

Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

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 6-8	Total	650													
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	450	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
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 juice assorted	.50 CUP	650	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	200	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	450	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
Weighted Daily Average			437	43	448	4.23	3.25	452.4	*718	*58.75	*49	13.31	76.46	9.45	3.49
% of Calories											*45.0%	12.2%	70.0%	19.5%	7.2%
Nutrient Guideline			400-550		600										<10.00

Wed - 09/04/2019															
BREAKFAST 6-8	Total	650													
Donut long john WG	1 EACH	425	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	140	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	650	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	650	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	200	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	85	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			617	13	494	5.16	2.36	413.6	*1017	*39.04	83	13.78	114.01	11.59	5.47
% of Calories											54.1%	8.9%	73.9%	16.9%	8.0%
Nutrient Guideline			400-550		600										<10.00

Thu - 09/05/2019															
BREAKFAST 6-8	Total	600													
Eggo Mini Pancakes	Pouch	225	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	275	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	550	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	600	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	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	450	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	100	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00

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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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

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			427	19	465	4.92	3.41	434.2	*686	*54.65	51	12.17	78.95	7.31	2.63
% of Calories											47.7%	11.4%	73.9%	15.4%	5.5%
Nutrient Guideline			400-550		600										<10.00

Fri - 09/06/2019															
BREAKFAST 6-8	Total	600													
Breakfast pizza	3.3 oz	275	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	250	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	550	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	600	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	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	75	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			441	21	444	4.86	2.77	493.2	*682	*54.71	53	14.96	79.95	6.79	2.50
% of Calories											47.8%	13.6%	72.5%	13.8%	5.1%
Nutrient Guideline			400-550		600										<10.00

Mon - 09/09/2019															
BREAKFAST 6-8	Total	650													
Calzone, country breakfast	1 each	425	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	140	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
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 juice assorted	.50 CUP	650	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	200	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	85	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			519	59	565	6.50	2.21	612.3	*1170	*56.45	50	24.32	79.85	10.49	5.47
% of Calories											38.6%	18.8%	61.6%	18.2%	9.5%
Nutrient Guideline			400-550		600										<10.00

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Base Menu Spreadsheet

BREAKFAST 6-8

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 - 09/10/2019															
BREAKFAST 6-8	Total	600													
Donut, jelly filled	1 Each	250	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	275	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	550	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	600	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	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	450	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
Weighted Daily Average			466	*15	426	3.96	2.63	413.9	*686	*54.65	55	12.08	84.08	9.64	4.17
% of Calories											47.6%	10.4%	72.2%	18.6%	8.1%
Nutrient Guideline			400-550		600										<10.00

Wed - 09/11/2019															
BREAKFAST 6-8	Total	600													
Omelet, colby cheese wrap	1 EACH	275	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	250	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	550	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	600	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	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	75	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			494	103	447	4.21	2.63	470.6	*992	*38.75	66	15.36	90.37	7.75	3.19
% of Calories											53.4%	12.4%	73.2%	14.1%	5.8%
Nutrient Guideline			400-550		600										<10.00

Thu - 09/12/2019															
BREAKFAST 6-8	Total	600													
Bagel whole wheat	BAGEL	250	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	250	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	275	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	550	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	600	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	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	450	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

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

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			438	28	428	5.00	2.83	434.8	*769	*54.65	49	13.75	77.10	8.81	4.59
% of Calories											44.5%	12.5%	70.3%	18.1%	9.4%
Nutrient Guideline			400-550		600										<10.00

Fri - 09/13/2019															
BREAKFAST 6-8	Total	600													
Eggo Mini French Toast	POUCH	275	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	250	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	550	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	600	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	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	75	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			441	14	403	5.32	3.60	516.2	*682	*54.71	55	13.13	83.64	6.33	2.27
% of Calories											50.2%	11.9%	75.8%	12.9%	4.6%
Nutrient Guideline			400-550		600										<10.00

Mon - 09/16/2019															
BREAKFAST 6-8	Total	600													
Breakfast burrito	3.75 OZ	225	236	43	332	4.29	1.93	107.1	0	16.07	2	10.71	26.79	9.64	4.29
Salsa	1 TBSP	200	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	300	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	550	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	600	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	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	75	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			444	30	476	5.45	2.96	470.6	*689	*61.19	52	15.01	79.95	7.32	3.21
% of Calories											46.8%	13.5%	72.0%	14.8%	6.5%
Nutrient Guideline			400-550		600										<10.00

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Base Menu Spreadsheet

BREAKFAST 6-8

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 - 09/17/2019															
BREAKFAST 6-8	Total	600													
Cinnamon roll, 2.25oz frozen	1 EACH	275	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	250	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	550	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	600	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	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	450	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
Weighted Daily Average			449	22	417	4.63	2.55	417.3	*684	*54.43	*55	12.70	84.51	7.41	3.22
% of Calories											*49.4%	11.3%	75.3%	14.9%	6.5%
Nutrient Guideline			400-550		600										<10.00

Wed - 09/18/2019															
BREAKFAST 6-8	Total	600													
SAUSAGE,EGG, ON A BUN	1 EACH	200	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	300	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	550	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	600	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	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	100	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			560	62	522	4.65	3.65	444.5	*998	*39.30	69	16.70	97.24	11.50	4.12
% of Calories											49.3%	11.9%	69.4%	18.5%	6.6%
Nutrient Guideline			400-550		600										<10.00

Thu - 09/19/2019															
BREAKFAST 6-8	Total	600													
Eggo mini waffles	1 EACH	275	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	250	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	550	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	600	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	20	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	80	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

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

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)
Weighted Daily Average			315	4	275	5.07	3.09	233.4	*495	*53.17	37	5.50	64.50	4.79	1.52
% of Calories											47.2%	7.0%	81.8%	13.7%	4.3%
Nutrient Guideline			400-550		600										<10.00

Fri - 09/20/2019															
BREAKFAST 6-8	Total	600													
Muffin, blueberry	1 each	225	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	275	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	550	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	600	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	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	100	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			434	29	354	4.50	2.59	446.0	*686	*55.03	58	12.46	82.36	5.98	2.34
% of Calories											53.6%	11.5%	75.9%	12.4%	4.9%
Nutrient Guideline			400-550		600										<10.00

Mon - 09/23/2019															
BREAKFAST 6-8	Total	650													
Pancake, blue & saus on stick	1 EACH	425	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	1	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	140	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
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 juice assorted	.50 CUP	650	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	200	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	85	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	27	493	3.88	2.02	434.9	*680	*56.45	55	14.51	77.29	10.49	3.50
% of Calories											47.2%	12.4%	66.3%	20.2%	6.8%
Nutrient Guideline			400-550		600										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

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 - 09/24/2019															
BREAKFAST 6-8	Total	650													
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	450	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
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 juice assorted	.50 CUP	650	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	200	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	450	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
Weighted Daily Average			437	43	448	4.23	3.25	452.4	*718	*58.75	*49	13.31	76.46	9.45	3.49
% of Calories											*45.0%	12.2%	70.0%	19.5%	7.2%
Nutrient Guideline			400-550		600										<10.00

Wed - 09/25/2019															
BREAKFAST 6-8	Total	650													
Donut long john WG	1 EACH	425	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	140	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	650	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	650	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	200	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	85	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			617	13	494	5.16	2.36	413.6	*1017	*39.04	83	13.78	114.01	11.59	5.47
% of Calories											54.1%	8.9%	73.9%	16.9%	8.0%
Nutrient Guideline			400-550		600										<10.00

Thu - 09/26/2019															
BREAKFAST 6-8	Total	600													
Eggo Mini Pancakes	Pouch	225	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	275	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	550	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	600	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	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	450	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	100	240	10	600	2.00	1.44	45.0	*0	0.0	5	6.0	29.0	10.0	4.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

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			427	19	465	4.92	3.41	434.2	*686	*54.65	51	12.17	78.95	7.31	2.63
% of Calories											47.7%	11.4%	73.9%	15.4%	5.5%
Nutrient Guideline			400-550		600										<10.00

Fri - 09/27/2019															
BREAKFAST 6-8	Total	600													
Breakfast pizza	3.3 oz	275	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	250	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
Fresh Fruit	Servings	550	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	600	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	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	75	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			441	21	444	4.86	2.77	493.2	*682	*54.71	53	14.96	79.95	6.79	2.50
% of Calories											47.8%	13.6%	72.5%	13.8%	5.1%
Nutrient Guideline			400-550		600										<10.00

Mon - 09/30/2019															
BREAKFAST 6-8	Total	650													
Calzone, country breakfast	1 each	425	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	140	108	0	158	2.30	3.52	72.0	*80	*5.44	7	1.9	23.97	1.55	0.20
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 juice assorted	.50 CUP	650	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	200	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	450	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Alternate yogurt & toast jel 8	1 EACH	85	328	0	360	4.00	2.16	186.0	*0	*2.25	37	10.0	60.8	2.0	0.00
Weighted Daily Average			519	59	565	6.50	2.21	612.3	*1170	*56.45	50	24.32	79.85	10.49	5.47
% of Calories											38.6%	18.8%	61.6%	18.2%	9.5%
Nutrient Guideline			400-550		600										<10.00

Weighted Average			470	*32	454	4.90	2.83	454.7	*795	*52.48	*56	14.41	83.98	8.56	3.56
											*107.8	12.3%	71.5%	16.4%	6.8%

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

BREAKFAST 6-8

Portion Values - Detailed

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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	470		400 - 550	100%												
Cholesterol (mg)	32				Missing											
Sodium 1 (mg)	454		600													
Sodium 2 (mg)	454		535													
Fiber (g)	4.90															
Iron (mg)	2.83															
Calcium (mg)	454.7															
Vitamin A (IU)	795				Missing											
Sugars (g)	56	47.93%			Missing											
Vitamin C (mg)	52.48				Missing											
Protein (g)	14.41	12.28%			Missing											
Carbohydrate (g)	83.98	71.53%														
Total Fat (g)	8.56	16.41%														
Saturated Fat (g)	3.56	6.83%	<10.00%													

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