

Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Afterschool 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 ¹ (g)
Mon - 12/03/2018															
Afterschool 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
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
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
Weighted Daily Average		396	30	616	2.00	0.72	620.2	1202	3.60	34	22.02	60.01	7.05	4.03	0.00
% of Calories										34.4%	22.3%	60.7%	16.0%	9.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 12/04/2018															
Afterschool Snacks	Total														
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
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		325	15	312	4.37	0.22	610.9	1098	11.97	*30	16.47	58.13	2.81	1.55	0.00
% of Calories										*37.0%	20.3%	71.6%	7.8%	4.3%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 12/05/2018															
Afterschool 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	

Thu - 12/06/2018															
Afterschool Snacks	Total														
SNK Goldfish, Giant Graham	Pack	118	0	132	0.98	0.00	0.0	196	1.18	6	1.96	18.65	3.93	0.98	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

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Afterschool 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 ¹ (g)
Weighted Daily Average		348	15	442	0.98	0.00	600.0	1196	4.78	36	17.96	51.64	6.42	2.48	0.00
% of Calories										41.3%	20.7%	59.4%	16.6%	6.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 12/07/2018															
Afterschool Snacks	Total														
BRKF Cereal, Cheerios	1 each	105	0	139	2.63	9.29	112.3	924	6.05	1	3.39	20.5	1.88	0.42	0.01
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		335	15	449	2.63	9.29	712.3	1924	9.65	31	19.38	53.50	4.38	1.92	0.01
% of Calories										37.2%	23.1%	63.8%	11.8%	5.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 12/10/2018															
Afterschool Snacks	Total														
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
Raisins, Seedless	1/4 Cup	109	0	4	1.45	0.75	17.8	3	1.2	*N/A*	1.17	28.71	0.17	0.05	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		420	30	507	1.45	0.75	820.3	1205	4.80	*31	24.25	62.73	7.73	4.59	0.00
% of Calories										*29.5%	23.1%	59.8%	16.6%	9.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 12/11/2018															
Afterschool Snacks	Total														
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	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		370	15	425	3.00	1.08	700.0	1000	3.60	40	18.00	57.00	6.50	2.50	0.00
% of Calories										43.2%	19.5%	61.6%	15.8%	6.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Afterschool 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 ¹ (g)
Wed - 12/12/2018															
Afterschool Snacks	Total														
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
SNK Carrots, Baby 1/4C	1/4 CUP	15	0	27	0.83	0.15	8.3	2501	2.5	*N/A*	0.42	3.34	0.0	0.00	0.00
FRT Juice, Apple - Meadow Gold	Carton	60	0	0	0.00	0.00	0.0	0	3.6	13	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average		156	15	219	0.83	0.15	210.8	2704	6.10	*14	7.50	18.35	5.06	3.04	0.00
% of Calories										*36.0%	19.3%	47.2%	29.3%	17.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 12/13/2018															
Afterschool 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
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
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
Weighted Daily Average		396	30	616	2.00	0.72	620.2	1202	3.60	34	22.02	60.01	7.05	4.03	0.00
% of Calories										34.4%	22.3%	60.7%	16.0%	9.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 12/14/2018															
Afterschool Snacks	Total														
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
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		325	15	312	4.37	0.22	610.9	1098	11.97	*30	16.47	58.13	2.81	1.55	0.00
% of Calories										*37.0%	20.3%	71.6%	7.8%	4.3%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 12/17/2018															
Afterschool 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

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Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Afterschool 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 ¹ (g)
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 - 12/18/2018															
Afterschool Snacks	Total														
SNK Goldfish, Giant Graham	Pack	118	0	132	0.98	0.00	0.0	196	1.18	6	1.96	18.65	3.93	0.98	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		348	15	442	0.98	0.00	600.0	1196	4.78	36	17.96	51.64	6.42	2.48	0.00
% of Calories										41.3%	20.7%	59.4%	16.6%	6.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 12/19/2018															
Afterschool Snacks	Total														
BRKF Cereal, Cheerios	1 each	105	0	139	2.63	9.29	112.3	924	6.05	1	3.39	20.5	1.88	0.42	0.01
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		335	15	449	2.63	9.29	712.3	1924	9.65	31	19.38	53.50	4.38	1.92	0.01
% of Calories										37.2%	23.1%	63.8%	11.8%	5.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		367	19	445	2.87	2.02	621.8	1368	6.29	*34 *83.6%	18.73 20.4%	56.82 61.9%	6.28 15.4%	3.01 7.4%	0.00 0.0%
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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

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Nutrient	Menu AVG	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 ¹ (g)	Error Messages (if any)
Calories	367		550 - 650		67%			183									Correction Required - Calories are Low
Cholesterol (mg)	19																
Sodium 1 (mg)	445			1230													
Sodium 2 (mg)	445			935													
Fiber (g)	2.87																
Iron (mg)	2.02																
Calcium (mg)	621.8																
Vitamin A (IU)	1368																
Sugars (g)	34	37.16%				Missing											
Vitamin C (mg)	6.29																
Protein (g)	18.73	20.41%															
Carbohydrate (g)	56.82	61.92%															
Total Fat (g)	6.28	15.39%															
Saturated Fat (g)	3.01	7.37%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%															

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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, 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.

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October 14, 2015