

Natrona County School District

May 1, 2019 thru Jun 7, 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 - 05/01/2019															
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

Thu - 05/02/2019															
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

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Natrona County School District

May 1, 2019 thru Jun 7, 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 - 05/03/2019															
Lunch 9-12	Total	700													
Salisbury steak	1 EACH	140	157	43	312	1.00	2.00	36.0	30	1.0	1	14.0	5.0	9.0	3.40
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			752	40	1244	10.83	3.45	544.1	*2467	*120.70	*46	33.86	114.28	18.04	4.70
% of Calories											*24.6%	18.0%	60.8%	21.6%	5.6%
Nutrient Guideline			750-850		1420										<10.00

Mon - 05/06/2019															
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

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May 1, 2019 thru Jun 7, 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)
Tue - 05/07/2019															
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

	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 - 05/08/2019															
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

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Natrona County School District

May 1, 2019 thru Jun 7, 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)
Thu - 05/09/2019															
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

Fri - 05/10/2019															
Lunch 9-12	Total	725													
Chicken Mandarin orange- Asian	2.50 oz	245	174	46	336	0.00	0.00	0.0	0	0.0	17	12.0	21.0	4.0	2.00
Corn dog - whole grain	1 EACH	145	240	40	390	5.00	1.80	80.0	*N/A*	*N/A*	5	9.0	30.0	8.0	2.50
Rice, brown	1 CUP	190	160	0	0	1.00	0.72	0.0	0	0.0	0	4.0	35.0	1.5	0.00
Baked Beans - sec	1 cup	430	280	0	740	10.00	3.60	80.0	*N/A*	*N/A*	24	10.0	60.0	0.0	0.00
Baby Corn - Sec	1 cup	235	65	0	324	3.24	1.17	32.4	324	0.0	2	4.86	6.48	0.0	0.00
Fruit, canned	1 cup	215	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	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	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	135	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			785	49	1334	14.74	*4.46	*520.2	*1149	*33.95	*58	35.27	126.25	14.15	3.95
% of Calories											*29.8%	18.0%	64.4%	16.2%	4.5%
Nutrient Guideline			750-850		1420										<10.00

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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)
Mon - 05/13/2019															
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 - 05/14/2019															
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
Weighted Daily Average			623	50	964	9.68	9.48	*722.0	*1097	*267.32	*34	34.04	82.23	17.43	4.49
% of Calories											*21.6%	21.9%	52.8%	25.2%	6.5%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

May 1, 2019 thru Jun 7, 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)
Wed - 05/15/2019															
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			689	56	816	10.66	8.75	*954.0	*4475	*95.59	*47	30.63	97.28	19.95	6.72
% of Calories											*27.5%	17.8%	56.4%	26.0%	8.8%
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 - 05/16/2019															
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
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

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Natrona County School District

May 1, 2019 thru Jun 7, 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 - 05/17/2019															
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 - 05/20/2019															
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
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

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Natrona County School District

May 1, 2019 thru Jun 7, 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)
Tue - 05/21/2019															
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

Wed - 05/22/2019															
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

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Natrona County School District

May 1, 2019 thru Jun 7, 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)
Thu - 05/23/2019															
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

Fri - 05/24/2019															
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

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Natrona County School District

May 1, 2019 thru Jun 7, 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)
Mon - 05/27/2019															
Lunch 9-12	Total	875													
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			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)
Tue - 05/28/2019															
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

	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 - 05/29/2019															
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

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Natrona County School District

May 1, 2019 thru Jun 7, 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			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

Thu - 05/30/2019															
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

Fri - 05/31/2019															
Lunch 9-12	Total	725													
Chicken Mandarin orange- Asian	2.50 oz	245	174	46	336	0.00	0.00	0.0	0	0.0	17	12.0	21.0	4.0	2.00
Corn dog - whole grain	1 EACH	145	240	40	390	5.00	1.80	80.0	*N/A*	*N/A*	5	9.0	30.0	8.0	2.50
Rice, brown	1 CUP	190	160	0	0	1.00	0.72	0.0	0	0.0	0	4.0	35.0	1.5	0.00
Baked Beans - sec	1 cup	430	280	0	740	10.00	3.60	80.0	*N/A*	*N/A*	24	10.0	60.0	0.0	0.00
Baby Corn - Sec	1 cup	235	65	0	324	3.24	1.17	32.4	324	0.0	2	4.86	6.48	0.0	0.00
Fruit, canned	1 cup	215	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	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	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	135	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

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Natrona County School District

May 1, 2019 thru Jun 7, 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			785	49	1334	14.74	*4.46	*520.2	*1149	*33.95	*58 *29.8%	35.27 18.0%	126.25 64.4%	14.15 16.2%	3.95 4.5%
Nutrient Guideline			750-850		1420										<10.00

Mon - 06/03/2019															
Lunch 9-12	Total	1													
MANAGER'S SPECIAL	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00

Tue - 06/04/2019															
Lunch 9-12	Total	1													
MANAGER'S SPECIAL	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00

Wed - 06/05/2019															
Lunch 9-12	Total	1													
MANAGER'S SPECIAL	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00

Thu - 06/06/2019															
Lunch 9-12	Total	1													
MANAGER'S SPECIAL	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

May 1, 2019 thru Jun 7, 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 - 06/07/2019															
Lunch 9-12	Total	1													
MANAGER'S SPECIAL	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			750-850		1420										<10.00

Weighted Average			763	50	1089	12.02	*5.28	*595.9	*5001	*80.87	*54 *63.8%	33.21 17.4%	109.02 57.2%	21.51 25.4%	6.12 7.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	763		750 - 850	100%				
Cholesterol (mg)	50							
Sodium 1 (mg)	1089		1420					
Sodium 2 (mg)	1089		1080				9	Correction Required - Sodium too High
Fiber (g)	12.02							
Iron (mg)	5.28				Missing			
Calcium (mg)	595.9				Missing			
Vitamin A (IU)	5001				Missing			
Sugars (g)	54	28.34%			Missing			
Vitamin C (mg)	80.87				Missing			
Protein (g)	33.21	17.41%						
Carbohydrate (g)	109.02	57.15%						
Total Fat (g)	21.51	25.37%						
Saturated Fat (g)	6.12	7.22%	<10.00%					

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