

Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/01/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Chicken nuggets	5 Pieces	1500	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	1500	105	0	175	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	serving	2000	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Salad, chopped Romaine	2 CUP	3000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Corn: canned, yellow .75 cup	3/4 CUP	2000	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			741	38	1024	9.85	3.39	582.2	*4111	*50.23	*54	32.05	101.67	23.47	6.05
% of Calories											*29.0%	17.3%	54.9%	28.5%	7.3%
Nutrient Guideline			550-650		1230										<10.00

Tue - 04/02/2019															
Alternate pizza	Total	8000													
Alternate, Pizza Hut Pizza	SLICES	3500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Joe Cheeser - ham L	1 EACH	500	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
REFRIED BEANS	3/4 cup	1500	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	0.00
Cauliflower,raw: fresh.75cup	.75 CUP	2000	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			317	20	510	4.76	3.31	375.7	*597	71.84	20	18.50	45.07	7.21	2.66
% of Calories											25.7%	23.3%	56.9%	20.5%	7.5%
Nutrient Guideline			550-650		1230										<10.00

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

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/03/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Hot dog & bun	1 EACH	1800	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Carrot and celery sticks	1 CUP	3000	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Chocolate chip cookies	1 EACH	4000	133	13	39	0.85	2.60	213.0	118	0.0	*5	1.58	16.65	6.86	1.98
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			704	52	874	8.47	6.80	*915.1	*3526	*43.03	*47	30.69	95.80	22.53	8.08
% of Calories											*26.5%	17.4%	54.4%	28.8%	10.3%
Nutrient Guideline			550-650		1230										<10.00

	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 - 04/04/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Burrito beef/bean gre chile WG	1 EACH	1000	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	1 TBSP	1000	5	0	175	0.00	*N/A*	*N/A*	50	*N/A*	1	0.0	1.0	0.0	0.00
Broccoli,raw: fresh .75	.75 CUP	3000	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Beets, pickled	1/2 cup	3000	62	0	171	0.00	0.00	0.0	*N/A*	*N/A*	12	0.0	12.43	0.0	0.00
Fruit, fresh	1 EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			661	35	980	9.38	*2.83	*643.1	*2385	*73.56	52	33.31	95.51	14.87	6.21
% of Calories											31.3%	20.2%	57.8%	20.3%	8.5%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/05/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Sandwich, Grilled Cheese - el	1 EACH	1000	155	15	428	2.00	1.00	222.5	223	0.0	*2	10.09	16.03	7.53	3.63
Tomato Soup	1 cup	1000	80	0	414	1.00	0.36	3.6	400	6.0	*10	1.0	16.0	1.0	0.50
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Cucumbers, sliced	1/2 cup	3000	8	0	1	0.00	0.00	10.0	50	0.0	0	0.0	2.0	0.0	0.00
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			634	39	961	7.80	2.90	672.3	4858	52.10	*44	30.92	83.36	20.65	6.81
% of Calories											*27.6%	19.5%	52.6%	29.3%	9.7%
Nutrient Guideline			550-650		1230										<10.00

Mon - 04/08/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Meatball Sub	1 each	500	433	37	695	4.67	22.92	396.7	*2095	*29.4	9	19.5	40.17	22.67	8.75
Spaghetti sauce low sodium	1/4 CUP	4000	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Carrots, baby 3/4 cup	.75 CUP	2500	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			600	36	864	8.47	15.77	748.5	*14698	*59.13	*39	27.72	74.38	21.58	6.70
% of Calories											*25.7%	18.5%	49.6%	32.3%	10.0%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/09/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Soft shell taco el	EACH	1500	176	29	271	2.07	1.64	111.7	115	0.64	*0	10.34	15.86	7.8	2.99
Refried beans	1/2 CUP	1500	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Corn: canned, yellow .75 cup	3/4 CUP	3000	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Tomatoes, diced	2 OZ	3000	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			579	36	988	8.31	3.27	591.8	1099	19.01	*39	32.50	78.92	14.11	4.91
% of Calories											*27.1%	22.5%	54.5%	21.9%	7.6%
Nutrient Guideline			550-650		1230										<10.00

Wed - 04/10/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Hot dog & bun	1 EACH	1000	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Carrot and celery sticks	1 CUP	3000	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			587	38	858	8.07	4.18	*773.3	*3518	*47.62	43	31.23	82.21	15.19	5.96
% of Calories											29.1%	21.3%	56.0%	23.3%	9.1%
Nutrient Guideline			550-650		1230										<10.00

Thu - 04/11/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Cheeseburger/wheat bun 1.60oz	1 EACH	1000	315	53	425	3.00	3.08	31.0	*0	*0.0	2	19.5	28.0	14.0	6.00
Cherry tomatoes	3/4 cup	3000	19	0	4	1.50	0.27	15.0	937	13.5	3	0.75	4.5	0.0	0.00
Salad, chopped Romaine	2 CUP	3000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 5

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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			642	48	846	8.60	3.44	624.3	*4837	*57.65	*42 *26.0%	33.37 20.8%	81.71 50.9%	20.95 29.4%	7.09 9.9%
Nutrient Guideline			550-650		1230										<10.00

Fri - 04/12/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Chicken nuggets	5 Pieces	1000	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Coleslaw	.25 cup	2000	85	5	85	1.00	0.18	20.1	*N/A*	*N/A*	7	0.5	8.02	6.02	1.25
Broccoli,raw: fresh .75	.75 CUP	2500	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Dinner roll 100 % wheat	1 EACH	4000	70	0	90	1.00	0.00	20.0	0	0.0	1	3.0	12.0	0.5	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average % of Calories			677	36	939	9.65	2.91	652.1	*2096	*63.05	44 26.0%	35.33 20.9%	92.92 54.9%	18.08 24.1%	5.71 7.6%
Nutrient Guideline			550-650		1230										<10.00

Mon - 04/15/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Macaroni & cheese whole grain	3/4 CUP	1000	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
Sweet pot chopwedg & sauc el	.75 cup	800	340	0	300	6.22	0.90	42.7	*1499	*0.64	32	1.56	49.33	17.56	1.86
Salad, chopped Romaine	2 CUP	3000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Bread stick whole wheat	1 EACH	2800	90	0	120	1.00	0.72	20.0	*N/A*	*N/A*	3	3.0	14.0	2.5	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average % of Calories			751	44	1043	9.17	3.15	720.6	*4557	*47.90	*49 *26.3%	34.09 18.2%	98.75 52.6%	25.46 30.5%	7.58 9.1%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 6

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/16/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Pork patties sandwich	1 EACH	1000	412	40	574	5.00	4.08	71.4	*0	*0.0	*3	23.0	39.17	19.2	4.73
Carrot coins	3/4 cup	3000	38	0	63	2.60	0.27	30.0	15286	5.4	4	0.85	8.77	0.22	0.00
Green beans: canned,cooked	.75 cup	2000	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			614	39	967	9.63	3.22	630.1	*12601	*30.78	*42	33.94	85.39	15.94	5.64
% of Calories											*27.2%	22.1%	55.6%	23.4%	8.3%
Nutrient Guideline			550-650		1230										<10.00

Wed - 04/17/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Chicken patty/whole grain bun	1 EACH	1000	380	25	650	6.00	3.80	71.0	*N/A*	*N/A*	3	21.0	42.0	14.5	2.50
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Broccoli,raw: fresh .75	.75 CUP	2500	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			680	42	930	10.30	3.83	643.8	*5571	*77.75	*41	35.22	85.95	22.14	6.40
% of Calories											*23.9%	20.7%	50.6%	29.3%	8.5%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Alternate pizza

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 - 04/18/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Joe Cheeser - ham L	1 EACH	1000	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
Strawberries frozen el	1/4 CUP	2500	45	0	0	1.50	0.00	0.0	0	0.0	9	0.0	11.5	0.0	0.00
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	3000	68	0	104	3.37	0.81	22.5	*N/A*	*N/A*	4	3.37	13.5	0.0	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			627	43	853	8.99	3.54	625.2	*1134	*35.52	49	34.24	93.97	13.07	4.84
% of Calories											31.2%	21.8%	60.0%	18.8%	6.9%
Nutrient Guideline			550-650		1230										<10.00

Fri - 04/19/2019															
Alternate pizza	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

Mon - 04/22/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Chicken nuggets	5 Pieces	1500	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	1500	105	0	175	2.50	0.72	20.0	0	0.0	3	2.0	16.5	3.5	0.50
Syrup maple	servng	2000	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Salad, chopped Romaine	2 CUP	3000	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Corn: canned, yellow .75 cup	3/4 CUP	2000	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Alternate pizza

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)
Weighted Daily Average % of Calories			741	38	1024	9.85	3.39	582.2	*4111	*50.23	*54 *29.0%	32.05 17.3%	101.67 54.9%	23.47 28.5%	6.05 7.3%
Nutrient Guideline			550-650		1230										<10.00

Tue - 04/23/2019															
Alternate pizza	Total	8000													
Alternate, Pizza Hut Pizza	SLICES	3500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Joe Cheeser - ham L	1 EACH	500	270	55	420	0.00	3.60	60.0	*N/A*	2.4	7	19.0	30.0	8.0	1.50
REFRIED BEANS	3/4 cup	1500	180	0	540	7.50	2.70	60.0	0	0.0	1	10.5	30.0	1.5	0.00
Cauliflower,raw: fresh.75cup	.75 CUP	2000	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average % of Calories			317	20	510	4.76	3.31	375.7	*597	71.84	20 25.7%	18.50 23.3%	45.07 56.9%	7.21 20.5%	2.66 7.5%
Nutrient Guideline			550-650		1230										<10.00

Wed - 04/24/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2200	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Hot dog & bun	1 EACH	1800	310	35	550	3.00	2.52	*20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Carrot and celery sticks	1 CUP	3000	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Chocolate chip cookies	1 EACH	4000	133	13	39	0.85	2.60	213.0	118	0.0	*5	1.58	16.65	6.86	1.98
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average % of Calories			704	52	874	8.47	6.80	*915.1	*3526	*43.03	*47 *26.5%	30.69 17.4%	95.80 54.4%	22.53 28.8%	8.08 10.3%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/25/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Burrito beef/bean gre chile WG	1 EACH	1000	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	1 TBSP	1000	5	0	175	0.00	*N/A*	*N/A*	50	*N/A*	1	0.0	1.0	0.0	0.00
Broccoli,raw: fresh .75	.75 CUP	3000	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Beets, pickled	1/2 cup	3000	62	0	171	0.00	0.00	0.0	*N/A*	*N/A*	12	0.0	12.43	0.0	0.00
Fruit, fresh	1 EACH	3500	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	3000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			661	35	980	9.38	*2.83	*643.1	*2385	*73.56	52	33.31	95.51	14.87	6.21
% of Calories											31.3%	20.2%	57.8%	20.3%	8.5%
Nutrient Guideline			550-650		1230										<10.00

Fri - 04/26/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	3000	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Sandwich, Grilled Cheese - el	1 EACH	1000	155	15	428	2.00	1.00	222.5	223	0.0	*2	10.09	16.03	7.53	3.63
Tomato Soup	1 cup	1000	80	0	414	1.00	0.36	3.6	400	6.0	*10	1.0	16.0	1.0	0.50
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Cucumbers, sliced	1/2 cup	3000	8	0	1	0.00	0.00	10.0	50	0.0	0	0.0	2.0	0.0	0.00
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Fruit, fresh	1 EACH	3000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			634	39	961	7.80	2.90	672.3	4858	52.10	*44	30.92	83.36	20.65	6.81
% of Calories											*27.6%	19.5%	52.6%	29.3%	9.7%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Alternate pizza

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)
Mon - 04/29/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Meatball Sub	1 each	500	433	37	695	4.67	22.92	396.7	*2095	*29.4	9	19.5	40.17	22.67	8.75
Spaghetti sauce low sodium	1/4 CUP	4000	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Salad, chopped Romaine	2 CUP	3500	92	7	89	1.60	0.58	16.0	4000	16.8	*0	1.3	2.9	8.5	1.50
Carrots, baby 3/4 cup	.75 CUP	2500	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	0.00
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	14	0.82	18.17	0.39	0.01
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			600	36	864	8.47	15.77	748.5	*14698	*59.13	*39	27.72	74.38	21.58	6.70
% of Calories											*25.7%	18.5%	49.6%	32.3%	10.0%
Nutrient Guideline			550-650		1230										<10.00

Tue - 04/30/2019															
Alternate pizza	Total	4000													
Alternate, Pizza Hut Pizza	SLICES	2500	344	30	666	3.49	2.32	364.7	483	0.0	1	24.06	32.98	13.38	5.34
Soft shell taco el	EACH	1500	176	29	271	2.07	1.64	111.7	115	0.64	*0	10.34	15.86	7.8	2.99
Refried beans	1/2 CUP	1500	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Corn: canned, yellow .75 cup	3/4 CUP	3000	90	0	211	3.01	0.54	0.0	0	5.41	11	3.01	13.54	2.26	0.00
Fruit, canned	1/2 CUP	3500	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Tomatoes, diced	2 OZ	3000	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Weighted Daily Average			579	36	988	8.31	3.27	591.8	1099	19.01	*39	32.50	78.92	14.11	4.91
% of Calories											*27.1%	22.5%	54.5%	21.9%	7.6%
Nutrient Guideline			550-650		1230										<10.00

Weighted Average			622	38	897	8.50	*4.80	*653.7	*4613	*52.29	*43	30.90	84.30	18.08	6.00
											*61.9%	19.9%	54.3%	26.2%	8.7%

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Natrona County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	622		550 - 650	100%												
Cholesterol (mg)	38															
Sodium 1 (mg)	897		1230													
Sodium 2 (mg)	897		935													
Fiber (g)	8.50															
Iron (mg)	4.80				Missing											
Calcium (mg)	653.7				Missing											
Vitamin A (IU)	4613				Missing											
Sugars (g)	43	27.50%			Missing											
Vitamin C (mg)	52.29				Missing											
Protein (g)	30.90	19.88%														
Carbohydrate (g)	84.30	54.25%														
Total Fat (g)	18.08	26.18%														
Saturated Fat (g)	6.00	8.69%	<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.