

Laramie County School District 1

Nov 1, 2018 thru Nov 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)	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 - 11/05/2018															
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 - 11/06/2018															
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 - 11/07/2018															
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 - 11/08/2018															
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
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Laramie County School District 1

Nov 1, 2018 thru Nov 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)	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 - 11/09/2018															
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 - 11/13/2018															
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	

Wed - 11/14/2018															
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

Nov 1, 2018 thru Nov 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)	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 - 11/15/2018															
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 - 11/16/2018															
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	

Mon - 11/19/2018															
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 - 11/20/2018															
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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Laramie County School District 1

Nov 1, 2018 thru Nov 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)	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	

Mon - 11/26/2018															
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	

Tue - 11/27/2018															
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	

Wed - 11/28/2018															
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	

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Laramie County School District 1

Nov 1, 2018 thru Nov 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)	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 - 11/29/2018															
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	
Fri - 11/30/2018															
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	
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%

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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	357		550 - 650		65%			193									Correction Required - Calories are Low
Cholesterol (mg)	19																
Sodium 1 (mg)	434			1230													
Sodium 2 (mg)	434			935													
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%															

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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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