

# Natrona County School District

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

Jan 31, 2012

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## SECONDARY 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															
SECONDARY BREAKFAST	Total	1													
HOT HAM & CHEESE/BUN	EACH	1	285	47	1263	2.18	3.53	295.4	83	17	0.0	23.27	28.4	10.16	4.00
EGG PATTIE, GRILLED	EACH	1	80	135	125	0.00	0.72	20.0	200	40	0.0	4.0	1.0	7.0	1.50
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			672	188	1586	3.51	5.02	615.4	1183	237	64.94	36.60	95.00	17.66	5.80
% of Calories												21.8%	56.6%	23.7%	7.8%

Thu - 02/02/2012															
SECONDARY BREAKFAST	Total	1													
OMELET, COLBY CHEESE WRAP	EACH	1	209	193	408	1.00	2.15	119.4	397	79	0.0	10.94	16.99	11.44	3.98
POTATO WEDGES sec.	4 OZ.	1	220	0	420	0.00	0.00	0.0	0	0	0.0	2.0	26.0	13.34	2.00
APPLE,Fresh-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			726	199	1022	6.10	2.69	432.4	1011	185	66.74	21.48	109.87	25.63	6.34
% of Calories												11.8%	60.6%	31.8%	7.9%

Fri - 02/03/2012															
SECONDARY BREAKFAST	Total	1													
WAFFLES, SNACK'N	EACH	1	240	25	280	2.00	0.72	20.0	0	0	0.0	5.0	35.0	9.0	2.50
ORANGE	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															
SECONDARY BREAKFAST	Total	1													
BREAKFAST PIZZA sec	6.4 OZ.	1	460	30	1180	4.00	3.60	300.0	400	400	0.0	18.0	50.0	20.0	7.00
APPLE,Fresh-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

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

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## SECONDARY 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)
Weighted Daily Average			756	36	1373	9.10	4.14	613.0	1014	506	66.74	26.55	116.88	20.86	7.36
% of Calories												14.0%	61.8%	24.8%	8.8%

Tue - 02/07/2012															
SECONDARY BREAKFAST	Total	1													
MUFFIN SQUARES:FRUITED-SEC.	1 EACH	1	445	32	262	8.87	3.03	186.8	358	21	1.7	11.77	79.98	10.11	1.69
MANDARIN ORANGES	2/3 CUP	1	95	0	9	1.81	0.48	26.7	1956	391	28.0	1.33	24.28	0.0	0.00
FRUIT JUICE ASSORTED	4 FL.OZ.O	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
	R 1/2C														
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			726	38	462	10.69	3.80	513.5	2814	511	86.64	21.10	141.86	10.61	1.99
% of Calories												11.6%	78.1%	13.1%	2.5%

Wed - 02/08/2012															
SECONDARY BREAKFAST	Total	1													
EARLY RAISERS	2 EACH	1	440	160	1120	0.00	1.44	150.0	300	6	0.0	14.0	43.0	24.0	8.00
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	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
	R 1/2C														
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			747	166	1318	1.33	2.21	450.0	1200	186	64.94	23.33	108.60	24.50	8.30
% of Calories												12.5%	58.2%	29.5%	10.0%

Thu - 02/09/2012															
SECONDARY BREAKFAST	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	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	1	62	0	6	0.00	0.00	0.0	0	0	55.5	0.0	16.0	0.0	0.00
	R 1/2C														
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%

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## SECONDARY BREAKFAST

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/10/2012															
SECONDARY BREAKFAST	Total	1													
DONUTS, LARGE BAKERY	EACH	1	335	18	440	1.50	1.80	40.0	0	0	0.0	4.5	32.5	21.5	8.50
ORANGE	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			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															
SECONDARY BREAKFAST	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	EACH	1	80	135	125	0.00	0.72	20.0	200	40	0.0	4.0	1.0	7.0	1.50
MANDARIN ORANGES	2/3 CUP	1	95	0	9	1.81	0.48	26.7	1956	391	28.0	1.33	24.28	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			763	197	1398	3.81	4.54	2006.2	2928	603	84.94	30.47	88.31	33.51	12.26
% of Calories												16.0%	46.3%	39.5%	14.5%

Tue - 02/14/2012															
SECONDARY BREAKFAST	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															
SECONDARY BREAKFAST	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
SALSA	2 TBSP	1	5	0	240	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00
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

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			541	81	906	2.33	2.57	365.0	1147	220	71.94	18.33	94.60	9.50	4.30
% of Calories												13.5%	69.9%	15.8%	7.1%

Thu - 02/16/2012															
SECONDARY BREAKFAST	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%

Fri - 02/17/2012															
SECONDARY BREAKFAST	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%

Mon - 02/20/2012															
SECONDARY BREAKFAST	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%

Tue - 02/21/2012															
SECONDARY BREAKFAST	Total	1													
BISCUITS, BAKED BUTTERMILK	2 EACH	1	520	10	1200	2.00	2.16	80.0	0	0	0.0	8.0	62.0	26.0	8.00
GRAVY, SAUSAGE - MIX PIONEER	6 OZ.	1	210	35	1060	0.00	1.70	48.9	0	0	0.0	7.63	14.56	12.26	3.75
MANDARIN ORANGES	2/3 CUP	1	95	0	9	1.81	0.48	26.7	1956	391	28.0	1.33	24.28	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			1011	51	2461	3.81	4.63	455.6	2456	491	84.94	24.97	138.44	38.76	12.05
% of Calories												9.9%	54.8%	34.5%	10.7%

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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)
Wed - 02/22/2012															
SECONDARY BREAKFAST	Total	1													
WAFFLES/SYRUP (3)	2.10 OZ	1	500	0	515	1.50	4.05	90.0	1875	375	0.0	6.0	97.0	9.0	1.50
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			806	6	713	2.83	4.82	390.0	2775	555	64.94	15.33	162.60	9.50	1.80
% of Calories												7.6%	80.6%	10.6%	2.0%

Thu - 02/23/2012															
SECONDARY BREAKFAST	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	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															
SECONDARY BREAKFAST	Total	1													
HAM & CHEESE COMBO	EACH	1	200	70	420	0.00	0.72	40.0	0	0	0.0	7.0	9.0	15.0	5.00
POTATO WEDGES sec.	4 OZ.	1	220	0	420	0.00	0.00	0.0	0	0	0.0	2.0	26.0	13.34	2.00
ORANGE	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			669	76	1031	3.10	1.14	392.0	795	114	126.64	18.23	87.99	29.00	7.32
% of Calories												10.9%	52.6%	39.0%	9.9%

Mon - 02/27/2012															
SECONDARY BREAKFAST	Total	1													
PANCAKES/SYRUP-3	97 grams	1	412	10	564	2.02	1.81	40.3	0	0	0.0	6.05	88.31	3.02	1.01
FRUIT JUICE ASSORTED	4 fl.oz.or 1/2	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02
APPLE,Fresh-1	EACH	1	110	0	2	5.10	0.25	13.0	114	6	9.8	0.55	29.28	0.36	0.06
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			710	16	756	7.40	2.60	366.5	673	112	35.70	15.07	154.81	4.05	1.39
% of Calories												8.5%	87.2%	5.1%	1.8%

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/28/2012															
SECONDARY BREAKFAST	Total	1													
CINNAMON ROLLS/FROSTED sec	EACH, 5.5 OZ.	1	675	1	520	2.73	3.43	141.6	1062	212	0.0	8.9	83.98	32.58	5.47
MANDARIN ORANGES	2/3 CUP	1	95	0	9	1.81	0.48	26.7	1956	391	28.0	1.33	24.28	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			956	7	721	4.54	4.19	468.2	3518	703	84.94	18.23	145.86	33.08	5.77
% of Calories											7.6%	61.0%	31.1%	5.4%	

Wed - 02/29/2012															
SECONDARY BREAKFAST	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	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	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			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			689	65	943	5.39	3.51	514.3	1621	337	80.92	20.19	114.97	17.45	5.28
											11.7%	66.7%	22.8%	6.9%	

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	689		619	111%			
Cholesterol (mg)	65		100	65%			
Sodium (mg)	943		1200	79%			
Fiber (g)	5.39		6.19	87%		0.80	Correction Required - Fiber is Low
Iron (mg)	3.51		3.40	103%			
Calcium (mg)	514.3		300.00	171%			
Vitamin A (IU)	1621		1125	144%			
Vitamin A (RE)	337		225	150%			
Vitamin C (mg)	80.92		13.75	589%			
Protein (g)	20.19	11.72%	12.20	165%			
Carbohydrate (g)	114.97	66.74%					
Total Fat (g)	17.45	22.79%	<=30.00%				
Saturated Fat (g)	5.28	6.89%	<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.