

Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 1

Generated on: 1/18/2018 3:07:05 PM

	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)
Thu - 03/01/2018															
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	

Fri - 03/02/2018															
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	

Mon - 03/05/2018															
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	

Tue - 03/06/2018															
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

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

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 2

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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		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	

Wed - 03/07/2018															
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	

Thu - 03/08/2018															
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	

Fri - 03/09/2018															
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	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 3

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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 - 03/12/2018															
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	

Tue - 03/13/2018															
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	

Wed - 03/14/2018															
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	

Thu - 03/15/2018															
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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Afterschool 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 ¹ (g)
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 - 03/19/2018															
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 - 03/20/2018															
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	

Wed - 03/21/2018															
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	

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Afterschool 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 ¹ (g)
Thu - 03/22/2018															
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 - 03/23/2018															
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 - 03/26/2018															
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	

Tue - 03/27/2018															
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

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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	

Wed - 03/28/2018															
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	

Thu - 03/29/2018															
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	

Fri - 03/30/2018															
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	

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

Mar 1, 2018 thru Mar 30, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		367	19	441	2.70	1.97	632.3	1382	5.84	*34 *83.5%	18.75 20.5%	56.12 61.2%	6.50 15.9%	3.11 7.6%	0.00 0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	367		550 - 650	67%		183		Correction Required - Calories are Low
Cholesterol (mg)	19							
Sodium 1 (mg)	441		1230					
Sodium 2 (mg)	441		935					
Fiber (g)	2.70							
Iron (mg)	1.97							
Calcium (mg)	632.3							
Vitamin A (IU)	1382							
Sugars (g)	34	37.11%			Missing			
Vitamin C (mg)	5.84							
Protein (g)	18.75	20.46%						
Carbohydrate (g)	56.12	61.22%						
Total Fat (g)	6.50	15.95%						
Saturated Fat (g)	3.11	7.62%	<10.00%					
Trans Fat ¹ (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

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- (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