

Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 1

Generated on: 8/14/2019 2:03:06 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															
BREAKFAST 9-12	Total	225													
Sausage & egg muffin	1 EACH	105	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	65	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	225	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	190	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, Chocolate 1%	cup	175	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Milk, white 1%	1 CUP	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	30	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Yogurt & toast	Serving	25	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			524	84	576	4.05	2.61	474.8	*694	*53.31	*48	17.14	80.06	15.68	5.46
% of Calories											*36.2%	13.1%	61.1%	26.9%	9.4%
Nutrient Guideline			450-600		640										<10.00

Wed - 09/04/2019															
BREAKFAST 9-12	Total	245													
Donut long john WG	1 EACH	185	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	30	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	200	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	140	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	55	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	190	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	20	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	10	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			582	15	530	4.72	2.06	352.4	*918	*26.62	71	13.56	101.34	13.40	6.38
% of Calories											48.9%	9.3%	69.7%	20.7%	9.9%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 2

Generated on: 8/14/2019 2:03:06 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															
BREAKFAST 9-12	Total	200													
Eggo Mini Pancakes	Pouch	135	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	20	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	200	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	165	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	50	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	150	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	30	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	15	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			467	22	521	5.75	3.39	427.3	*671	*52.05	53	13.41	83.67	8.56	2.79
% of Calories											45.3%	11.5%	71.7%	16.5%	5.4%
Nutrient Guideline			450-600		640										<10.00

Fri - 09/06/2019															
BREAKFAST 9-12	Total	215													
Breakfast pizza sec	2 pizzas	90	420	30	700	6.00	3.60	300.0	*N/A*	0.0	10	18.0	54.0	14.0	4.00
Cereal assorted, WG toast	BOWL	45	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	215	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	160	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	50	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	165	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	45	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	35	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			551	28	683	6.27	3.13	531.6	*679	*51.18	53	19.68	91.16	11.30	4.05
% of Calories											38.4%	14.3%	66.2%	18.5%	6.6%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 3

Generated on: 8/14/2019 2:03:06 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															
BREAKFAST 9-12	Total	215													
Calzone, country breakfast	1 each	115	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	40	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	215	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	150	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	50	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	165	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	35	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	25	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			498	53	598	6.10	2.14	550.2	*1079	*50.00	46	22.59	75.93	10.73	5.40
% of Calories											37.0%	18.1%	60.9%	19.4%	9.7%
Nutrient Guideline			450-600		640										<10.00

Tue - 09/10/2019															
BREAKFAST 9-12	Total	215													
Donut, jelly filled	1 Each	110	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	40	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	215	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	150	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	50	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	165	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	45	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	20	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			503	*16	491	4.20	2.15	392.6	*678	*49.95	56	13.45	86.94	11.41	4.93
% of Calories											44.5%	10.7%	69.1%	20.4%	8.8%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 4

Generated on: 8/14/2019 2:03:06 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															
BREAKFAST 9-12	Total	235													
Omelet, colby cheese wrap sec	1 EACH	95	239	203	509	1.00	2.15	119.8	198	0.0	0	9.95	22.99	10.94	3.48
Cereal assorted, WG toast	BOWL	25	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	105	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	145	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	70	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	165	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	75	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	40	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			472	99	650	2.86	2.20	425.6	*812	*22.08	47	16.20	74.40	10.62	4.21
% of Calories											40.0%	13.7%	63.1%	20.3%	8.0%
Nutrient Guideline			450-600		640										<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 - 09/12/2019															
BREAKFAST 9-12	Total	225													
Bagel whole wheat	BAGEL	85	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	0.00
Cream cheese 1 oz	1 OZ	85	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	25	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	225	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	155	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	50	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	175	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	75	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	40	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			487	29	552	5.36	2.23	424.9	*747	*49.54	50	15.88	81.24	10.34	5.12
% of Calories											41.4%	13.0%	66.8%	19.1%	9.5%
Nutrient Guideline			450-600		640										<10.00

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Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 5

Generated on: 8/14/2019 2:03:06 PM

	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)
Fri - 09/13/2019															
BREAKFAST 9-12	Total	200													
Eggo Mini French Toast	POUCH	105	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	40	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	200	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	185	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	55	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	160	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	45	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	10	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			472	17	506	5.42	3.26	526.2	*716	*54.70	54	14.33	84.36	8.70	3.34
% of Calories											45.8%	12.1%	71.5%	16.6%	6.4%
Nutrient Guideline			450-600		640										<10.00

Mon - 09/16/2019															
BREAKFAST 9-12	Total	215													
Breakfast burrito	3.75 OZ	105	236	43	332	4.29	1.93	107.1	0	16.07	2	10.71	26.79	9.64	4.29
Salsa	1 TBSP	105	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	45	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	215	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	175	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	55	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	160	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	50	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	15	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			472	37	612	5.77	2.39	449.1	*679	*60.27	48	16.59	78.07	10.20	4.56
% of Calories											40.4%	14.1%	66.2%	19.5%	8.7%
Nutrient Guideline			450-600		640										<10.00

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Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 6

Generated on: 8/14/2019 2:03:06 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															
BREAKFAST 9-12	Total	215													
Cinnamon roll, 2.25oz frozen	1 EACH	140	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	20	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	215	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	180	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	55	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	160	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	35	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	20	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			497	25	464	5.11	1.98	406.4	*673	*52.32	*59	14.30	91.17	8.68	3.78
% of Calories											*47.6%	11.5%	73.3%	15.7%	6.8%
Nutrient Guideline			450-600		640										<10.00

Wed - 09/18/2019															
BREAKFAST 9-12	Total	225													
SAUSAGE, EGG, ON A BUN	1 EACH	125	392	145	588	3.00	3.81	51.0	*0	*0.0	3	16.06	29.01	23.69	7.57
Cereal assorted, WG toast	BOWL	45	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	130	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	195	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	60	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	165	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	15	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			570	96	669	3.90	3.39	407.9	*805	*29.45	53	19.49	81.71	17.88	6.45
% of Calories											37.0%	13.7%	57.4%	28.3%	10.2%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 7

Generated on: 8/14/2019 2:03:06 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															
BREAKFAST 9-12	Total	230													
Eggo mini waffles	1 EACH	90	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	50	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	230	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	205	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	60	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	170	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	70	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	20	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			461	17	506	5.23	2.68	449.6	*876	*54.09	52	13.54	82.69	8.21	3.35
% of Calories											45.5%	11.8%	71.8%	16.0%	6.5%
Nutrient Guideline			450-600		640										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/20/2019															
BREAKFAST 9-12	Total	185													
muffin, sec	1 each	100	383	83	267	4.00	2.20	62.7	*N/A*	*N/A*	33	6.33	61.67	12.0	4.00
Cereal assorted, WG toast	BOWL	25	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	185	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	150	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	35	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	150	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	45	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	15	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			561	62	516	5.50	2.42	424.3	*673	*51.90	64	14.82	97.47	11.99	4.66
% of Calories											45.9%	10.6%	69.5%	19.2%	7.5%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 8

Generated on: 8/14/2019 2:03:06 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 - 09/23/2019															
BREAKFAST 9-12	Total	250													
Pancake, blue & saus on stick	1 EACH	100	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	100	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	50	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	250	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	185	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, Chocolate 1%	cup	200	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Milk, white 1%	1 CUP	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	70	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Yogurt & toast	Serving	30	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			504	25	579	4.11	1.97	428.6	*687	*50.67	55	14.41	88.36	10.45	3.86
% of Calories											44.0%	11.4%	70.1%	18.7%	6.9%
Nutrient Guideline			450-600		640										<10.00

Tue - 09/24/2019															
BREAKFAST 9-12	Total	225													
Sausage & egg muffin	1 EACH	125	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	45	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	225	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	190	63	0	5	0.00	0.00	83.3	0	*20.4	15	0.0	15.67	0.0	0.00
Milk, Chocolate 1%	cup	175	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Milk, white 1%	1 CUP	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	30	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Yogurt & toast	Serving	25	280	0	331	4.00	1.44	340.0	70	0.3	23	9.0	61.0	2.0	0.00
Weighted Daily Average			548	97	608	3.94	2.48	478.1	*686	*52.83	*47	18.10	80.46	17.63	6.09
% of Calories											*34.3%	13.2%	58.7%	29.0%	10.0%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 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 - 09/25/2019															
BREAKFAST 9-12	Total	245													
Donut long john WG	1 EACH	185	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	30	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	110	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	140	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	55	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	190	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	20	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	10	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			532	15	524	3.98	1.96	346.6	*734	*20.89	60	13.26	88.70	13.40	6.38
% of Calories											45.4%	10.0%	66.8%	22.7%	10.8%
Nutrient Guideline			450-600		640										<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 - 09/26/2019															
BREAKFAST 9-12	Total	200													
Eggo Mini Pancakes	Pouch	135	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	20	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	200	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	165	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	50	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	150	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	30	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	15	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			467	22	521	5.75	3.39	427.3	*671	*52.05	53	13.41	83.67	8.56	2.79
% of Calories											45.3%	11.5%	71.7%	16.5%	5.4%
Nutrient Guideline			450-600		640										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 10

Generated on: 8/14/2019 2:03:06 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)
Fri - 09/27/2019															
BREAKFAST 9-12	Total	215													
Breakfast pizza sec	2 pizzas	85	420	30	700	6.00	3.60	300.0	*N/A*	0.0	10	18.0	54.0	14.0	4.00
Cereal assorted, WG toast	BOWL	45	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	215	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	160	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	50	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	165	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	50	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	35	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			547	28	680	6.18	3.07	525.7	*679	*51.18	53	19.41	90.57	11.21	4.05
% of Calories											38.6%	14.2%	66.2%	18.4%	6.7%
Nutrient Guideline			450-600		640										<10.00

Mon - 09/30/2019															
BREAKFAST 9-12	Total	215													
Calzone, country breakfast	1 each	110	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	45	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	215	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit juice assorted	.50 CUP	150	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	50	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	165	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate biscuits & gravy mid	SERVINGS	40	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00
Alternate yogurt & toast jel 8	1 EACH	20	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			492	52	596	6.00	2.17	541.6	*1063	*50.07	46	22.06	75.19	10.70	5.35
% of Calories											37.0%	17.9%	61.1%	19.6%	9.8%
Nutrient Guideline			450-600		640										<10.00

Weighted Average			510	*42	569	5.01	2.55	449.5	*761	*46.76	*53	16.28	84.86	11.48	4.65
											*94.2%	12.8%	66.5%	20.2%	8.2%

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 9-12

Portion Values - Detailed

Page 11

Generated on: 8/14/2019 2:03:06 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	510		450 - 600	100%												
Cholesterol (mg)	42				Missing											
Sodium 1 (mg)	569		640													
Sodium 2 (mg)	569		570													
Fiber (g)	5.01															
Iron (mg)	2.55															
Calcium (mg)	449.5															
Vitamin A (IU)	761				Missing											
Sugars (g)	53	41.88%			Missing											
Vitamin C (mg)	46.76				Missing											
Protein (g)	16.28	12.76%														
Carbohydrate (g)	84.86	66.51%														
Total Fat (g)	11.48	20.25%														
Saturated Fat (g)	4.65	8.20%	<10.00%													

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