

Natrona County School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 31, 2012

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ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/01/2012															
ELEMENTARY BREAKFAS	Total	1													
HOT HAM & CHEESE/BUN	1 EACH	1	285	47	1263	2.18	3.53	295.4	83	17	0.0	23.27	28.4	10.16	4.00
PEACHES CANNED IN LIGHT SYRU	2/3 CUP	1	120	0	7	1.33	0.48	0.0	400	80	8.0	1.33	28.0	0.0	0.00
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			592	53	1461	3.51	4.30	595.4	983	197	64.94	32.60	94.00	10.66	4.30
% of Calories												22.0%	63.5%	16.2%	6.5%

Thu - 02/02/2012															
ELEMENTARY BREAKFAS	Total	1													
OMELET, COLBY CHEESE WRAP	1 EACH	1	209	193	408	1.00	2.15	119.4	397	79	0.0	10.94	16.99	11.44	3.98
APPLE,Fresh-1	1 EACH	1	110	0	2	5.10	0.25	13.0	114	6	9.8	0.55	29.28	0.36	0.06
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			506	199	602	6.10	2.69	432.4	1011	185	66.74	19.49	83.87	12.30	4.34
% of Calories												15.4%	66.3%	21.9%	7.7%

Fri - 02/03/2012															
ELEMENTARY BREAKFAS	Total	1													
WAFFLES, SNACK'N	1 EACH	1	240	25	280	2.00	0.72	20.0	0	0	0.0	5.0	35.0	9.0	2.50
ORANGE	1 EACH	1	62	0	0	3.10	0.13	52.0	295	14	69.7	1.23	15.39	0.16	0.02
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			488	31	471	5.10	1.14	372.0	795	114	126.64	14.23	87.99	9.66	2.82
% of Calories												11.7%	72.0%	17.8%	5.2%

Mon - 02/06/2012															
ELEMENTARY BREAKFAS	Total	1													
BREAKFAST PIZZA	3.2 OZ.	1	230	15	590	2.00	1.80	150.0	200	200	0.0	9.0	25.0	10.0	3.50
APPLE,Fresh-1	1 EACH	1	110	0	2	5.10	0.25	13.0	114	6	9.8	0.55	29.28	0.36	0.06
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			526	21	783	7.10	2.34	463.0	814	306	66.74	17.55	91.88	10.86	3.86
% of Calories												13.3%	69.8%	18.6%	6.6%

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ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/07/2012															
ELEMENTARY BREAKFAS	Total	1													
MUFFIN SQUARES, FRUITED ORANGE	1 EACH	1	241	21	172	4.03	1.43	116.4	227	13	1.07	5.65	41.51	6.45	1.08
FRUIT JUICE ASSORTED	1 EACH	1	62	0	0	3.10	0.13	52.0	295	14	69.7	1.23	15.39	0.16	0.02
	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			490	27	363	7.13	1.85	468.4	1022	127	127.71	14.88	94.50	7.11	1.40
% of Calories												12.2%	77.2%	13.1%	2.6%

Wed - 02/08/2012															
ELEMENTARY BREAKFAS	Total	1													
EARLY RAISERS	1 EACH	1	220	80	560	0.00	0.72	75.0	150	3	0.0	7.0	21.5	12.0	4.00
PEACHES CANNED IN LIGHT SYRU	1/2 CUP	1	90	0	5	1.00	0.36	0.0	300	60	6.0	1.0	21.0	0.0	0.00
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			496	86	756	1.00	1.37	375.0	950	163	62.94	16.00	80.10	12.50	4.30
% of Calories												12.9%	64.5%	22.7%	7.8%

Thu - 02/09/2012															
ELEMENTARY BREAKFAS	Total	1													
PANCAKE, SAUSAGE ON A STICK	1 EACH	1	210	15	470	1.00	1.08	0.0	0	0	0.0	9.0	23.0	10.0	3.50
SYRUP, PANCAKE	OZ	1	100	0	10	0.00	0.00	0.0	0	0	0.0	0.0	24.5	0.0	0.00
APPLE, Fresh-1	1 EACH	1	110	0	2	5.10	0.25	13.0	114	6	9.8	0.55	29.28	0.36	0.06
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			606	21	673	6.10	1.62	313.0	614	106	66.74	17.55	114.38	10.86	3.86
% of Calories												11.6%	75.4%	16.1%	5.7%

Fri - 02/10/2012															
ELEMENTARY BREAKFAS	Total	1													
DONUTS, LARGE BAKERY	1 EACH	1	335	18	440	1.50	1.80	40.0	0	0	0.0	4.5	32.5	21.5	8.50
ORANGE	1 EACH	1	62	0	0	3.10	0.13	52.0	295	14	69.7	1.23	15.39	0.16	0.02
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			583	24	631	4.60	2.22	392.0	795	114	126.64	13.73	85.49	22.16	8.82
% of Calories												9.4%	58.6%	34.2%	13.6%

Mon - 02/13/2012																
ELEMENTARY BREAKFAS	Total	1														
PORK SAUSAGE/CHEESE/BUN	SERVING	1	402	56	1073	2.00	3.05	1659.5	272	72	0.0	17.14	25.43	26.01	10.46	
EGG PATTIE, GRILLED	1 EACH	1	80	135	125	0.00	0.72	20.0	200	40	0.0	4.0	1.0	7.0	1.50	
ORANGE	1 EACH	1	62	0	0	3.10	0.13	52.0	295	14	69.7	1.23	15.39	0.16	0.02	
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00	
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30	
Weighted Daily Average			731	197	1389	5.10	4.19	2031.5	1267	226	126.64	30.37	79.42	33.67	12.28	
% of Calories												16.6%	43.5%	41.5%	15.1%	

Tue - 02/14/2012																
ELEMENTARY BREAKFAS	Total	1														
KOLACHES, FRUIT	3 OZ.	1	220	0	288	1.85	1.79	38.2	553	115	1.32	5.83	40.48	4.31	0.65	
APPLE,Fresh-1	1 EACH	1	110	0	2	5.10	0.25	13.0	114	6	9.8	0.55	29.28	0.36	0.06	
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00	
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30	
Weighted Daily Average			517	6	482	6.95	2.33	351.2	1167	221	68.06	14.38	107.36	5.17	1.01	
% of Calories												11.1%	83.1%	9.0%	1.8%	

Wed - 02/15/2012																
ELEMENTARY BREAKFAS	Total	1														
BREAKFAST BURRITO	3.75 OZ	1	230	75	468	1.00	1.80	65.0	247	40	7.0	9.0	27.0	9.0	4.00	
PEACHES CANNED IN LIGHT SYRU	2/3 CUP	1	120	0	7	1.33	0.48	0.0	400	80	8.0	1.33	28.0	0.0	0.00	
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00	
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30	
Weighted Daily Average			536	81	666	2.33	2.57	365.0	1147	220	71.94	18.33	92.60	9.50	4.30	
% of Calories												13.7%	69.0%	15.9%	7.2%	

Thu - 02/16/2012																
ELEMENTARY BREAKFAS	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
% of Calories												0.0%	0.0%	0.0%	0.0%	

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/17/2012															
ELEMENTARY BREAKFAS NO SCHOOL TODAY	Total SERVING	1													
Weighted Daily Average		1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
% of Calories			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Mon - 02/20/2012															
ELEMENTARY BREAKFAS NO SCHOOL TODAY	Total SERVING	1													
Weighted Daily Average		1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
% of Calories			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Tue - 02/21/2012															
ELEMENTARY BREAKFAS BISCUITS, BAKED BUTTERMILK GRAVY, SAUSAGE - MIX PIONEER ORANGE FRUIT JUICE ASSORTED MILK, VARIETY	Total 1 EACH 3 OZ. 1 EACH 4 FL.OZ.O R 1/2C CUP	1 1 1 1 1 1													
Weighted Daily Average		1	260	5	600	1.00	1.08	40.0	0	0	0.0	4.0	31.0	13.0	4.00
% of Calories			105	18	530	0.00	0.85	24.5	0	0	0.0	3.82	7.28	6.13	1.88
		1	62	0	0	3.10	0.13	52.0	295	14	69.7	1.23	15.39	0.16	0.02
		1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
		1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			613	29	1321	4.10	2.35	416.4	795	114	126.64	17.05	91.27	19.79	6.20
% of Calories											11.1%	59.5%	29.0%	9.1%	
Wed - 02/22/2012															
ELEMENTARY BREAKFAS WAFFLES/SYRUP (2) PEACHES CANNED IN LIGHT SYRU FRUIT JUICE ASSORTED MILK, VARIETY	Total 2.80 OZ 2/3 CUP 4 FL.OZ.O R 1/2C CUP	1 1 1 1 1													
Weighted Daily Average		1	400	0	350	1.00	2.70	60.0	1250	250	0.0	4.0	81.0	6.0	1.00
% of Calories			120	0	7	1.33	0.48	0.0	400	80	8.0	1.33	28.0	0.0	0.00
		1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
		1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			706	6	548	2.33	3.47	360.0	2150	430	64.94	13.33	146.60	6.50	1.30
% of Calories											7.5%	83.0%	8.3%	1.7%	

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/23/2012															
ELEMENTARY BREAKFAS	Total	1													
CEREAL, HOT/SUGAR	1 CUP	1	203	0	10	5.76	8.40	124.9	2338	703	28.8	5.76	40.32	2.4	0.42
APPLE, Fresh-1	1 EACH	1	110	0	2	5.10	0.25	13.0	114	6	9.8	0.55	29.28	0.36	0.06
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			499	6	203	10.86	8.94	437.9	2952	809	95.54	14.31	107.20	3.26	0.78
% of Calories												11.5%	85.9%	5.9%	1.4%

Fri - 02/24/2012															
ELEMENTARY BREAKFAS	Total	1													
HAM & CHEESE COMBO	1 EACH	1	200	70	420	0.00	0.72	40.0	0	0	0.0	7.0	9.0	15.0	5.00
CRACKERS, ANIMAL	16 CRAC KERS	1	120	0	105	0.00	1.08	0.0	0	0	0.0	2.0	25.0	2.0	0.00
ORANGE	1 EACH	1	62	0	0	3.10	0.13	52.0	295	14	69.7	1.23	15.39	0.16	0.02
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			568	76	716	3.10	2.22	392.0	795	114	126.64	18.23	86.99	17.66	5.32
% of Calories												12.8%	61.2%	28.0%	8.4%

Mon - 02/27/2012															
ELEMENTARY BREAKFAS	Total	1													
PANCAKES/SYRUP-2	97 grams	1	241	7	373	1.34	1.21	26.9	0	0	0.0	4.03	50.71	2.02	0.67
APPLE, Fresh-1	1 EACH	1	110	0	2	5.10	0.25	13.0	114	6	9.8	0.55	29.28	0.36	0.06
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			538	13	566	6.44	1.75	339.9	614	106	66.74	12.58	117.59	2.87	1.03
% of Calories												9.4%	87.5%	4.8%	1.7%

Tue - 02/28/2012															
ELEMENTARY BREAKFAS	Total	1													
CINNAMON ROLLS	EACH	1	209	0	292	1.70	2.08	39.0	46	9	0.5	4.73	37.69	4.53	0.65
ORANGE	1 EACH	1	62	0	0	3.10	0.13	52.0	295	14	69.7	1.23	15.39	0.16	0.02
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			457	6	483	4.79	2.50	391.0	841	123	127.14	13.96	90.68	5.19	0.97
% of Calories												12.2%	79.3%	10.2%	1.9%

Wed - 02/29/2012															
ELEMENTARY BREAKFAS	Total	1													
BAGEL	3 OZ.	1	210	0	516	2.87	3.44	9.6	48	10	0.0	8.6	42.05	0.96	0.00
CHEESE, CREAM 1 OZ	1 OZ.	1	48	16	46	0.00	0.05	13.9	190	54	0.0	0.84	0.58	4.85	2.73
PEACHES CANNED IN LIGHT SYRU	1 CUP	1	180	0	10	2.00	0.72	0.0	600	120	12.0	2.0	42.0	0.0	0.00
FRUIT JUICE ASSORTED	4 FL.OZ.O R 1/2C CUP	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
MILK, VARIETY		1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			625	22	763	4.87	4.50	323.4	1338	284	68.94	19.44	122.22	6.31	3.03
% of Calories												12.4%	78.2%	9.1%	4.4%

Weighted Average			560	50	715	5.08	2.91	490.0	1114	220	91.79	17.67	98.56	11.45	3.88
												12.6%	70.4%	18.4%	6.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	560		498	112%			
Cholesterol (mg)	50		100	50%			
Sodium (mg)	715		1200	60%			
Fiber (g)	5.08		4.98	102%			
Iron (mg)	2.91		2.63	111%			
Calcium (mg)	490.0		214.29	229%			
Vitamin A (IU)	1114		839	133%			
Vitamin A (RE)	220		168	131%			
Vitamin C (mg)	91.79		11.43	803%			
Protein (g)	17.67	12.62%	7.34	241%			
Carbohydrate (g)	98.56	70.40%					
Total Fat (g)	11.45	18.39%	<=30.00%				
Saturated Fat (g)	3.88	6.24%	<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

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.