

Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST K-5

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 - 09/03/2019															
BREAKFAST K-5	Total	1700													
Sausage & egg muffin	1 EACH	1000	374	147	515	1.00	2.16	109.5	*0	*0.0	*1	12.69	28.46	23.53	7.23
Cereal assorted, WG toast	BOWL	700	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1700	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	1500	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1000	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			521	99	532	4.41	2.97	456.6	*645	*58.62	*46	17.06	75.72	17.36	5.85
% of Calories											*35.3%	13.1%	58.2%	30.0%	10.1%
Nutrient Guideline			350-500		540										<10.00

Wed - 09/04/2019															
BREAKFAST K-5	Total	1800													
Donut long john WG	1 EACH	1700	337	0	348	3.28	1.58	13.8	*N/A*	*N/A*	25	5.0	50.44	13.0	6.00
Cereal assorted, WG toast	BOWL	100	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
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
Fruit juice assorted	.50 CUP	1280	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	400	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			639	14	526	5.22	1.97	353.4	*1004	*31.88	81	13.63	112.96	14.86	7.18
% of Calories											50.7%	8.5%	70.7%	20.9%	10.1%
Nutrient Guideline			350-500		540										<10.00

Thu - 09/05/2019															
BREAKFAST K-5	Total	1700													
Eggo Mini Pancakes	Pouch	1100	210	10	320	4.01	3.60	60.1	*N/A*	*N/A*	11	4.01	35.04	6.01	1.00
Cereal assorted, WG toast	BOWL	600	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1700	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	1200	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1000	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			420	19	426	6.28	3.83	412.1	*641	*54.70	49	12.08	77.48	7.32	2.23
% of Calories											47.0%	11.5%	73.9%	15.7%	4.8%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST K-5

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 - 09/06/2019															
BREAKFAST K-5	Total	1700													
Breakfast pizza	3.3 oz	1200	210	15	350	3.00	1.80	150.0	*N/A*	0.0	5	9.0	27.0	7.0	2.00
Cereal assorted, WG toast	BOWL	500	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1700	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	1400	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1100	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			435	24	460	5.67	2.56	481.8	*636	*56.71	47	15.73	74.71	8.28	2.98
% of Calories											43.6%	14.5%	68.8%	17.2%	6.2%
Nutrient Guideline			350-500		540										<10.00

Mon - 09/09/2019															
BREAKFAST K-5	Total	1600													
Calzone, country breakfast	1 each	1250	290	70	480	5.00	1.44	300.0	750	0.0	0	21.0	24.0	11.0	6.00
Cereal assorted, WG toast	BOWL	350	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1600	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	1300	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	300	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1300	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			509	69	585	7.28	2.15	595.6	*1216	*55.87	44	25.64	73.58	11.82	6.24
% of Calories											34.9%	20.1%	57.8%	20.9%	11.0%
Nutrient Guideline			350-500		540										<10.00

Tue - 09/10/2019															
BREAKFAST K-5	Total	1800													
Donut, jelly filled	1 Each	1000	306	*0	255	1.50	1.50	10.0	*N/A*	*N/A*	21	4.0	46.75	12.0	5.00
Cereal assorted, WG toast	BOWL	800	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
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 juice assorted	.50 CUP	1300	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	850	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	950	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			462	*13	372	4.73	2.65	389.8	*648	*55.60	54	11.88	82.81	10.24	4.38
% of Calories											47.0%	10.3%	71.6%	19.9%	8.5%
Nutrient Guideline			350-500		540										<10.00

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST K-5

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 - 09/11/2019															
BREAKFAST K-5	Total	1800													
Omelet, colby cheese wrap	1 EACH	1200	190	195	325	2.00	1.38	124.1	*0	*0.0	0	10.0	16.0	9.5	3.50
Cereal assorted, WG toast	BOWL	600	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, canned	1 cup	1700	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	1350	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1100	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			467	143	449	3.99	2.37	453.8	*999	*33.51	57	16.05	80.17	9.35	3.90
% of Calories											48.8%	13.7%	68.6%	18.0%	7.5%
Nutrient Guideline			350-500		540										<10.00

Thu - 09/12/2019															
BREAKFAST K-5	Total	1700													
Bagel wheat 1/2	1/2 BAGEL	1100	70	0	80	2.00	0.90	20.0	0	0.0	2	3.0	14.0	0.5	0.00
Cream cheese 1 oz	1 OZ	950	100	30	100	0.00	0.18	20.0	200	0.0	1	2.0	2.0	9.0	6.00
Cereal assorted, WG toast	BOWL	600	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1700	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	1200	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1000	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			385	30	327	4.98	2.18	397.4	*752	*54.70	44	12.55	64.98	8.79	4.94
% of Calories											45.8%	13.0%	67.6%	20.6%	11.5%
Nutrient Guideline			350-500		540										<10.00

Fri - 09/13/2019															
BREAKFAST K-5	Total	1700													
Eggo Mini French Toast	POUCH	1100	210	0	260	4.01	3.60	200.2	*N/A*	*N/A*	11	5.01	35.04	6.01	1.50
Cereal assorted, WG toast	BOWL	600	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1700	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	1200	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1000	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50

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Base Menu Spreadsheet

BREAKFAST K-5

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			420	13	387	6.28	3.83	502.8	*641	*54.70	49	12.73	77.48	7.32	2.55
% of Calories											47.0%	12.1%	73.9%	15.7%	5.5%
Nutrient Guideline			350-500		540										<10.00

Mon - 09/16/2019															
BREAKFAST K-5	Total	1700													
Breakfast burrito	3.75 OZ	1000	236	43	332	4.29	1.93	107.1	0	16.07	2	10.71	26.79	9.64	4.29
Salsa	1 TBSP	700	5	0	165	0.50	0.00	0.0	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00
Cereal assorted, WG toast	BOWL	700	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1700	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	1375	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1000	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			437	38	492	6.55	2.84	449.1	*645	*66.57	46	15.90	74.00	9.20	4.12
% of Calories											41.7%	14.6%	67.7%	18.9%	8.5%
Nutrient Guideline			350-500		540										<10.00

Tue - 09/17/2019															
BREAKFAST K-5	Total	1700													
Cinnamon roll, 2.25oz frozen	1 EACH	1400	251	15	225	3.05	1.52	22.9	*4	*0.01	*20	5.15	45.62	6.18	2.48
Cereal assorted, WG toast	BOWL	300	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1700	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	1400	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	400	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1300	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			484	26	386	5.79	2.13	380.4	*630	*55.93	*60	13.39	91.22	8.25	3.59
% of Calories											*49.6%	11.1%	75.4%	15.3%	6.7%
Nutrient Guideline			350-500		540										<10.00

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BREAKFAST K-5

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 - 09/18/2019															
BREAKFAST K-5	Total	1600													
Pork sausage/bun	EACH	1000	322	30	453	3.00	2.73	31.0	*0	*0.0	2	12.06	28.01	18.69	6.07
Egg pattie, grilled	1 EACH	1000	70	115	135	0.00	1.08	20.0	*N/A*	*N/A*	1	4.0	1.0	5.0	1.50
Cereal assorted, WG toast	BOWL	600	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, canned	1 cup	1500	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Fruit juice assorted	.50 CUP	1300	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1000	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			594	104	607	4.61	3.97	410.3	*999	*34.89	60	19.50	89.47	17.89	6.30
% of Calories											40.4%	13.1%	60.3%	27.1%	9.6%
Nutrient Guideline			350-500		540										<10.00

Thu - 09/19/2019															
BREAKFAST K-5	Total	1700													
Eggo mini waffles	1 EACH	1125	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50
Cereal assorted, WG toast	BOWL	575	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1700	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	1325	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1100	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			421	13	366	6.30	3.23	441.5	*970	*56.05	50	12.11	79.18	6.72	2.57
% of Calories											47.7%	11.5%	75.3%	14.4%	5.5%
Nutrient Guideline			350-500		540										<10.00

Fri - 09/20/2019															
BREAKFAST K-5	Total	1800													
Muffin, blueberry	1 each	1025	190	40	130	2.00	1.08	29.0	*N/A*	*N/A*	16	3.0	30.0	6.0	2.00
Cereal assorted, WG toast	BOWL	775	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
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 juice assorted	.50 CUP	1400	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	400	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			410	37	315	5.00	2.38	391.9	*647	*56.36	54	11.34	76.21	6.97	2.74
% of Calories											52.7%	11.1%	74.3%	15.3%	6.0%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST K-5

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 - 09/23/2019															
BREAKFAST K-5	Total	1800													
Pancake, blue & saus on stick	1 EACH	1150	210	20	370	1.00	1.15	28.7	*N/A*	*N/A*	8	6.0	20.0	11.0	3.00
Syrup maple	1 each	1150	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Cereal assorted, WG toast	BOWL	650	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
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 juice assorted	.50 CUP	1400	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	400	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			505	27	495	4.34	2.26	388.7	*641	*55.98	60	13.34	90.04	10.47	3.50
% of Calories											47.3%	10.6%	71.3%	18.6%	6.2%
Nutrient Guideline			350-500		540										<10.00

Tue - 09/24/2019															
BREAKFAST K-5	Total	1700													
Sausage & egg muffin	1 EACH	1100	374	147	515	1.00	2.16	109.5	*0	*0.0	*1	12.69	28.46	23.53	7.23
Cereal assorted, WG toast	BOWL	600	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1700	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	1200	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1000	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			525	108	552	4.33	2.89	444.1	*641	*54.70	*43	17.70	73.22	18.66	6.26
% of Calories											*32.7%	13.5%	55.8%	32.0%	10.7%
Nutrient Guideline			350-500		540										<10.00

Wed - 09/25/2019															
BREAKFAST K-5	Total	1800													
Donut long john WG	1 EACH	1700	337	0	348	3.28	1.58	13.8	*N/A*	*N/A*	25	5.0	50.44	13.0	6.00
Cereal assorted, WG toast	BOWL	100	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
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
Fruit juice assorted	.50 CUP	1280	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	400	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST K-5

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			639	14	526	5.22	1.97	353.4	*1004	*31.88	81	13.63	112.96	14.86	7.18
% of Calories											50.7%	8.5%	70.7%	20.9%	10.1%
Nutrient Guideline			350-500		540										<10.00

Thu - 09/26/2019															
BREAKFAST K-5	Total	1700													
Eggo Mini Pancakes	Pouch	1100	210	10	320	4.01	3.60	60.1	*N/A*	*N/A*	11	4.01	35.04	6.01	1.00
Cereal assorted, WG toast	BOWL	600	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1700	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	1200	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1000	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			420	19	426	6.28	3.83	412.1	*641	*54.70	49	12.08	77.48	7.32	2.23
% of Calories											47.0%	11.5%	73.9%	15.7%	4.8%
Nutrient Guideline			350-500		540										<10.00

Fri - 09/27/2019															
BREAKFAST K-5	Total	1700													
Breakfast pizza	3.3 oz	1200	210	15	350	3.00	1.80	150.0	*N/A*	0.0	5	9.0	27.0	7.0	2.00
Cereal assorted, WG toast	BOWL	500	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1700	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	1400	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1100	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			435	24	460	5.67	2.56	481.8	*636	*56.71	47	15.73	74.71	8.28	2.98
% of Calories											43.6%	14.5%	68.8%	17.2%	6.2%
Nutrient Guideline			350-500		540										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST K-5

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 - 09/30/2019															
BREAKFAST K-5															
	Total	1600													
Calzone, country breakfast	1 each	1250	290	70	480	5.00	1.44	300.0	750	0.0	0	21.0	24.0	11.0	6.00
Cereal assorted, WG toast	BOWL	350	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fruit, fresh	1 EACH	1600	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	1300	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, white 1%	1 CUP	300	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1300	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			509	69	585	7.28	2.15	595.6	*1216	*55.87	44	25.64	73.58	11.82	6.24
% of Calories											34.9%	20.1%	57.8%	20.9%	11.0%
Nutrient Guideline			350-500		540										<10.00

Weighted Average			482	*45	464	5.51	2.73	439.6	*793	*51.79	*53	15.39	81.60	10.79	4.40
											*99.7%	12.8%	67.7%	20.2%	8.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	482		350 - 500	100%				
Cholesterol (mg)	45				Missing			
Sodium 1 (mg)	464		540					
Sodium 2 (mg)	464		485					
Fiber (g)	5.51							
Iron (mg)	2.73							
Calcium (mg)	439.6							
Vitamin A (IU)	793				Missing			
Sugars (g)	53	44.31%			Missing			
Vitamin C (mg)	51.79				Missing			
Protein (g)	15.39	12.77%						
Carbohydrate (g)	81.60	67.75%						
Total Fat (g)	10.79	20.15%						
Saturated Fat (g)	4.40	8.22%	<10.00%					

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