

# Laramie County School District 1

Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

Page 1

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Thu - 06/08/2017															
Summer School Snacks	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 06/09/2017															
Summer School Snacks	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 06/12/2017															
Summer School Snacks	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	48	21.00	77.00	10.50	4.50	0.00
% of Calories										37.6%	16.5%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 06/13/2017															
Summer School Snacks	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00

\*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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 06/14/2017															
Summer School Snacks	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 06/15/2017															
Summer School Snacks	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 06/16/2017															
Summer School Snacks	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		550-650		1230										<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

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# Laramie County School District 1

Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Mon - 06/19/2017															
Summer School Snacks	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	48	21.00	77.00	10.50	4.50	0.00
% of Calories										37.6%	16.5%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 06/20/2017															
Summer School Snacks	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 06/21/2017															
Summer School Snacks	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 06/22/2017															
Summer School Snacks	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

\*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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# Laramie County School District 1

Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

Page 4

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 06/23/2017															
Summer School Snacks	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 06/26/2017															
Summer School Snacks	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	48	21.00	77.00	10.50	4.50	0.00
% of Calories										37.6%	16.5%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 06/27/2017															
Summer School Snacks	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

Page 5

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Wed - 06/28/2017															
Summer School Snacks	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
Nutrient Guideline		550-650		1230											<10.00

	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Thu - 06/29/2017															
Summer School Snacks	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		550-650		1230											<10.00

	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Fri - 06/30/2017															
Summer School Snacks	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		550-650		1230											<10.00

	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Wed - 07/05/2017															
Summer School Snacks	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
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# Laramie County School District 1

Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 07/06/2017</b>															
Summer School Snacks	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

<b>Fri - 07/07/2017</b>															
Summer School Snacks	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

<b>Mon - 07/10/2017</b>															
Summer School Snacks	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	48	21.00	77.00	10.50	4.50	0.00
% of Calories										37.6%	16.5%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

<b>Tue - 07/11/2017</b>															
Summer School Snacks	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00

\*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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# Laramie County School District 1

Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 07/12/2017															
Summer School Snacks	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 07/13/2017															
Summer School Snacks	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 07/14/2017															
Summer School Snacks	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		550-650		1230										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Mon - 07/17/2017															
Summer School Snacks	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	48	21.00	77.00	10.50	4.50	0.00
% of Calories										37.6%	16.5%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 07/18/2017															
Summer School Snacks	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 07/19/2017															
Summer School Snacks	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 07/20/2017															
Summer School Snacks	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

\*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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# Laramie County School District 1

Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 07/21/2017															
Summer School Snacks	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 07/24/2017															
Summer School Snacks	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	48	21.00	77.00	10.50	4.50	0.00
% of Calories										37.6%	16.5%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 07/25/2017															
Summer School Snacks	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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# Laramie County School District 1

Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Thu - 07/27/2017															
Summer School Snacks	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 07/28/2017															
Summer School Snacks	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 07/31/2017															
Summer School Snacks	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	48	21.00	77.00	10.50	4.50	0.00
% of Calories										37.6%	16.5%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 08/01/2017															
Summer School Snacks	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00

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# Laramie County School District 1

Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 08/02/2017															
Summer School Snacks	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 08/03/2017															
Summer School Snacks	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 08/04/2017															
Summer School Snacks	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		420	20	502	3.92	1.25	358.2	594	4.55	*24	15.67	55.85	14.22	5.61	0.00
										*51.5%	14.9%	53.2%	30.5%	12.0%	0.0%

\*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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# Laramie County School District 1

Jun 8, 2017 thru Aug 4, 2017

Base Menu Spreadsheet

Summer School Snacks

Portion Values - Detailed

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	Portion Size	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)	Tr-Fat <sup>1</sup> (g)
<b>Nutrient</b>	<b>Menu AVG</b>	<b>% of Cals</b>	<b>Weekly Target</b>	<b>% of Target</b>	<b>Miss Data</b>	<b>Shortfall</b>	<b>Overage</b>	<b>Error Messages (if any)</b>							
Calories	420		550 - 650	76%		130		Correction Required - Calories are Low							
Cholesterol (mg)	20														
Sodium (mg)	502		1230												
Fiber (g)	3.92														
Iron (mg)	1.25														
Calcium (mg)	358.2														
Vitamin A (IU)	594														
Sugars (g)	24	22.90%			Missing										
Vitamin C (mg)	4.55														
Protein (g)	15.67	14.92%													
Carbohydrate (g)	55.85	53.16%													
Total Fat (g)	14.22	30.45%													
Saturated Fat (g)	5.61	12.02%	<10.00%					Correction Required - Sat. Fat too High							
Trans Fat <sup>1</sup> (g)	0.00	0.00%													

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.

## USDA Nondiscrimination Statement

**For all other FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:**

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

**October 14, 2015**