

# Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Alternate pizza

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 - 09/03/2019															
Alternate pizza	Total	10													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Soft shell taco el	1 EACH	1	179	30	236	2.00	*0.72	*70.4	*0	*0.0	*0	9.86	15.79	8.69	3.35
Tomatoes, diced	2 OZ	1	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	1	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Celery	.75 CUP	1	18	0	89	1.82	4.01	445.7	1215	20.66	1	0.77	3.31	0.19	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
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
Weighted Daily Average			95	8	159	1.45	*0.88	*145.8	*265	*6.57	*5	5.60	12.14	2.63	1.09
% of Calories											*20.3%	23.6%	51.2%	24.9%	10.3%
Nutrient Guideline			550-650		1230										<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 - 09/04/2019															
Alternate pizza	Total	15													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Hot dog & bun	1 EACH	1	310	35	550	3.00	2.52	20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Salad, chopped Romaine	2 CUP	1	240	20	526	2.80	0.96	28.0	*3334	*28.0	3	1.34	8.0	22.0	3.00
BAKED BEANS (VEGETARIAN)	3/4 cup	1	103	0	100	3.66	18.68	349.4	4679	0.0	*5	4.28	23.58	0.32	0.06
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	1/2 CUP	1	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	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
Weighted Daily Average			89	7	139	1.05	1.64	87.1	*644	*4.83	*5	3.86	10.51	3.65	1.11
% of Calories											*20.9%	17.3%	47.1%	36.8%	11.2%
Nutrient Guideline			550-650		1230										<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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<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

Alternate pizza

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 - 09/05/2019															
Alternate pizza	Total	4													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Beef Ravioli - el	1 Cup	1	220	10	750	4.00	1.80	20.0	*N/A*	*N/A*	6	7.0	33.0	7.0	3.00
Garlic toast, mini	SLICE	1	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	1	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	1	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	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	1/2 CUP	1	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	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
Weighted Daily Average			255	15	495	3.93	2.61	274.9	*410	*65.33	17	12.55	37.34	6.53	2.76
% of Calories											26.6%	19.7%	58.6%	23.0%	9.8%
Nutrient Guideline			550-650		1230										<10.00

Fri - 09/06/2019															
Alternate pizza	Total	19													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Cheeseburger/wheat bun 1.60oz	1 EACH	1	290	43	602	4.00	3.80	126.9	*100	*0.0	3	24.54	29.01	9.54	3.77
Salad, chopped Romaine	2 CUP	1	240	20	526	2.80	0.96	28.0	*3334	*28.0	3	1.34	8.0	22.0	3.00
Carrots, baby 3/4 cup	.75 CUP	1	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	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	1/2 CUP	1	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	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
Weighted Daily Average			66	6	111	0.84	0.43	57.6	*1017	*4.00	4	3.38	7.53	2.52	0.75
% of Calories											22.0%	20.4%	45.6%	34.4%	10.3%
Nutrient Guideline			550-650		1230										<10.00

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Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 3

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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 - 09/09/2019															
Alternate pizza	Total	3													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Chicken parmesan sandwich - el	1 each	1	255	42	392	3.25	2.48	125.0	*188	*1.5	3	19.25	30.25	7.0	2.50
Green beans: canned,cooked	.75 cup	1	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	1	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	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	1/2 CUP	1	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	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
Weighted Daily Average			335	31	529	5.15	1.98	354.9	*5359	*16.50	23	19.67	46.96	7.80	3.35
% of Calories											27.2%	23.5%	56.2%	21.0%	9.0%
Nutrient Guideline			550-650		1230										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/10/2019															
Alternate pizza	Total	1													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Burrito, Beef, bean, green chi	1 Each	1	294	19	414	7.92	3.60	80.0	400	4.8	1	16.28	39.49	9.13	2.55
Salsa	1 TBSP	1	5	0	165	0.50	0.00	0.0	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00
Corn, canned .75 cup	.75 cup	1	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	1	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	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
Strawberries frozen el	1/4 CUP	1	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	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
Weighted Daily Average			1098	69	1526	21.13	*6.37	*1011.6	*3291	*86.41	60	60.15	160.43	27.03	10.11
% of Calories											21.9%	21.9%	58.5%	22.2%	8.3%
Nutrient Guideline			550-650		1230										<10.00

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# Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Alternate pizza

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															
Alternate pizza	Total	2													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Chicken Drumstick Breaded w/g	1 each	1	220	60	530	1.00	1.44	20.0	0	0.0	0	19.0	6.0	13.0	3.00
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
Salad, chopped Romaine	2 CUP	1	240	20	526	2.80	0.96	28.0	*3334	*28.0	3	1.34	8.0	22.0	3.00
Sweet potato wedges	.75 cup	1	171	0	202	6.22	0.90	42.7	1499	0.64	11	1.56	28.0	7.78	0.08
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	1/2 CUP	1	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	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
Weighted Daily Average			704	65	1140	8.62	3.20	508.2	*3237	*36.52	38	31.58	76.57	30.84	6.82
% of Calories											21.6%	17.9%	43.5%	39.4%	8.7%
Nutrient Guideline			550-650		1230										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/12/2019															
Alternate pizza	Total	15													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Corn dog - whole grain	1 EACH	1	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	1	21	0	59	1.58	1.98	226.8	2302	10.61	2	0.72	3.68	0.1	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	1/2 CUP	1	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	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
Weighted Daily Average			64	5	115	0.72	0.41	79.8	263	*4.67	5	3.33	8.72	1.77	0.64
% of Calories											29.5%	20.9%	54.6%	24.9%	9.0%
Nutrient Guideline			550-650		1230										<10.00

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Alternate pizza

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)
Fri - 09/13/2019															
Alternate pizza	Total	10													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Meatball Sub	1 each	1	337	22	562	4.33	*2.28	*133.3	*0	*0.4	8	15.17	38.83	14.0	5.08
Cucumbers, sliced	1/2 cup	1	8	0	1	0.00	0.00	10.0	50	0.0	0	0.0	2.0	0.0	0.00
Salad, chopped Romaine	2 CUP	1	240	20	526	2.80	0.96	28.0	*3334	*28.0	3	1.34	8.0	22.0	3.00
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	1/2 CUP	1	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	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
Weighted Daily Average			127	9	199	1.33	*0.56	*108.1	*502	*7.28	7	5.48	14.60	5.24	1.56
% of Calories											22.2%	17.2%	45.9%	37.1%	11.1%
Nutrient Guideline			550-650		1230										<10.00

Mon - 09/16/2019															
Alternate pizza	Total	8													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Chicken patty/whole grain bun	1 EACH	1	380	25	650	6.00	3.80	71.0	*0	*0.0	3	21.0	42.0	14.5	2.50
Green beans: canned,cooked	.75 cup	1	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	1	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	1	69	0	0	2.21	0.23	27.6	163	33.01	13	0.87	17.54	0.2	0.00
Fruit, canned	1/2 CUP	1	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	1	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	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
Weighted Daily Average			158	11	250	2.03	0.86	125.1	*205	*5.55	11	7.85	21.63	4.36	1.38
% of Calories											26.8%	19.9%	54.8%	24.9%	7.9%
Nutrient Guideline			550-650		1230										<10.00

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Alternate pizza

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)
Tue - 09/17/2019															
Alternate pizza	Total	8													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
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
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	.75 cup	1	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	1	18	0	89	1.82	4.01	445.7	1215	20.66	1	0.77	3.31	0.19	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	1/2 CUP	1	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	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
Weighted Daily Average			142	16	229	1.74	*0.89	*215.9	*439	*8.13	9	7.25	18.76	4.44	2.01
% of Calories											24.9%	20.4%	52.8%	28.1%	12.7%
Nutrient Guideline			550-650		1230										<10.00

Wed - 09/18/2019															
Alternate pizza	Total	4													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Chicken nuggets	5 Pieces	1	240	20	470	3.00	1.80	40.0	0	0.0	1	13.0	16.0	14.0	2.50
Dinner roll 100 % wheat	1 EACH	1	70	0	90	1.00	*N/A*	22.0	*N/A*	*N/A*	1	3.0	12.0	0.5	0.00
BBQ sauce cup	1 each	1	40	0	213	0.00	0.00	20.2	101	0.0	4	0.0	10.12	0.0	0.00
Carrots, raw, coin .75 cup	.75 CUP	1	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	1	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	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	1/2 CUP	1	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	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
Weighted Daily Average			278	17	438	3.80	*1.18	260.5	*1560	*22.65	18	14.57	36.82	7.72	2.51
% of Calories											25.4%	21.0%	53.1%	25.0%	8.2%
Nutrient Guideline			550-650		1230										<10.00

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# Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Alternate pizza

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)
Thu - 09/19/2019															
Alternate pizza	Total	2													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Nachos with ground beef ele	SERVINGS	1	278	38	257	2.00	1.21	*0.0	*108	*0.0	0	12.29	21.44	15.82	3.94
Refried beans	1/2 CUP	1	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	1	19	0	4	1.50	0.27	15.0	937	13.5	3	0.75	4.5	0.0	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	1/2 CUP	1	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	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
Weighted Daily Average			552	44	761	7.36	2.83	*482.3	*1343	*28.96	32	29.15	71.54	16.61	5.75
% of Calories											22.9%	21.1%	51.9%	27.1%	9.4%
Nutrient Guideline			550-650		1230										<10.00

Fri - 09/20/2019															
Alternate pizza	Total	10													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Hot dog & bun	1 EACH	1	310	35	550	3.00	2.52	20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Asian salad	3/4 cup	1	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	1	32	0	162	1.62	0.58	16.2	162	0.0	1	2.43	3.24	0.0	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	1/2 CUP	1	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	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
Weighted Daily Average			109	9	175	*1.29	0.60	98.7	*246	*7.63	7	5.61	13.81	3.48	1.39
% of Calories											24.1%	20.6%	50.7%	28.8%	11.5%
Nutrient Guideline			550-650		1230										<10.00

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# Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Alternate pizza

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 - 09/23/2019															
Alternate pizza	Total	4													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Burrito beef/bean red chile WG	1 EACH	1	380	25	460	5.00	1.44	100.0	400	1.2	3	16.0	40.0	15.0	7.00
Salsa	1 TBSP	1	5	0	165	0.50	0.00	0.0	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00
Corn, canned .75 cup	.75 cup	1	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	1	38	0	30	3.00	0.54	30.0	1500	45.0	2	3.0	6.0	0.0	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	1/2 CUP	1	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	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
Weighted Daily Average			302	19	395	4.43	*1.09	*259.9	*885	*22.65	17	15.07	41.66	8.22	3.64
% of Calories											22.6%	20.0%	55.2%	24.5%	10.9%
Nutrient Guideline			550-650		1230										<10.00

Tue - 09/24/2019															
Alternate pizza	Total	10													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Soft shell taco el	1 EACH	1	179	30	236	2.00	*0.72	*70.4	*0	*0.0	*0	9.86	15.79	8.69	3.35
Tomatoes, diced	2 OZ	1	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	1	120	0	360	5.00	1.80	40.0	0	0.0	1	7.0	20.0	1.0	0.00
Celery	.75 CUP	1	18	0	89	1.82	4.01	445.7	1215	20.66	1	0.77	3.31	0.19	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
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
Weighted Daily Average			95	8	159	1.45	*0.88	*145.8	*265	*6.57	*5	5.60	12.14	2.63	1.09
% of Calories											*20.3%	23.6%	51.2%	24.9%	10.3%
Nutrient Guideline			550-650		1230										<10.00

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# Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Alternate pizza

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															
Alternate pizza	Total	15													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Hot dog & bun	1 EACH	1	310	35	550	3.00	2.52	20.0	*N/A*	*N/A*	3	14.0	29.0	16.0	6.00
Salad, chopped Romaine	2 CUP	1	240	20	526	2.80	0.96	28.0	*3334	*28.0	3	1.34	8.0	22.0	3.00
BAKED BEANS (VEGETARIAN)	3/4 cup	1	103	0	100	3.66	18.68	349.4	4679	0.0	*5	4.28	23.58	0.32	0.06
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	1/2 CUP	1	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	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
Weighted Daily Average			89	7	139	1.05	1.64	87.1	*644	*4.83	*5	3.86	10.51	3.65	1.11
% of Calories											*20.9%	17.3%	47.1%	36.8%	11.2%
Nutrient Guideline			550-650		1230										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/26/2019															
Alternate pizza	Total	4													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Beef Ravioli - el	1 Cup	1	220	10	750	4.00	1.80	20.0	*N/A*	*N/A*	6	7.0	33.0	7.0	3.00
Garlic toast, mini	SLICE	1	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	1	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	1	19	0	23	1.50	5.67	165.0	0	216.9	1	1.44	3.73	0.21	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	1/2 CUP	1	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	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
Weighted Daily Average			255	15	495	3.93	2.61	274.9	*410	*65.33	17	12.55	37.34	6.53	2.76
% of Calories											26.6%	19.7%	58.6%	23.0%	9.8%
Nutrient Guideline			550-650		1230										<10.00

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Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Alternate pizza

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															
Alternate pizza	Total	19													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Cheeseburger/wheat bun 1.60oz	1 EACH	1	290	43	602	4.00	3.80	126.9	*100	*0.0	3	24.54	29.01	9.54	3.77
Salad, chopped Romaine	2 CUP	1	240	20	526	2.80	0.96	28.0	*3334	*28.0	3	1.34	8.0	22.0	3.00
Carrots, baby 3/4 cup	.75 CUP	1	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	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	1/2 CUP	1	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	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
Weighted Daily Average			66	6	111	0.84	0.43	57.6	*1017	*4.00	4	3.38	7.53	2.52	0.75
% of Calories											22.0%	20.4%	45.6%	34.4%	10.3%
Nutrient Guideline			550-650		1230										<10.00

Mon - 09/30/2019															
Alternate pizza	Total	3													
Alternate, Pizza Hut Pizza	SLICES	1	300	25	584	3.00	2.00	324.0	228	*N/A*	1	21.0	29.4	11.2	4.56
Chicken parmesan sandwich - el	1 each	1	255	42	392	3.25	2.48	125.0	*188	*1.5	3	19.25	30.25	7.0	2.50
Green beans: canned,cooked	.75 cup	1	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	1	37	0	82	3.00	1.08	30.0	14250	3.6	5	0.0	9.0	0.0	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	1/2 CUP	1	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	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
Weighted Daily Average			335	31	529	5.15	1.98	354.9	*5359	*16.50	23	19.67	46.96	7.80	3.35
% of Calories											27.2%	23.5%	56.2%	21.0%	9.0%
Nutrient Guideline			550-650		1230										<10.00

Weighted Average			261	20	405	*3.86	*1.65	*249.5	*1368	*21.25	*15	13.51	34.68	7.80	2.70
											*53.1%	20.7%	53.2%	26.9%	9.3%

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# Natrona County School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Alternate pizza

Portion Values - Detailed

Page 11

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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	261		550 - 650	47%		289		Correction Required - Calories are Low								
Cholesterol (mg)	20															
Sodium 1 (mg)	405		1230													
Sodium 2 (mg)	405		935													
Fiber (g)	3.86				Missing											
Iron (mg)	1.65				Missing											
Calcium (mg)	249.5				Missing											
Vitamin A (IU)	1368				Missing											
Sugars (g)	15	23.62%			Missing											
Vitamin C (mg)	21.25				Missing											
Protein (g)	13.51	20.73%														
Carbohydrate (g)	34.68	53.22%														
Total Fat (g)	7.80	26.93%														
Saturated Fat (g)	2.70	9.32%	<10.00%													

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