

# Natrona County School District

Sep 1, 2019 thru Sep 30, 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 - 09/03/2019															
Lunch 9-12	Total	850													
Breadstick mozzarella	2 Sticks	295	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 sec	2 EACH	250	359	60	472	4.00	*1.44	*140.9	*0	*0.0	*0	19.72	31.58	17.38	6.69
Spaghetti sauce low sodium	1/4 CUP	295	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	250	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	450	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Celery - sec	1 cup	450	24	0	119	2.43	5.35	594.2	1621	27.55	2	1.03	4.42	0.26	0.00
Fresh Fruit	Servings	600	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	150	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	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	90	488	41	589	12.56	*12.63	*485.9	*5383	*289.07	*26	17.53	71.9	15.72	4.57
Alternate, Pizza Hut Pizza	Slices	215	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			621	49	1033	9.77	*10.21	*901.7	*2478	*77.49	*33	31.00	81.94	18.47	7.01
% of Calories											*21.1%	20.0%	52.8%	26.7%	10.2%
Nutrient Guideline			750-850		1420										<10.00
Wed - 09/04/2019															
Lunch 9-12	Total	850													
Hot dog & bun	1 EACH	325	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 - sec	1 EACH	220	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	220	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	550	240	20	526	2.80	0.96	28.0	*3334	*28.0	3	1.34	8.0	22.0	3.00
Baked Beans - sec	1 cup	550	280	0	740	10.00	3.60	80.0	*N/A*	*N/A*	24	10.0	60.0	0.0	0.00
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	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
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
Milk, Chocolate 1%	cup	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	90	488	41	589	12.56	*12.63	*485.9	*5383	*289.07	*26	17.53	71.9	15.72	4.57
Alternate, Pizza Hut Pizza	Slices	215	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			975	59	1752	16.03	*6.76	*619.2	*4011	*88.86	*75	34.61	141.05	31.66	9.38
% of Calories											*30.7%	14.2%	57.9%	29.2%	8.7%
Nutrient Guideline			750-850		1420										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 2

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	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 - 09/05/2019															
Lunch 9-12	Total	850													
Beef Ravioli - sec	1 cup	275	220	10	750	4.00	1.80	20.0	*N/A*	*N/A*	6	7.0	33.0	7.0	3.00
Pork pattie sandwich	1 EACH	270	400	40	520	5.00	4.00	71.0	*0	*0.0	3	23.0	38.0	18.5	4.50
Bread, mini garlic toast WGsec	2 SLICES	275	0	0	0	0.00	0.00	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00
Green beans: canned,cooked	1 CUP	400	32	0	280	4.00	0.00	0.0	0	0.0	2	2.0	6.0	0.0	0.00
Cauliflower,raw: fresh cup	1 CUP	350	25	0	30	2.00	7.56	220.0	0	289.2	2	1.92	4.97	0.28	0.00
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	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
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
Milk, Chocolate 1%	cup	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	90	488	41	589	12.56	*12.63	*485.9	*5383	*289.07	*26	17.53	71.9	15.72	4.57
Alternate, Pizza Hut Pizza	Slices	215	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			643	41	946	10.90	*7.20	*545.2	*1634	*188.28	*57	27.75	101.15	15.40	5.54
% of Calories											*35.5%	17.3%	62.9%	21.6%	7.8%
Nutrient Guideline			750-850		1420										<10.00

	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 - 09/06/2019															
Lunch 9-12	Total	800													
Salisbury steak	1 EACH	175	157	43	312	1.00	2.00	36.0	30	1.0	1	14.0	5.0	9.0	3.40
Meatloaf	Serving	175	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	300	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	175	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	170	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	175	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	2 CUP	450	240	20	526	2.80	0.96	28.0	*3334	*28.0	3	1.34	8.0	22.0	3.00
Carrots, baby cup	1 CUP	450	50	0	110	4.00	1.44	40.0	19000	4.8	6	0.0	12.0	0.0	0.00
Fresh Fruit	Servings	600	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1 cup	550	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, white 1%	1 CUP	100	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	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	90	488	41	589	12.56	*12.63	*485.9	*5383	*289.07	*26	17.53	71.9	15.72	4.57
Alternate, Pizza Hut Pizza	Slices	210	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			796	69	1311	11.48	*5.90	*542.0	*14282	*95.30	*58	33.75	103.83	27.73	8.19
% of Calories											*29.3%	17.0%	52.2%	31.4%	9.3%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 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)
<b>Mon - 09/09/2019</b>															
Lunch 9-12	Total	850													
Dutch waffle	1 each	260	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00
Sausage, pork link	4 each	260	230	40	340	0.00	0.72	*N/A*	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00
Burrito beef/bean red chile WG	EACH	175	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	1 TBSP	175	5	0	165	0.50	0.00	0.0	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00
Corn: canned yellow cup	1 CUP	450	130	0	30	4.00	*N/A*	*N/A*	*N/A*	*N/A*	6	4.0	30.0	2.0	0.00
Broccoli,raw: fresh cup	1 CUP	400	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Strawberries frozen sec	1/2 CUP	650	90	0	0	3.00	0.00	0.0	0	0.0	17	0.0	23.0	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
Milk, Chocolate 1%	cup	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
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
Alternate, Pizza Hut Pizza	Slices	200	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			824	56	957	13.84	*2.71	*464.2	*1914	*58.70	*50	31.55	116.19	26.83	8.45
% of Calories											*24.4%	15.3%	56.4%	29.3%	9.2%
Nutrient Guideline			750-850		1420										<10.00

<b>Tue - 09/10/2019</b>															
Lunch 9-12	Total	850													
Dug Out el	SERVING	245	449	39	747	7.10	1.73	95.4	196	7.26	*9	19.85	42.99	21.77	4.84
Chicken parmesan sandwich - hi	1 each	190	350	77	515	3.50	3.16	143.0	*375	*3.0	6	28.0	35.0	10.5	3.25
Green beans: canned,cooked	1 CUP	400	32	0	280	4.00	0.00	0.0	0	0.0	2	2.0	6.0	0.0	0.00
Carrots, baby cup	1 CUP	400	50	0	110	4.00	1.44	40.0	19000	4.8	6	0.0	12.0	0.0	0.00
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1 cup	600	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	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
Milk, Chocolate 1%	cup	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
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
Alternate, Pizza Hut Pizza	Slices	200	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			764	62	1108	13.50	*3.39	*502.1	*10325	*46.25	*57	34.07	109.71	20.91	6.08
% of Calories											*30.0%	17.8%	57.4%	24.6%	7.2%
Nutrient Guideline			750-850		1420										<10.00

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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 - 09/11/2019															
Lunch 9-12	Total	850													
Chicken Drumstick Breaded wg	1 each	285	220	60	530	1.00	1.44	20.0	0	0.0	0	19.0	6.0	13.0	3.00
Sloppy Joes	Servings	150	385	69	360	3.16	4.34	49.1	*13	*2.64	*10	28.85	35.89	13.52	4.56
Breadstick whole wheat 2	2 EACH	285	180	0	240	2.00	1.44	32.0	*N/A*	*N/A*	6	6.0	28.0	5.0	0.00
Salad, chopped Romaine	2 CUP	450	240	20	526	2.80	0.96	28.0	*3334	*28.0	3	1.34	8.0	22.0	3.00
Sweets potato fries	1 cup	400	198	0	306	5.40	0.65	36.0	*N/A*	*N/A*	13	1.8	34.2	7.2	0.90
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1 cup	600	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	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
Milk, Chocolate 1%	cup	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
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
Alternate, Pizza Hut Pizza	Slices	200	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			940	76	1338	12.49	*4.05	*481.7	*3011	*56.52	*61	36.18	119.09	35.74	7.78
% of Calories											*26.0%	15.4%	50.7%	34.2%	7.4%
Nutrient Guideline			750-850		1420										<10.00

Thu - 09/12/2019															
Lunch 9-12	Total	850													
Chili con carne & beans	1.5 cups	235	555	132	382	8.52	*0.72	*46.2	*312	*21.26	*7	44.5	26.87	30.7	10.13
Cinnamon roll, 2.25oz frozen	1 EACH	235	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	200	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	1 CUP	450	27	0	67	1.92	1.98	230.2	3160	10.81	2	0.89	4.71	0.1	0.00
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1 cup	600	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	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
Milk, Chocolate 1%	cup	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
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
Alternate, Pizza Hut Pizza	Slices	200	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			814	79	976	11.83	*3.60	*579.0	*3004	*56.36	*61	37.93	110.62	24.89	7.91
% of Calories											*29.8%	18.6%	54.4%	27.5%	8.8%
Nutrient Guideline			750-850		1420										<10.00

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Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 5

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	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															
Lunch 9-12	Total	800													
Chicken fajita tortilla sec	SERVING	160	322	84	936	4.00	*1.44	*80.0	*0	*0.0	2	25.5	32.5	10.0	5.00
Meatball sub - sec	1 each	225	375	30	635	4.50	*2.52	*140.0	*0	*0.6	8	17.0	39.5	17.0	6.25
Vegetable fajita blend sec	1 CUP	160	40	0	13	1.33	0.00	0.0	0	12.0	5	0.0	5.33	0.0	0.00
Salad, chopped Romaine	2 cup	400	150	10	272	5.60	1.92	56.0	*6668	*56.0	4	2.68	10.0	11.0	1.50
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1 cup	600	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, white 1%	1 CUP	100	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	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
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
Alternate, Pizza Hut Pizza	Slices	200	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			796	65	1127	12.47	*3.56	*515.0	*4624	*74.22	*58	33.19	108.95	25.18	7.62
% of Calories											*29.0%	16.7%	54.7%	28.5%	8.6%
Nutrient Guideline			750-850		1420										<10.00

	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 - 09/16/2019															
Lunch 9-12	Total	800													
Chicken patty/whole grain bun	1 EACH	255	380	25	650	6.00	3.80	71.0	*0	*0.0	3	21.0	42.0	14.5	2.50
Chili White - sec	1 CUP	200	356	75	544	9.05	3.66	206.9	172	8.05	*0	29.14	39.14	8.78	3.20
Tortilla, whole wheat	2 EACH	200	160	0	230	4.00	1.44	80.0	0	0.0	0	4.0	30.0	3.0	1.00
Green beans: canned,cooked	1 CUP	450	32	0	280	4.00	0.00	0.0	0	0.0	2	2.0	6.0	0.0	0.00
Beets, pickled	1/2 cup	400	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	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1 cup	600	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
cookie chocolate chip	1 each	700	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	100	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	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar breakfast	SERVING	130	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	215	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			860	70	1164	12.82	4.50	499.5	*1143	*43.08	*70	34.51	132.91	20.66	6.71
% of Calories											*32.6%	16.0%	61.8%	21.6%	7.0%
Nutrient Guideline			750-850		1420										<10.00

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# Natrona County School District

Sep 1, 2019 thru Sep 30, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/17/2019															
Lunch 9-12	Total	8													
Macaroni & cheese whole grain	3/4 CUP	1	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	1	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	1	90	0	120	1.00	0.72	16.0	*N/A*	*N/A*	3	3.0	14.0	2.5	0.00
Carrots, frozen	1 cup	1	52	46	83	3.84	*N/A*	*N/A*	*N/A*	*N/A*	6	0.0	11.53	1.92	0.00
Celery - sec	1 cup	1	24	0	119	2.43	5.35	594.2	1621	27.55	2	1.03	4.42	0.26	0.00
Fresh Fruit	Servings	1	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1 cup	1	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, white 1%	1 CUP	1	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	1	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar breakfast	SERVING	1	551	59	717	2.57	2.71	61.1	*194	*7.34	*23	10.49	65.83	24.13	7.78
Weighted Daily Average			229	27	334	2.63	*1.64	*225.2	*542	*10.89	*15	8.77	30.34	8.19	3.04
% of Calories											*25.6%	15.3%	52.9%	32.1%	11.9%
Nutrient Guideline			750-850		1420										<10.00

	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 - 09/18/2019															
Lunch 9-12	Total	800													
Chicken nuggets	5 Pieces	265	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	190	330	50	530	3.00	1.80	20.0	0	0.0	0	17.0	16.0	21.0	6.00
POTATO PEARLS LOW SODIUM	2/3 CUP	455	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	400	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	1 EACH	455	70	0	90	1.00	*N/A*	22.0	*N/A*	*N/A*	1	3.0	12.0	0.5	0.00
Cauliflower,raw: fresh cup	1 CUP	350	25	0	30	2.00	7.56	220.0	0	289.2	2	1.92	4.97	0.28	0.00
Broccoli,raw: fresh cup	1 CUP	400	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1 cup	600	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, white 1%	1 CUP	100	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	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar breakfast	SERVING	130	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	215	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			836	49	1254	11.19	*6.62	566.6	*2100	*243.08	*59	32.58	128.90	22.22	6.24
% of Calories											*28.3%	15.6%	61.7%	23.9%	6.7%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 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 - 09/19/2019															
Lunch 9-12	Total	850													
Nachos with ground beef sec	SERVINGS	260	466	51	282	4.00	2.25	*0.0	*72	*0.0	0	17.79	40.96	25.82	5.94
Pepperoni Calzone	each	245	300	25	460	3.00	2.70	150.0	200	2.4	4	14.0	30.0	13.0	5.00
Cheese sauce 1/2 cup	1/2 CUP	260	140	0	960	0.00	0.00	80.0	0	0.0	6	0.0	12.0	9.0	1.00
Refried beans	1/2 CUP	450	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Cherry tomatoes - sec	1 cup	350	25	0	5	2.00	0.36	20.0	1250	18.0	4	1.0	6.0	0.0	0.00
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1 cup	600	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	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
Milk, Chocolate 1%	cup	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar breakfast	SERVING	130	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	215	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			790	52	1145	9.82	3.86	*479.7	*1659	*46.89	*57	29.74	111.87	24.10	7.41
% of Calories											*28.7%	15.1%	56.7%	27.5%	8.4%
Nutrient Guideline			750-850		1420										<10.00
Fri - 09/20/2019															
Lunch 9-12	Total	800													
Chicken Mandarin orange- Asian	2.50 oz	230	174	46	336	0.00	0.00	0.0	0	0.0	17	12.0	21.0	4.0	2.00
Rice, brown	1 CUP	230	190	0	6	1.96	0.77	7.9	0	0.0	*0	3.92	39.48	1.68	0.28
Chili dog	1 EACH	225	402	57	613	4.41	*2.64	*27.6	*51	*3.51	*4	21.34	33.43	21.07	7.67
Asian salad	1 cup	450	77	2	175	*2.56	0.68	55.5	*882	*42.43	4	1.75	11.13	3.23	0.51
Baby Corn - Sec	1 cup	400	65	0	324	3.24	1.17	32.4	324	0.0	2	4.86	6.48	0.0	0.00
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	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
Milk, white 1%	1 CUP	100	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	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar breakfast	SERVING	130	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	215	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			767	61	992	*9.51	*3.33	*446.2	*1804	*66.89	*65	30.70	116.21	18.96	7.09
% of Calories											*33.8%	16.0%	60.6%	22.3%	8.3%
Nutrient Guideline			750-850		1420										<10.00

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# Natrona County School District

Sep 1, 2019 thru Sep 30, 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)	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 9-12	Total	850													
Chicken nuggets	5 Pieces	265	240	20	470	3.00	1.80	40.0	0	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	265	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	265	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	200	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	1 TBSP	175	5	0	165	0.50	0.00	0.0	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00
Corn: canned yellow cup	1 CUP	450	130	0	30	4.00	*N/A*	*N/A*	*N/A*	*N/A*	6	4.0	30.0	2.0	0.00
Broccoli,raw: fresh cup	1 CUP	450	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Fresh Fruit	Servings	525	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	525	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	150	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	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	275	488	41	589	12.56	*12.63	*485.9	*5383	*289.07	*26	17.53	71.9	15.72	4.57
Alternate, Pizza Hut Pizza	Slices	110	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			739	44	815	13.20	*6.08	*546.5	*3679	*152.19	*54	29.85	115.42	19.04	5.99
% of Calories											*29.0%	16.2%	62.5%	23.2%	7.3%
Nutrient Guideline			750-850		1420										<10.00

Tue - 09/24/2019															
Lunch 9-12	Total	850													
Breadstick mozzarella	2 Sticks	295	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 sec	2 EACH	250	359	60	472	4.00	*1.44	*140.9	*0	*0.0	*0	19.72	31.58	17.38	6.69
Spaghetti sauce low sodium	1/4 CUP	295	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	250	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	450	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Celery - sec	1 cup	450	24	0	119	2.43	5.35	594.2	1621	27.55	2	1.03	4.42	0.26	0.00
Fresh Fruit	Servings	600	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	150	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	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	90	488	41	589	12.56	*12.63	*485.9	*5383	*289.07	*26	17.53	71.9	15.72	4.57
Alternate, Pizza Hut Pizza	Slices	215	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			621	49	1033	9.77	*10.21	*901.7	*2478	*77.49	*33	31.00	81.94	18.47	7.01
% of Calories											*21.1%	20.0%	52.8%	26.7%	10.2%
Nutrient Guideline			750-850		1420										<10.00

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# Natrona County School District

Sep 1, 2019 thru Sep 30, 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 - 09/25/2019															
Lunch 9-12	Total	850													
Hot dog & bun	1 EACH	325	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 - sec	1 EACH	220	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	220	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	550	240	20	526	2.80	0.96	28.0	*3334	*28.0	3	1.34	8.0	22.0	3.00
Baked Beans - sec	1 cup	550	280	0	740	10.00	3.60	80.0	*N/A*	*N/A*	24	10.0	60.0	0.0	0.00
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	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
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
Milk, Chocolate 1%	cup	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	90	488	41	589	12.56	*12.63	*485.9	*5383	*289.07	*26	17.53	71.9	15.72	4.57
Alternate, Pizza Hut Pizza	Slices	215	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average % of Calories			975	59	1752	16.03	*6.76	*619.2	*4011	*88.86	*75 *30.7%	34.61 14.2%	141.05 57.9%	31.66 29.2%	9.38 8.7%
Nutrient Guideline			750-850		1420										<10.00

Thu - 09/26/2019															
Lunch 9-12	Total	850													
Beef Ravioli - sec	1 cup	275	220	10	750	4.00	1.80	20.0	*N/A*	*N/A*	6	7.0	33.0	7.0	3.00
Pork pattie sandwich	1 EACH	270	400	40	520	5.00	4.00	71.0	*0	*0.0	3	23.0	38.0	18.5	4.50
Bread, mini garlic toast WGsec	2 SLICES	275	0	0	0	0.00	0.00	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00
Green beans: canned,cooked	1 CUP	400	32	0	280	4.00	0.00	0.0	0	0.0	2	2.0	6.0	0.0	0.00
Cauliflower,raw: fresh cup	1 CUP	350	25	0	30	2.00	7.56	220.0	0	289.2	2	1.92	4.97	0.28	0.00
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	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
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
Milk, Chocolate 1%	cup	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	90	488	41	589	12.56	*12.63	*485.9	*5383	*289.07	*26	17.53	71.9	15.72	4.57
Alternate, Pizza Hut Pizza	Slices	215	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average % of Calories			643	41	946	10.90	*7.20	*545.2	*1634	*188.28	*57 *35.5%	27.75 17.3%	101.15 62.9%	15.40 21.6%	5.54 7.8%
Nutrient Guideline			750-850		1420										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 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)
Fri - 09/27/2019															
Lunch 9-12	Total	800													
Salisbury steak	1 EACH	175	157	43	312	1.00	2.00	36.0	30	1.0	1	14.0	5.0	9.0	3.40
Meatloaf	Serving	175	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	300	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	175	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	170	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	175	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	2 CUP	450	240	20	526	2.80	0.96	28.0	*3334	*28.0	3	1.34	8.0	22.0	3.00
Carrots, baby cup	1 CUP	450	50	0	110	4.00	1.44	40.0	19000	4.8	6	0.0	12.0	0.0	0.00
Fresh Fruit	Servings	600	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1 cup	550	136	0	16	2.00	0.29	16.0	500	15.6	30	0.8	34.4	0.0	0.00
Milk, white 1%	1 CUP	100	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	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	90	488	41	589	12.56	*12.63	*485.9	*5383	*289.07	*26	17.53	71.9	15.72	4.57
Alternate, Pizza Hut Pizza	Slices	210	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average % of Calories			796	69	1311	11.48	*5.90	*542.0	*14282	*95.30	*58 *29.3%	33.75 17.0%	103.83 52.2%	27.73 31.4%	8.19 9.3%
Nutrient Guideline			750-850		1420										<10.00

Mon - 09/30/2019															
Lunch 9-12	Total	850													
Dutch waffle	1 each	260	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00
Sausage, pork link	4 each	260	230	40	340	0.00	0.72	*N/A*	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00
Burrito beef/bean red chile WG	EACH	175	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	1 TBSP	175	5	0	165	0.50	0.00	0.0	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00
Corn: canned yellow cup	1 CUP	450	130	0	30	4.00	*N/A*	*N/A*	*N/A*	*N/A*	6	4.0	30.0	2.0	0.00
Broccoli,raw: fresh cup	1 CUP	400	50	0	40	4.00	0.72	40.0	2000	60.0	2	4.0	8.0	0.0	0.00
Fresh Fruit	Servings	650	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Strawberries frozen sec	1/2 CUP	650	90	0	0	3.00	0.00	0.0	0	0.0	17	0.0	23.0	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
Milk, Chocolate 1%	cup	700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
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
Alternate, Pizza Hut Pizza	Slices	200	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56

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# Natrona County School District

Sep 1, 2019 thru Sep 30, 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			824	56	957	13.84	*2.71	*464.2	*1914	*58.70	*50	31.55	116.19	26.83	8.45
% of Calories											*24.4%	15.3%	56.4%	29.3%	9.2%
Nutrient Guideline			750-850		1420										<10.00

Weighted Average			763	57	1113	*11.67	*5.31	*549.3	*4026	*90.68	*55	31.24	108.62	23.00	7.15
											*65.0%	16.4%	57.0%	27.1%	8.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	763		750 - 850	100%				
Cholesterol (mg)	57							
Sodium 1 (mg)	1113		1420					
Sodium 2 (mg)	1113		1080				33	Correction Required - Sodium too High
Fiber (g)	11.67				Missing			
Iron (mg)	5.31				Missing			
Calcium (mg)	549.3				Missing			
Vitamin A (IU)	4026				Missing			
Sugars (g)	55	28.90%			Missing			
Vitamin C (mg)	90.68				Missing			
Protein (g)	31.24	16.39%						
Carbohydrate (g)	108.62	56.97%						
Total Fat (g)	23.00	27.15%						
Saturated Fat (g)	7.15	8.44%	<10.00%					

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