     |       |       |       |      |
| Country fried steak            | 1 EACH   | 325 | 330 | 50 | 530 | 3.00  | 1.80  | 20.0   | 0     | 0.0     | 0   | 17.0  | 16.0  | 21.0  | 6.00 |
| Burrito, Beef, bean, green chi | 1 Each   | 90  | 294 | 19 | 414 | 7.92  | 3.60  | 80.0   | 400   | 4.8     | 1   | 16.28 | 39.49 | 9.13  | 2.55 |
| Salsa                          | 1 TBSP   | 75  | 5   | 0  | 175 | 0.00  | *N/A* | *N/A*  | 50    | *N/A*   | 1   | 0.0   | 1.0   | 0.0   | 0.00 |
| POTATO PEARLS LOW SODIUM       | 2/3 CUP  | 325 | 213 | 0  | 293 | 2.67  | 0.96  | 53.3   | 0     | 79.99   | 3   | 5.33  | 45.33 | 2.67  | 0.00 |
| Gravy, chicken dehydr & WA.50c | 1/2 CUP  | 325 | 33  | 0  | 524 | 0.00  | 0.00  | 3.6    | 0     | 0.0     | *2  | 0.0   | 6.5   | 2.17  | 0.00 |
| Broccoli,raw: fresh cup        | 1 CUP    | 600 | 50  | 0  | 40  | 4.00  | 0.72  | 40.0   | 2000  | 60.0    | 2   | 4.0   | 8.0   | 0.0   | 0.00 |
| Beets, pickled                 | 1/2 cup  | 200 | 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   | 375 | 73  | 0  | 0   | 2.87  | 0.25  | 18.4   | 112   | 36.68   | 14  | 0.82  | 18.17 | 0.39  | 0.01 |
| Fruit, canned                  | 1 cup    | 175 | 136 | 0  | 16  | 2.00  | 0.29  | 16.0   | 500   | 15.6    | 30  | 0.8   | 34.4  | 0.0   | 0.00 |
| Dinner roll 100 % wheat 2      | 2 EACH   | 325 | 140 | 0  | 180 | 2.00  | 0.00  | 40.0   | 0     | 0.0     | 2   | 6.0   | 24.0  | 1.0   | 0.00 |
| Milk, chocolate fat free       | 1 CUP    | 600 | 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    | 175 | 110 | 10 | 130 | 0.00  | 0.00  | 300.0  | 500   | 2.4     | 12  | 8.0   | 13.0  | 2.5   | 1.50 |
| Alternate, Pizza Hut Pizza     | SLICES   | 250 | 344 | 30 | 666 | 3.49  | 2.32  | 364.7  | 483   | 0.0     | 1   | 24.06 | 32.98 | 13.38 | 5.34 |
| Bar potato high                | SERVINGS | 110 | 496 | 41 | 561 | 11.98 | 12.41 | *471.1 | *3290 | *269.36 | *24 | 17.48 | 68.21 | 18.33 | 5.09 |

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Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Lunch 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average |              |           | 755         | 45          | 1247      | 11.90     | *4.83     | *586.3    | *2890      | *141.53    | *42        | 35.69     | 107.89   | 19.98     | 5.60      |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *22.1%     | 18.9%     | 57.2%    | 23.8%     | 6.7%      |
| Nutrient Guideline     |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <10.00    |

| Fri - 04/26/2019               |          |     |         |    |      |       |       |        |       |         |        |       |       |       |        |
|--------------------------------|----------|-----|---------|----|------|-------|-------|--------|-------|---------|--------|-------|-------|-------|--------|
| Lunch 9-12                     | Total    | 775 |         |    |      |       |       |        |       |         |        |       |       |       |        |
| Chicken fajita tortilla sec    | SERVING  | 245 | 322     | 84 | 936  | 4.00  | *1.44 | *80.0  | *0    | *0.0    | 2      | 25.5  | 32.5  | 10.0  | 5.00   |
| Sandwich, Grilled Cheese - sec | 1 EACH   | 225 | 310     | 30 | 856  | 4.00  | 2.00  | 445.0  | 447   | 0.0     | *4     | 20.17 | 32.05 | 15.07 | 7.25   |
| Tomato Soup                    | 1 cup    | 225 | 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    | 710 | 92      | 7  | 89   | 1.60  | 0.58  | 16.0   | 4000  | 16.8    | *0     | 1.3   | 2.9   | 8.5   | 1.50   |
| Vegetable fajita blend         | .75 CUP  | 225 | 30      | 0  | 10   | 1.00  | 0.00  | 0.0    | 0     | 9.0     | 4      | 0.0   | 4.0   | 0.0   | 0.00   |
| Fruit, canned                  | 1/2 CUP  | 225 | 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   | 515 | 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    | 600 | 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    | 175 | 110     | 10 | 130  | 0.00  | 0.00  | 300.0  | 500   | 2.4     | 12     | 8.0   | 13.0  | 2.5   | 1.50   |
| Alternate, Pizza Hut Pizza     | SLICES   | 215 | 344     | 30 | 666  | 3.49  | 2.32  | 364.7  | 483   | 0.0     | 1      | 24.06 | 32.98 | 13.38 | 5.34   |
| Bar potato high                | SERVINGS | 90  | 496     | 41 | 561  | 11.98 | 12.41 | *471.1 | *3290 | *269.36 | *24    | 17.48 | 68.21 | 18.33 | 5.09   |
| Weighted Daily Average         |          |     | 647     | 61 | 1170 | 9.03  | *3.96 | *640.6 | *5074 | *79.14  | *40    | 32.76 | 80.60 | 22.27 | 7.63   |
| % of Calories                  |          |     |         |    |      |       |       |        |       |         | *24.5% | 20.3% | 49.8% | 31.0% | 10.6%  |
| Nutrient Guideline             |          |     | 750-850 |    | 1420 |       |       |        |       |         |        |       |       |       | <10.00 |

| Mon - 04/29/2019           |          |      |     |    |     |      |       |       |       |       |     |       |       |       |       |
|----------------------------|----------|------|-----|----|-----|------|-------|-------|-------|-------|-----|-------|-------|-------|-------|
| Lunch 9-12                 | Total    | 2000 |     |    |     |      |       |       |       |       |     |       |       |       |       |
| Meatball sub - sec         | 1 each   | 600  | 520 | 52 | 835 | 5.00 | 23.40 | 410.0 | *2095 | *29.4 | 9   | 23.5  | 41.5  | 30.0  | 11.75 |
| Bread stick mozzarella     | 2 Sticks | 1000 | 320 | 20 | 680 | 2.00 | 1.44  | 200.0 | *N/A* | *N/A* | 2   | 14.0  | 32.0  | 14.0  | 5.00  |
| Spaghetti sauce low sodium | 1/4 CUP  | 1600 | 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    | 1800 | 92  | 7  | 89  | 1.60 | 0.58  | 16.0  | 4000  | 16.8  | *0  | 1.3   | 2.9   | 8.5   | 1.50  |
| Carrots, baby cup          | 1 CUP    | 1800 | 50  | 0  | 110 | 4.00 | 1.44  | 40.0  | 19000 | 4.8   | 6   | 0.0   | 12.0  | 0.0   | 0.00  |
| Fruit, fresh               | 1 EACH   | 1800 | 73  | 0  | 0   | 2.87 | 0.25  | 18.4  | 112   | 36.68 | 14  | 0.82  | 18.17 | 0.39  | 0.01  |
| Fruit, canned              | 1 cup    | 1800 | 136 | 0  | 16  | 2.00 | 0.29  | 16.0  | 500   | 15.6  | 30  | 0.8   | 34.4  | 0.0   | 0.00  |
| Milk, chocolate fat free   | 1 CUP    | 1200 | 120 | 5  | 180 | 0.00 | 0.00  | 300.0 | 500   | 1.2   | 18  | 8.0   | 20.0  | 0.0   | 0.00  |
| Milk, white 1%             | 1 CUP    | 800  | 110 | 10 | 130 | 0.00 | 0.00  | 300.0 | 500   | 2.4   | 12  | 8.0   | 13.0  | 2.5   | 1.50  |
| Bar breakfast              | SERVING  | 200  | 551 | 59 | 717 | 2.57 | 2.71  | 61.1  | *194  | *7.34 | *23 | 10.49 | 65.83 | 24.13 | 7.78  |
| Alternate, Pizza Hut Pizza | SLICES   | 200  | 344 | 30 | 666 | 3.49 | 2.32  | 364.7 | 483   | 0.0   | 1   | 24.06 | 32.98 | 13.38 | 5.34  |

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

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# Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Lunch 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average |              |           | 870         | 48          | 1133      | 12.93     | 18.61     | 747.0     | *23285     | *89.49     | *69        | 28.53     | 120.25   | 30.35     | 9.70      |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *31.7%     | 13.1%     | 55.3%    | 31.4%     | 10.0%     |
| Nutrient Guideline     |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <10.00    |

| Tue - 04/30/2019           |         |      |         |    |      |       |      |       |       |        |        |       |        |       |        |
|----------------------------|---------|------|---------|----|------|-------|------|-------|-------|--------|--------|-------|--------|-------|--------|
| Lunch 9-12                 | Total   | 2000 |         |    |      |       |      |       |       |        |        |       |        |       |        |
| BBQ pork rib on wheat bun  | 1 EACH  | 900  | 300     | 30 | 580  | 4.00  | 3.08 | 71.0  | *100  | *1.2   | 7      | 19.0  | 35.0   | 11.5  | 3.50   |
| Soft shell taco sec        | 2 EACH  | 600  | 333     | 54 | 491  | 4.14  | 3.27 | 159.3 | 185   | 1.28   | *0     | 20.28 | 31.58  | 13.68 | 5.14   |
| REFRIED BEANS              | 3/4 cup | 600  | 180     | 0  | 540  | 7.50  | 2.70 | 60.0  | 0     | 0.0    | 1      | 10.5  | 30.0   | 1.5   | 0.00   |
| Corn: canned yellow cup    | 1 CUP   | 1900 | 120     | 0  | 280  | 4.00  | 0.72 | 0.0   | 0     | 7.2    | 14     | 4.0   | 18.0   | 3.0   | 0.00   |
| Fruit, canned              | 1 cup   | 1800 | 136     | 0  | 16   | 2.00  | 0.29 | 16.0  | 500   | 15.6   | 30     | 0.8   | 34.4   | 0.0   | 0.00   |
| Tomatoes, diced            | 2 OZ    | 1500 | 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   | 1200 | 120     | 5  | 180  | 0.00  | 0.00 | 300.0 | 500   | 1.2    | 18     | 8.0   | 20.0   | 0.0   | 0.00   |
| Milk, white 1%             | 1 CUP   | 800  | 110     | 10 | 130  | 0.00  | 0.00 | 300.0 | 500   | 2.4    | 12     | 8.0   | 13.0   | 2.5   | 1.50   |
| Alternate, Pizza Hut Pizza | SLICES  | 200  | 344     | 30 | 666  | 3.49  | 2.32 | 364.7 | 483   | 0.0    | 1      | 24.06 | 32.98  | 13.38 | 5.34   |
| Bar breakfast              | SERVING | 300  | 551     | 59 | 717  | 2.57  | 2.71 | 61.1  | *194  | *7.34  | *23    | 10.49 | 65.83  | 24.13 | 7.78   |
| Weighted Daily Average     |         |      | 767     | 49 | 1190 | 11.98 | 4.76 | 457.8 | *1163 | *30.91 | *64    | 34.63 | 114.41 | 18.54 | 5.42   |
| % of Calories              |         |      |         |    |      |       |      |       |       |        | *33.3% | 18.1% | 59.6%  | 21.7% | 6.4%   |
| Nutrient Guideline         |         |      | 750-850 |    | 1420 |       |      |       |       |        |        |       |        |       | <10.00 |

|                  |  |  |     |    |      |       |       |        |       |         |        |       |        |       |      |
|------------------|--|--|-----|----|------|-------|-------|--------|-------|---------|--------|-------|--------|-------|------|
| Weighted Average |  |  | 762 | 50 | 1088 | 11.81 | *6.46 | *643.4 | *5253 | *103.24 | *54    | 33.21 | 107.76 | 22.14 | 6.41 |
|                  |  |  |     |    |      |       |       |        |       |         | *64.2% | 17.4% | 56.6%  | 26.2% | 7.6% |

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# Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Lunch 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          | 762      |              | 750 - 850     | 100%        |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Cholesterol (mg)  | 50       |              |               |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Sodium 1 (mg)     | 1088     |              | 1420          |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Sodium 2 (mg)     | 1088     |              | 1080          |             |             |           |           |                         | 8          | Correction Required - Sodium too High |            |            |           |          |           |           |
| Fiber (g)         | 11.81    |              |               |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Iron (mg)         | 6.46     |              |               |             |             | Missing   |           |                         |            |                                       |            |            |           |          |           |           |
| Calcium (mg)      | 643.4    |              |               |             |             | Missing   |           |                         |            |                                       |            |            |           |          |           |           |
| Vitamin A (IU)    | 5253     |              |               |             |             | Missing   |           |                         |            |                                       |            |            |           |          |           |           |
| Sugars (g)        | 54       | 28.52%       |               |             |             | Missing   |           |                         |            |                                       |            |            |           |          |           |           |
| Vitamin C (mg)    | 103.24   |              |               |             |             | Missing   |           |                         |            |                                       |            |            |           |          |           |           |
| Protein (g)       | 33.21    | 17.44%       |               |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Carbohydrate (g)  | 107.76   | 56.57%       |               |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Total Fat (g)     | 22.14    | 26.16%       |               |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |
| Saturated Fat (g) | 6.41     | 7.58%        | <10.00%       |             |             |           |           |                         |            |                                       |            |            |           |          |           |           |

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