

Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 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															
Lunch 6-8	Total	2300													
Breadstick mozzarella	2 Sticks	750	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	650	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	725	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	550	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	1050	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Celery	.75 CUP	900	18	0	89	1.82	4.01	445.7	1215	20.66	1	0.77	3.31	0.19	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
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	1700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	350	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	550	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			624	49	972	9.70	*9.05	*776.8	*2339	*90.38	*35	30.39	84.08	18.39	6.96
% of Calories											*22.7%	19.5%	53.9%	26.5%	10.0%
Nutrient Guideline			600-700		1360										<10.00
Wed - 09/04/2019															
Lunch 6-8	Total	2500													
Hot dog & bun	1 EACH	1150	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	600	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	600	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	950	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	800	103	0	100	3.66	18.68	349.4	4679	0.0	*5	4.28	23.58	0.32	0.06
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	1050	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	1700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	300	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	450	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			607	46	930	8.13	*9.77	*589.8	*3709	*74.04	*43	25.51	83.73	20.26	7.21
% of Calories											*28.2%	16.8%	55.2%	30.0%	10.7%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 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)
Thu - 09/05/2019															
Lunch 6-8	Total	2500													
Beef Ravioli - sec	1 cup	1100	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	550	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	1000	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	500	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	1100	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	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	750	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	1700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	400	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	450	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			569	38	900	9.32	*7.03	*527.8	*1620	*174.66	*40	25.34	84.97	15.45	5.56
% of Calories											*28.3%	17.8%	59.7%	24.4%	8.8%
Nutrient Guideline			600-700		1360										<10.00

Fri - 09/06/2019															
Lunch 6-8	Total	1100													
Salisbury steak	1 EACH	50	157	43	312	1.00	2.00	36.0	30	1.0	1	14.0	5.0	9.0	3.40
Meatloaf	Serving	50	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	450	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	50	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	50	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	50	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	600	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	900	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	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	1/2 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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	175	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	375	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			612	53	970	9.85	*5.76	*579.7	*14269	*83.32	*39	30.54	79.07	19.76	6.53
% of Calories											*25.7%	20.0%	51.7%	29.1%	9.6%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/09/2019															
Lunch 6-8	Total	1800													
Dutch waffle	1 each	625	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	600	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	275	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	2 TBSP	200	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	900	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	700	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fresh Fruit	Servings	1150	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	1500	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1100	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar nacho mid	SERVING	275	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	625	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			716	54	894	10.16	*2.53	*474.5	*1456	*42.59	*40	29.23	94.45	25.30	8.36
% of Calories											*22.3%	16.3%	52.8%	31.8%	10.5%
Nutrient Guideline			600-700		1360										<10.00

Tue - 09/10/2019															
Lunch 6-8	Total	2000													
Dug Out el	SERVING	625	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	425	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	.75 cup	600	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	425	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	0.00
Fresh Fruit	Servings	1800	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	1100	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	1400	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	300	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	650	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			655	58	945	9.85	*2.77	*499.6	*4153	*41.34	*43	32.57	87.30	19.50	6.00
% of Calories											*26.1%	19.9%	53.3%	26.8%	8.3%
Nutrient Guideline			600-700		1360										<10.00

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 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)
Wed - 09/11/2019															
Lunch 6-8	Total	1900													
Chicken Drumstick Breaded wg	1 each	725	220	60	530	1.00	1.44	20.0	0	0.0	0	19.0	6.0	13.0	3.00
Sloppy Joes	Servings	325	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	700	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	900	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	700	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	1600	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	850	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	1400	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	250	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	600	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			695	68	1015	8.31	*3.19	*460.2	*1723	*41.74	*42	33.28	84.02	25.24	6.54
% of Calories											*24.3%	19.2%	48.4%	32.7%	8.5%
Nutrient Guideline			600-700		1360										<10.00

Thu - 09/12/2019															
Lunch 6-8	Total	2000													
Chili con carne & beans - el	CUPS	550	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	550	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	600	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	1700	21	0	59	1.58	1.98	226.8	2302	10.61	2	0.72	3.68	0.1	0.00
Fresh Fruit	Servings	1950	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	1100	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1300	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	350	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	500	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			685	64	913	10.23	*4.03	*644.3	*3014	*57.94	*49	32.55	93.22	20.69	6.72
% of Calories											*28.7%	19.0%	54.4%	27.2%	8.8%
Nutrient Guideline			600-700		1360										<10.00

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Base Menu Spreadsheet

Lunch 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)
Fri - 09/13/2019															
Lunch 6-8	Total	1900													
Chicken fajita tortilla sec	SERVING	350	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	900	375	30	635	4.50	*2.52	*140.0	*0	*0.6	8	17.0	39.5	17.0	6.25
Vegetable fajita blend	.75 CUP	350	30	0	10	1.00	0.00	0.0	0	9.0	4	0.0	4.0	0.0	0.00
Salad, chopped Romaine	1 cup	1100	120	10	263	1.40	0.48	14.0	*1667	*14.0	2	0.67	4.0	11.0	1.50
Fresh Fruit	Servings	1500	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	1000	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1100	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar nacho mid	SERVING	600	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	650	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			831	73	1326	11.02	*3.50	*551.7	*2042	*46.24	*41	37.51	99.11	31.36	9.46
% of Calories											*19.9%	18.1%	47.7%	34.0%	10.2%
Nutrient Guideline			600-700		1360										<10.00

Mon - 09/16/2019															
Lunch 6-8	Total	2500													
Chicken patty/whole grain bun	1 EACH	1250	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	800	270	38	407	8.31	3.06	171.6	129	6.45	*0	19.85	35.68	5.19	2.06
Tortilla, whole wheat	2 EACH	800	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	.75 cup	1100	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	600	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	2000	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	2400	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	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	1700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar breakfast	SERVING	200	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	250	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			773	60	1016	12.30	4.74	467.0	*910	*36.88	*54	32.67	117.06	19.42	5.77
% of Calories											*27.9%	16.9%	60.6%	22.6%	6.7%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 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															
Lunch 6-8	Total	2500													
Macaroni & cheese whole grain	3/4 CUP	900	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	550	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	1050	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	1150	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	1700	18	0	89	1.82	4.01	445.7	1215	20.66	1	0.77	3.31	0.19	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	1950	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	1700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar breakfast	SERVING	450	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	600	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			673	72	960	8.76	*5.15	*863.6	*2039	*52.75	*51	28.41	95.39	20.58	8.15
% of Calories											*30.1%	16.9%	56.7%	27.5%	10.9%
Nutrient Guideline			600-700		1360										<10.00

Wed - 09/18/2019															
Lunch 6-8	Total	2500													
Chicken nuggets	5 Pieces	1200	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	850	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	800	69	0	95	1.19	0.24	12.4	2	24.25	*1	1.56	14.71	0.72	0.19
Gravy, chicken dehydr & WA.50c	1/2 CUP	750	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	2000	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	1800	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	900	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fresh Fruit	Servings	2000	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	1700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar breakfast	SERVING	150	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	300	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			669	47	994	9.33	*2.46	411.5	*3590	*60.12	*46	28.91	90.26	20.59	5.81
% of Calories											*27.7%	17.3%	54.0%	27.7%	7.8%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 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)
Thu - 09/19/2019															
Lunch 6-8	Total	2500													
Nachos with ground beef ele	SERVINGS	1500	278	38	257	2.00	1.21	*0.0	*108	*0.0	0	12.29	21.44	15.82	3.94
Pepperoni Calzone	each	550	300	25	460	3.00	2.70	150.0	200	2.4	4	14.0	30.0	13.0	5.00
Cheese sauce 1/4 cup	1/4 CUP	1500	70	0	480	0.00	0.00	40.0	0	0.0	3	0.0	6.0	4.5	0.50
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
Cherry tomatoes	3/4 cup	900	19	0	4	1.50	0.27	15.0	937	13.5	3	0.75	4.5	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	1100	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	1700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar breakfast	SERVING	150	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	300	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			629	48	998	7.70	2.95	*418.0	*1238	*39.89	*40 *25.3%	26.17 16.6%	82.52 52.5%	21.00 30.0%	6.28 9.0%
Nutrient Guideline			600-700		1360										<10.00

Fri - 09/20/2019															
Lunch 6-8	Total	1800													
Chicken Mandarin orange- Asian	2.50 oz	450	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	450	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	425	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	450	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	600	32	0	162	1.62	0.58	16.2	162	0.0	1	2.43	3.24	0.0	0.00
Fresh Fruit	Servings	1100	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	725	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1100	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar breakfast	SERVING	300	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	625	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			582	57	803	*5.56	*2.40	*435.6	*1043	*35.00	*40 *27.5%	27.41 18.8%	77.45 53.2%	17.32 26.8%	6.82 10.6%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 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)
Mon - 09/23/2019															
Lunch 6-8	Total	2400													
Chicken nuggets	5 Pieces	1200	240	20	470	3.00	1.80	40.0	0	0.0	1	13.0	16.0	14.0	2.50
Waffle	WAFFLES	1200	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	1100	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	700	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	2 TBSP	650	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	1100	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	700	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fresh Fruit	Servings	1800	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	650	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	150	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	350	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			660	40	841	9.13	*3.13	*438.0	*1614	*59.96	*44	27.33	97.03	18.83	5.74
% of Calories											*26.7%	16.6%	58.8%	25.7%	7.8%
Nutrient Guideline			600-700		1360										<10.00

Tue - 09/24/2019															
Lunch 6-8	Total	2300													
Breadstick mozzarella	2 Sticks	750	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	650	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	725	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	550	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	1050	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Celery	.75 CUP	900	18	0	89	1.82	4.01	445.7	1215	20.66	1	0.77	3.31	0.19	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
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	1700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	350	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	550	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			624	49	972	9.70	*9.05	*776.8	*2339	*90.38	*35	30.39	84.08	18.39	6.96
% of Calories											*22.7%	19.5%	53.9%	26.5%	10.0%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 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)
Wed - 09/25/2019															
Lunch 6-8	Total	2500													
Hot dog & bun	1 EACH	1150	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	600	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	600	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	950	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	800	103	0	100	3.66	18.68	349.4	4679	0.0	*5	4.28	23.58	0.32	0.06
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	1050	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	1700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	300	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	450	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			607	46	930	8.13	*9.77	*589.8	*3709	*74.04	*43	25.51	83.73	20.26	7.21
% of Calories											*28.2%	16.8%	55.2%	30.0%	10.7%
Nutrient Guideline			600-700		1360										<10.00

Thu - 09/26/2019															
Lunch 6-8	Total	2500													
Beef Ravioli - sec	1 cup	1100	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	550	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	1000	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	500	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	1100	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	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	750	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	1700	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	400	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	450	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			569	38	900	9.32	*7.03	*527.8	*1620	*174.66	*40	25.34	84.97	15.45	5.56
% of Calories											*28.3%	17.8%	59.7%	24.4%	8.8%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 6-8

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 6-8	Total	1100													
Meatloaf	Serving	50	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	450	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	50	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	50	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	50	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	600	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	900	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	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	1/2 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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	400	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar potato	SERVINGS	175	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	375	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			604	51	956	9.81	*5.67	*578.1	*14268	*83.28	*39	29.90	78.84	19.35	6.38
% of Calories											*26.0%	19.8%	52.2%	28.8%	9.5%
Nutrient Guideline			600-700		1360										<10.00

Mon - 09/30/2019															
Lunch 6-8	Total	1800													
Dutch waffle	1 each	625	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	600	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	275	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Green beans: canned,cooked	1 CUP	1400	32	0	280	4.00	0.00	0.0	0	0.0	2	2.0	6.0	0.0	0.00
Salsa	2 TBSP	250	10	0	330	1.00	0.00	0.0	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00
Broccoli,raw: fresh .75	.75 CUP	1100	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	0.00
Fresh Fruit	Servings	1750	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	1800	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	700	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50
Milk, Chocolate 1%	cup	1100	140	15	180	0.00	0.00	250.0	500	1.2	18	8.0	20.0	2.5	1.50
Bar nacho mid	SERVING	275	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	625	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Weighted Daily Average			731	54	1116	13.45	*2.73	*490.4	*1843	*63.59	*45	30.24	97.02	24.61	8.36
% of Calories											*24.7%	16.5%	53.1%	30.3%	10.3%
Nutrient Guideline			600-700		1360										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 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 Average			656	53	968	*9.49	*5.14	*555.0	*3427	*71.14	*43 *58.4%	29.46 18.0%	88.91 54.2%	20.59 28.3%	6.82 9.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	656		600 - 700	100%				
Cholesterol (mg)	53							
Sodium 1 (mg)	968		1360					
Sodium 2 (mg)	968		1035					
Fiber (g)	9.49				Missing			
Iron (mg)	5.14				Missing			
Calcium (mg)	555.0				Missing			
Vitamin A (IU)	3427				Missing			
Sugars (g)	43	25.95%			Missing			
Vitamin C (mg)	71.14				Missing			
Protein (g)	29.46	17.97%						
Carbohydrate (g)	88.91	54.24%						
Total Fat (g)	20.59	28.26%						
Saturated Fat (g)	6.82	9.36%	<10.00%					

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