

Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 1

Generated on: 8/14/2019 12:38:10 PM

	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															
Lunch K-5	Total	3200													
Breadstick mozzarella	2 Sticks	2000	320	20	680	2.00	1.44	200.0	*N/A*	*N/A*	2	14.0	32.0	14.0	5.00
Soft shell taco el	1 EACH	1200	179	30	236	2.00	*0.72	*70.4	*0	*0.0	*0	9.86	15.79	8.69	3.35
Spaghetti sauce low sodium	1/4 CUP	1850	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
Tomatoes, diced	2 OZ	1800	12	0	7	0.47	0.00	0.0	47	8.43	1	0.47	2.34	0.0	0.00
Refried beans	1/2 CUP	1200	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Celery	.75 CUP	1900	18	0	89	1.82	4.01	445.7	1215	20.66	1	0.77	3.31	0.19	0.00
Fresh Fruit	Servings	3000	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Milk, white 1%	1 CUP	500	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	2600	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			548	37	908	7.58	*10.27	*779.2	*1990	*57.81	*33	24.65	74.32	16.26	6.12
% of Calories											*24.4%	18.0%	54.2%	26.7%	10.0%
Nutrient Guideline			550-650		1230										<10.00

Wed - 09/04/2019															
Lunch K-5	Total	3400													
Hot dog & bun	1 EACH	2700	310	35	550	3.00	2.52	20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Sandwich, Grilled Cheese - el	1 EACH	700	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	700	80	0	414	1.00	0.36	3.6	400	6.0	*10	1.0	16.0	1.0	0.50
Salad, chopped Romaine	1 cup	1700	120	10	263	1.40	0.48	14.0	*1667	*14.0	2	0.67	4.0	11.0	1.50
BAKED BEANS (VEGETARIAN)	3/4 cup	3100	103	0	100	3.66	18.68	349.4	4679	0.0	*5	4.28	23.58	0.32	0.06
Fresh Fruit	Servings	2925	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	3400	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	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	2700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			706	50	1007	9.94	19.90	671.3	*6103	*45.81	*52	26.55	103.59	22.85	7.88
% of Calories											*29.6%	15.0%	58.7%	29.1%	10.0%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 2

Generated on: 8/14/2019 12:38:10 PM

	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 - 09/05/2019															
Lunch K-5	Total	3400													
Beef Ravioli - el	3/4 cup	2500	165	8	563	3.00	1.35	15.0	*N/A*	*N/A*	5	5.25	24.75	5.25	2.25
Pork pattie sandwich	1 EACH	900	400	40	520	5.00	4.00	71.0	*0	*0.0	3	23.0	38.0	18.5	4.50
Garlic toast, mini	SLICE	2200	70	0	95	1.00	0.60	5.0	*N/A*	*N/A*	0	2.0	11.0	2.5	0.50
Green beans: canned,cooked	.75 cup	1500	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Cauliflower,raw: fresh.75cup	.75 CUP	1800	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	0.00
Fresh Fruit	Servings	2050	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2500	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	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	2700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			515	30	889	8.36	5.68	394.4	*767	*141.85	40	21.25	80.73	13.03	4.62
% of Calories											31.4%	16.5%	62.7%	22.8%	8.1%
Nutrient Guideline			550-650		1230										<10.00

Fri - 09/06/2019															
Lunch K-5	Total	3000													
Salisbury steak	1 EACH	1000	157	43	312	1.00	2.00	36.0	30	1.0	1	14.0	5.0	9.0	3.40
Cheeseburger/wheat bun 1.60oz	1 EACH	2000	290	43	602	4.00	3.80	126.9	*100	*0.0	3	24.54	29.01	9.54	3.77
Mashed potatoes, instant	1/2 CUP	950	69	0	95	1.19	0.24	12.4	2	24.25	*1	1.56	14.71	0.72	0.19
Gravy - brown	.5 cup	800	30	0	607	0.00	0.01	0.0	0	0.0	0	2.0	6.01	0.0	0.00
Dinner roll 100 % wheat	1 EACH	800	70	0	90	1.00	*N/A*	22.0	*N/A*	*N/A*	1	3.0	12.0	0.5	0.00
Salad, chopped Romaine	1 cup	1500	120	10	263	1.40	0.48	14.0	*1667	*14.0	2	0.67	4.0	11.0	1.50
Carrots, baby 3/4 cup	.75 CUP	2000	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	0.00
Fresh Fruit	Servings	2200	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2650	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, white 1%	1 CUP	500	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	2400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			621	61	1081	8.85	*4.53	410.7	*11234	*49.87	*45	31.92	84.69	17.78	5.91
% of Calories											*29.0%	20.6%	54.6%	25.8%	8.6%
Nutrient Guideline			550-650		1230										<10.00

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Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 3

Generated on: 8/14/2019 12:38:10 PM

	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 - 09/09/2019															
Lunch K-5	Total	3100													
Dutch waffle	1 each	1900	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00
Sausage, pork link - el	2 each	1000	230	40	340	0.00	0.72	0.0	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00
Burrito beef/bean red chile WG	EACH	1200	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	2 TBSP	900	10	0	330	1.00	0.00	0.0	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00
Corn, canned .75 cup	.75 cup	2300	97	0	23	3.00	*N/A*	*N/A*	*N/A*	*N/A*	5	3.0	22.5	1.5	0.00
Broccoli,raw: fresh .75	.75 CUP	1800	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fresh Fruit	Servings	2875	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Strawberries frozen el	1/4 CUP	3000	45	0	0	1.50	0.00	0.0	0	0.0	9	0.0	11.5	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	2600	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			741	49	800	11.54	*2.42	*354.7	*1660	*58.53	50	23.74	109.09	24.26	8.26
% of Calories											26.8%	12.8%	58.9%	29.5%	10.0%
Nutrient Guideline			550-650		1230										<10.00

Tue - 09/10/2019															
Lunch K-5	Total	3100													
Dug Out el	SERVING	1800	449	39	747	7.10	1.73	95.4	196	7.26	*9	19.85	42.99	21.77	4.84
Chicken parmesan sandwich - el	1 each	1300	255	42	392	3.25	2.48	125.0	*188	*1.5	3	19.25	30.25	7.0	2.50
Green beans: canned,cooked	.75 cup	1700	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Carrots, baby 3/4 cup	.75 CUP	1900	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	0.00
Fresh Fruit	Servings	2500	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2850	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, white 1%	1 CUP	500	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	2500	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			653	54	938	11.67	3.02	405.8	*9771	*42.20	*50	29.23	93.81	18.15	5.31
% of Calories											*30.9%	17.9%	57.5%	25.0%	7.3%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 4

Generated on: 8/14/2019 12:38:10 PM

	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 - 09/11/2019															
Lunch K-5	Total	3100													
Chicken Drumstick Breaded wg	1 each	1800	220	60	530	1.00	1.44	20.0	0	0.0	0	19.0	6.0	13.0	3.00
Sloppy Joes	Servings	1300	385	69	360	3.16	4.34	49.1	*13	*2.64	*10	28.85	35.89	13.52	4.56
Breadstick whole wheat	1 EACH	1700	90	0	120	1.00	0.72	16.0	*N/A*	*N/A*	3	3.0	14.0	2.5	0.00
Salad, chopped Romaine	1 cup	1700	120	10	263	1.40	0.48	14.0	*1667	*14.0	2	0.67	4.0	11.0	1.50
Sweets potato fries	.75 cup	900	149	0	230	4.05	0.49	27.0	*N/A*	*N/A*	9	1.35	25.65	5.4	0.68
Fresh Fruit	Servings	2500	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2850	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, white 1%	1 CUP	500	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	2500	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			696	83	909	7.10	3.77	336.1	*1765	*43.93	*50	34.35	84.03	24.77	6.12
% of Calories											*28.7%	19.7%	48.3%	32.0%	7.9%
Nutrient Guideline			550-650		1230										<10.00

Thu - 09/12/2019															
Lunch K-5	Total	3400													
Chili con carne & beans - el	1 cup	1700	366	87	252	5.62	*0.47	*30.5	*206	*14.03	*5	29.37	17.73	20.26	6.69
Cinnamon roll, 2.25oz frozen	1 EACH	1700	251	15	225	3.05	1.52	22.9	*4	*0.01	*20	5.15	45.62	6.18	2.48
Corn dog - whole grain	1 EACH	1700	250	25	760	3.00	1.80	60.0	0	15.0	10	11.0	30.0	10.0	2.00
Carrot and celery sticks el	3/4 CUP	2000	21	0	59	1.58	1.98	226.8	2302	10.61	2	0.72	3.68	0.1	0.00
Fresh Fruit	Servings	2250	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2750	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	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	2700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			677	77	826	9.04	*3.33	*466.3	*2254	*50.29	*55	31.84	92.53	20.84	7.04
% of Calories											*32.5%	18.8%	54.6%	27.7%	9.4%
Nutrient Guideline			550-650		1230										<10.00

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 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)
Fri - 09/13/2019															
Lunch K-5	Total	3000													
Pepperoni Pizza	each	2100	280	15	600	4.00	3.60	2250.0	400	0.0	4	16.0	37.0	9.0	3.00
Meatball Sub	1 each	900	337	22	562	4.33	*2.28	*133.3	*0	*0.4	8	15.17	38.83	14.0	5.08
Cucumbers, sliced	.75 cup	1700	12	0	1	0.00	0.00	15.0	75	0.0	0	0.0	3.0	0.0	0.00
Salad, chopped Romaine	1 cup	1800	120	10	263	1.40	0.48	14.0	*1667	*14.0	2	0.67	4.0	11.0	1.50
Fresh Fruit	Servings	2150	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2300	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, white 1%	1 CUP	500	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	2400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			608	37	919	7.29	*3.77	*1907.8	*2114	*39.52	43	24.81	85.57	19.66	5.97
% of Calories											28.4%	16.3%	56.3%	29.1%	8.8%
Nutrient Guideline			550-650		1230										<10.00

Mon - 09/16/2019															
Lunch K-5	Total	3100													
Chicken patty/whole grain bun	1 EACH	2200	380	25	650	6.00	3.80	71.0	*0	*0.0	3	21.0	42.0	14.5	2.50
Chili white el	1 Cup	900	270	38	407	8.31	3.06	171.6	129	6.45	*0	19.85	35.68	5.19	2.06
Tortilla, whole wheat	1 EACH	900	80	0	115	2.00	0.72	40.0	0	0.0	0	2.0	15.0	1.5	0.50
Green beans: canned,cooked	.75 cup	1500	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Beets, pickled	1/2 cup	1000	62	0	171	0.00	0.00	0.0	*N/A*	*N/A*	12	0.0	12.43	0.0	0.00
Fresh Fruit	Servings	2250	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
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
cookie chocolate chip	1 each	2500	110	15	70	1.00	0.72	20.0	*N/A*	*N/A*	9	2.0	17.0	4.0	1.00
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	2400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			715	54	996	11.76	4.63	404.8	*801	*32.26	*49	32.22	106.24	18.02	4.77
% of Calories											*27.5%	18.0%	59.4%	22.7%	6.0%
Nutrient Guideline			550-650		1230										<10.00

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 6

Generated on: 8/14/2019 12:38:11 PM

	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 - 09/17/2019															
Lunch K-5	Total	3000													
Macaroni & cheese whole grain	3/4 CUP	1500	302	47	659	2.00	0.00	356.0	659	0.0	3	16.0	27.0	15.0	8.50
BBQ pork rib on a bun	SERVING	1500	360	40	650	5.00	3.80	181.0	*200	*0.0	8	22.0	35.0	16.5	5.00
Breadstick whole wheat	1 EACH	1500	90	0	120	1.00	0.72	16.0	*N/A*	*N/A*	3	3.0	14.0	2.5	0.00
Carrots, frozen	.75 cup	2700	39	35	62	2.88	*N/A*	*N/A*	*N/A*	*N/A*	4	0.0	8.65	1.44	0.00
Celery	.75 CUP	2800	18	0	89	1.82	4.01	445.7	1215	20.66	1	0.77	3.31	0.19	0.00
Fresh Fruit	Servings	2900	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2700	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, white 1%	1 CUP	500	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	2400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			686	88	1027	11.33	*6.35	*976.3	*2429	*59.58	54	30.15	99.47	21.08	8.20
% of Calories											31.6%	17.6%	58.0%	27.6%	10.8%
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)
Wed - 09/18/2019															
Lunch K-5	Total	3200													
Chicken nuggets	5 Pieces	2000	240	20	470	3.00	1.80	40.0	0	0.0	1	13.0	16.0	14.0	2.50
Country fried steak	1 EACH	1200	330	50	530	3.00	1.80	20.0	0	0.0	0	17.0	16.0	21.0	6.00
Mashed potatoes, instant	1/2 CUP	3000	69	0	95	1.19	0.24	12.4	2	24.25	*1	1.56	14.71	0.72	0.19
Gravy, Country Style	.5 cup	2000	94	0	438	0.00	0.00	3.2	0	0.0	*0	0.0	9.45	5.67	1.89
Dinner roll 100 % wheat	1 EACH	2900	70	0	90	1.00	*N/A*	22.0	*N/A*	*N/A*	1	3.0	12.0	0.5	0.00
Carrots, raw, coin .75 cup	.75 CUP	1400	35	0	46	2.00	0.00	20.0	3000	1.2	4	1.0	6.0	0.0	0.00
Broccoli,raw: fresh .75	.75 CUP	1400	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fresh Fruit	Servings	1900	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
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, 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	2500	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			706	45	1140	9.15	*2.49	360.8	*2708	*68.81	*38	28.95	91.05	23.84	6.62
% of Calories											*21.3%	16.4%	51.6%	30.4%	8.4%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 7

Generated on: 8/14/2019 12:38:11 PM

	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 - 09/19/2019															
Lunch K-5	Total	3200													
Nachos with ground beef ele	servings	2100	278	38	257	2.00	1.21	*0.0	*108	*0.0	0	12.29	21.44	15.82	3.94
Pepperoni Calzone	each	1100	300	25	460	3.00	2.70	150.0	200	2.4	4	14.0	30.0	13.0	5.00
Refried beans	1/2 CUP	1450	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Cheese sauce 1/4 cup	1/4 CUP	2100	70	0	480	0.00	0.00	40.0	0	0.0	3	0.0	6.0	4.5	0.50
Cherry tomatoes	3/4 cup	1500	19	0	4	1.50	0.27	15.0	937	13.5	3	0.75	4.5	0.0	0.00
Fresh Fruit	Servings	2250	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	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	2500	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			625	47	978	7.63	2.93	*380.1	*1369	*37.72	42	25.07	83.05	20.82	6.08
% of Calories											26.8%	16.0%	53.1%	30.0%	8.8%
Nutrient Guideline			550-650		1230										<10.00

Fri - 09/20/2019															
Lunch K-5	Total	2900													
Chicken Mandarin orange- Asian	2.50 oz	1100	174	46	336	0.00	0.00	0.0	0	0.0	17	12.0	21.0	4.0	2.00
Rice, brown - ele	1/2 cup	1000	95	0	3	0.98	0.38	4.0	0	0.0	*0	1.96	19.74	0.84	0.14
Chili dog	1 EACH	1800	402	57	613	4.41	*2.64	*27.6	*51	*3.51	*4	21.34	33.43	21.07	7.67
Asian salad	3/4 cup	1400	60	2	131	*2.05	0.57	41.7	*662	*31.87	3	1.35	8.75	2.42	0.38
Baby corn	.5 cup	2200	32	0	162	1.62	0.58	16.2	162	0.0	1	2.43	3.24	0.0	0.00
Fresh Fruit	Servings	2300	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2450	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	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	2400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			645	67	869	*7.89	*2.79	*327.8	*1297	*51.66	*50	29.72	88.99	18.62	7.20
% of Calories											*31.1%	18.4%	55.2%	26.0%	10.0%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 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)
Mon - 09/23/2019															
Lunch K-5	Total	3200													
Chicken nuggets	5 Pieces	2300	240	20	470	3.00	1.80	40.0	0	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	2300	80	5	105	1.00	0.72	30.0	*N/A*	*N/A*	2	2.0	12.0	3.0	0.00
Syrup maple	1 each	1500	120	0	45	0.00	0.00	0.0	*N/A*	*N/A*	16	0.0	31.0	0.0	0.00
Burrito beef/bean red chile WG	1 EACH	900	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	2 TBSP	600	10	0	330	1.00	0.00	0.0	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00
Corn, canned .75 cup	.75 cup	1500	97	0	23	3.00	*N/A*	*N/A*	*N/A*	*N/A*	5	3.0	22.5	1.5	0.00
Broccoli,raw: fresh .75	.75 CUP	1900	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fresh Fruit	Servings	1975	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2200	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	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
Milk, Chocolate 1%	cup	2300	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			680	38	822	9.71	*2.78	*373.5	*1760	*54.26	48	27.03	100.66	19.68	5.22
% of Calories											28.0%	15.9%	59.2%	26.0%	6.9%
Nutrient Guideline			550-650		1230										<10.00

Tue - 09/24/2019															
Lunch K-5	Total	3200													
Breadstick mozzarella	2 Sticks	2000	320	20	680	2.00	1.44	200.0	*N/A*	*N/A*	2	14.0	32.0	14.0	5.00
Soft shell taco el	1 EACH	1200	179	30	236	2.00	*0.72	*70.4	*0	*0.0	*0	9.86	15.79	8.69	3.35
Spaghetti sauce low sodium	1/4 CUP	2000	40	0	63	0.50	10.08	125.0	1048	14.7	3	0.5	5.0	2.0	0.50
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
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
Celery	.75 CUP	1900	18	0	89	1.82	4.01	445.7	1215	20.66	1	0.77	3.31	0.19	0.00
Fresh Fruit	Servings	2800	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Milk, white 1%	1 CUP	500	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	2600	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			556	37	944	7.89	*10.89	*787.1	*2025	*55.64	*33	25.23	75.11	16.44	6.14
% of Calories											*23.6%	18.1%	54.0%	26.6%	9.9%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 9

Generated on: 8/14/2019 12:38:11 PM

	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 - 09/25/2019															
Lunch K-5	Total	3400													
Hot dog & bun	1 EACH	2700	310	35	550	3.00	2.52	20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Sandwich, Grilled Cheese - el	1 EACH	700	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	700	80	0	414	1.00	0.36	3.6	400	6.0	*10	1.0	16.0	1.0	0.50
Salad, chopped Romaine	1 cup	1900	120	10	263	1.40	0.48	14.0	*1667	*14.0	2	0.67	4.0	11.0	1.50
BAKED BEANS (VEGETARIAN)	3/4 cup	3200	103	0	100	3.66	18.68	349.4	4679	0.0	*5	4.28	23.58	0.32	0.06
Fresh Fruit	Servings	2850	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	3350	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	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	2700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			714	50	1025	10.07	20.47	681.6	*6332	*45.79	*52	26.69	103.88	23.50	7.97
% of Calories											*29.1%	15.0%	58.2%	29.6%	10.0%
Nutrient Guideline			550-650		1230										<10.00

Thu - 09/26/2019															
Lunch K-5	Total	3400													
Beef Ravioli - el	3/4 cup	2500	165	8	563	3.00	1.35	15.0	*N/A*	*N/A*	5	5.25	24.75	5.25	2.25
Pork pattie sandwich	1 EACH	900	400	40	520	5.00	4.00	71.0	*0	*0.0	3	23.0	38.0	18.5	4.50
Garlic toast, mini	SLICE	2200	70	0	95	1.00	0.60	5.0	*N/A*	*N/A*	0	2.0	11.0	2.5	0.50
Green beans: canned,cooked	.75 cup	1500	24	0	210	3.00	0.00	0.0	0	0.0	2	1.5	4.5	0.0	0.00
Cauliflower,raw: fresh.75cup	.75 CUP	1800	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	0.00
Fresh Fruit	Servings	2100	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2550	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	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	2700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			517	30	889	8.41	5.69	394.9	*773	*142.45	41	21.27	81.24	13.03	4.62
% of Calories											31.6%	16.4%	62.8%	22.7%	8.0%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 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)
Fri - 09/27/2019															
Lunch K-5	Total	3000													
Meatloaf	Serving	1000	170	30	390	1.00	1.44	60.0	200	9.0	5	12.0	8.0	10.0	5.00
Cheeseburger/wheat bun 1.60oz	1 EACH	2000	290	43	602	4.00	3.80	126.9	*100	*0.0	3	24.54	29.01	9.54	3.77
Mashed potatoes, instant	1/2 CUP	950	69	0	95	1.19	0.24	12.4	2	24.25	*1	1.56	14.71	0.72	0.19
Gravy - brown	.5 cup	800	30	0	607	0.00	0.01	0.0	0	0.0	0	2.0	6.01	0.0	0.00
Dinner roll 100 % wheat	1 EACH	800	70	0	90	1.00	*N/A*	22.0	*N/A*	*N/A*	1	3.0	12.0	0.5	0.00
Salad, chopped Romaine	1 cup	1500	120	10	263	1.40	0.48	14.0	*1667	*14.0	2	0.67	4.0	11.0	1.50
Carrots, baby 3/4 cup	.75 CUP	2000	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	0.00
Fresh Fruit	Servings	2250	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	2650	68	0	8	1.00	0.14	8.0	250	7.8	15	0.4	17.2	0.0	0.00
Milk, white 1%	1 CUP	500	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	2400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			626	57	1107	8.89	*4.35	419.2	*11294	*53.09	*47	31.26	85.98	18.12	6.44
% of Calories											*29.8%	20.0%	54.9%	26.0%	9.3%
Nutrient Guideline			550-650		1230										<10.00

Mon - 09/30/2019															
Lunch K-5	Total	3100													
Dutch waffle	1 each	1900	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00
Sausage, pork link - el	2 each	1000	230	40	340	0.00	0.72	0.0	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00
Burrito beef/bean red chile WG	EACH	1200	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	2 TBSP	900	10	0	330	1.00	0.00	0.0	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00
Corn, canned .75 cup	.75 cup	2300	97	0	23	3.00	*N/A*	*N/A*	*N/A*	*N/A*	5	3.0	22.5	1.5	0.00
Broccoli,raw: fresh .75	.75 CUP	1800	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fresh Fruit	Servings	2875	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Strawberries frozen el	1/4 CUP	3000	45	0	0	1.50	0.00	0.0	0	0.0	9	0.0	11.5	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	2600	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Weighted Daily Average			741	49	800	11.54	*2.42	*354.7	*1660	*58.53	50	23.74	109.09	24.26	8.26
% of Calories											26.8%	12.8%	58.9%	29.5%	10.0%
Nutrient Guideline			550-650		1230										<10.00

Weighted Average			649	52	944	*9.28	*6.12	*559.4	*3505	*59.48	*46	27.48	91.66	19.75	6.44
											*63.9%	16.9%	56.5%	27.4%	8.9%

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.

Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 11

Generated on: 8/14/2019 12:38:11 PM

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	649		550 - 650	100%												
Cholesterol (mg)	52															
Sodium 1 (mg)	944		1230													
Sodium 2 (mg)	944		935						9	Correction Required - Sodium too High						
Fiber (g)	9.28				Missing											
Iron (mg)	6.12				Missing											
Calcium (mg)	559.4				Missing											
Vitamin A (IU)	3505				Missing											
Sugars (g)	46	28.41%			Missing											
Vitamin C (mg)	59.48				Missing											
Protein (g)	27.48	16.94%														
Carbohydrate (g)	91.66	56.50%														
Total Fat (g)	19.75	27.39%														
Saturated Fat (g)	6.44	8.93%	<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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