

Laramie County School District 1

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 1

Generated on: 10/3/2017 2:50:09 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/06/2017 | | | | | | | | | | | | | | | |
| 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 | |

| | | | | | | | | | | | | | | | |
|------------------------|--------|---------|----|------|------|------|-------|------|------|-------|-------|-------|-------|--------|------|
| Tue - 11/07/2017 | | | | | | | | | | | | | | | |
| 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 | |

| | | | | | | | | | | | | | | | |
|--------------------------|--------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|------|--------|------|
| Wed - 11/08/2017 | | | | | | | | | | | | | | | |
| 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 | |

| | | | | | | | | | | | | | | | |
|--------------------|--------|-----|----|-----|------|------|-------|-----|------|----|-----|------|-----|------|------|
| Thu - 11/09/2017 | | | | | | | | | | | | | | | |
| 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 |

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.

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.

Laramie County School District 1

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 2

Generated on: 10/3/2017 2:50:09 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 - 11/10/2017 | | | | | | | | | | | | | | | |
|----------------------------|--------|---------|----|------|------|------|-------|------|------|-------|-------|-------|-------|--------|------|
| 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 - 11/13/2017 | | | | | | | | | | | | | | | |
|------------------------|--------|---------|----|------|------|------|-------|------|------|-------|-------|-------|-------|--------|------|
| 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 - 11/14/2017 | | | | | | | | | | | | | | | |
|-------------------------------|---------|---------|----|------|------|------|-------|------|------|--------|-------|-------|-------|--------|------|
| 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 | |

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.

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.

Laramie County School District 1

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 3

Generated on: 10/3/2017 2:50:09 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) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/15/2017 | | | | | | | | | | | | | | | |
| 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 - 11/16/2017 | | | | | | | | | | | | | | | |
| 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 - 11/17/2017 | | | | | | | | | | | | | | | |
| 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 | |

| | | | | | | | | | | | | | | | |
|--------------------------|--------|-----|----|-----|------|------|-------|-----|------|-------|------|-------|------|------|------|
| Mon - 11/20/2017 | | | | | | | | | | | | | | | |
| 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 |

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.

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.

Laramie County School District 1

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 4

Generated on: 10/3/2017 2:50:09 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 - 11/21/2017 | | | | | | | | | | | | | | | |
|------------------------|--------|---------|----|------|------|------|-------|------|------|-------|-------|-------|-------|--------|------|
| 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 | |

| Mon - 11/27/2017 | | | | | | | | | | | | | | | |
|----------------------------|--------|---------|----|------|------|------|-------|------|------|-------|-------|-------|-------|--------|------|
| 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 | |

| Tue - 11/28/2017 | | | | | | | | | | | | | | | |
|------------------------|--------|---------|----|------|------|------|-------|------|------|-------|-------|-------|-------|--------|------|
| 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 | |

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.

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.

Laramie County School District 1

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 5

Generated on: 10/3/2017 2:50:09 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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/29/2017 | | | | | | | | | | | | | | | |
| 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 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|--------|---------|----|------|------|------|-------|------|------|-------|-------|-------|-------|--------|------|
| Thu - 11/30/2017 | | | | | | | | | | | | | | | |
| 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 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|------|-------|------|------|--------|-------|-------|-------|------|------|
| Weighted Average | | 357 | 19 | 434 | 2.66 | 1.77 | 613.4 | 1418 | 6.01 | *33 | 18.32 | 54.80 | 6.31 | 3.08 | 0.00 |
| | | | | | | | | | | *83.2% | 20.5% | 61.3% | 15.9% | 7.7% | 0.0% |

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.

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.

Laramie County School District 1

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 6

Generated on: 10/3/2017 2:50:09 PM

| 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 | 357 | | 550 - 650 | 65% | | | | 193 | | | | | | | | | Correction Required - Calories are Low |
| Cholesterol (mg) | 19 | | | | | | | | | | | | | | | | |
| Sodium (mg) | 434 | | 1230 | | | | | | | | | | | | | | |
| Fiber (g) | 2.66 | | | | | | | | | | | | | | | | |
| Iron (mg) | 1.77 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 613.4 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 1418 | | | | | | | | | | | | | | | | |
| Sugars (g) | 33 | 36.96% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 6.01 | | | | | | | | | | | | | | | | |
| Protein (g) | 18.32 | 20.51% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 54.80 | 61.34% | | | | | | | | | | | | | | | |
| Total Fat (g) | 6.31 | 15.88% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 3.08 | 7.75% | <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*
¹ - 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.