

Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

Portion Values - Detailed

Page 1

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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)
Mon - 04/09/2018															
Elem Lunch 17-18	Total														
ENT Corn Dog,Mini, Chicken,K-8	6 Each	275	41	417	5.09	1.83	152.7	0	0.0	5	10.18	30.54	12.21	3.56	0.00
ENT Bean & ChsBurrito 15-16	Each	366	6	725	11.93	3.71	207.6	103	1.55	*3	15.71	57.11	7.68	3.07	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
VEG Green Beans 1/2 C offer 2	1/2 Cup	30	0	249	3.59	0.01	36.0	355	6.52	*2	1.82	5.59	0.0	0.00	0.00
COND Ketchup	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	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
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		525	35	914	12.20	2.84	507.9	*1586	38.96	*30	21.97	83.10	11.47	3.76	*0.00
% of Calories										*22.8%	16.7%	63.3%	19.6%	6.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 04/10/2018															
Elem Lunch 17-18	Total														
ENT Chicken, Fried, ES	1 Piece	190	70	470	1.00	1.08	0.0	0	0.0	0	16.0	6.0	11.0	2.50	0.00
GRAIN Cornbread, 2 oz	1 Each	187	16	355	2.10	1.38	88.8	75	1.29	*5	4.71	31.84	4.94	0.78	*0.00
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Cornbread, 2 oz	1 Each	187	16	355	2.10	1.38	88.8	75	1.29	*5	4.71	31.84	4.94	0.78	*0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Coleslaw, 1/2 cup offer 2	1/2 Cup	58	1	163	1.90	0.36	54.1	26	39.23	*3	1.4	8.3	2.13	0.36	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	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
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	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

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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		675	84	1009	7.92	3.22	578.6	*1766	69.85	*30	30.87	93.27	20.67	7.16	*0.00
% of Calories										*18.0%	18.3%	55.3%	27.6%	9.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 04/11/2018															
Elem Lunch 17-18	Total														
BRKF Pancake, IW Maple WG	Package	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
BRKF French Toast Sticks 17-18	3 Each	270	10	290	2.00	1.08	60.0	0	0.0	11	7.0	43.0	8.0	1.00	0.00
ENT Sausage Patty, Trky 1oz	1 Each	60	30	80	0.00	0.72	20.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
BRKF Scrambled Eggs	1/4 CUP	82	211	81	0.00	1.00	31.8	306	0.0	*N/A*	7.12	0.41	5.4	1.77	0.00
VEG Hash Brown Patty	1 Each	121	0	253	1.01	0.00	0.0	0	1.22	0	1.01	15.19	6.08	1.01	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		727	183	779	6.20	2.77	337.5	*3241	36.12	*50	24.03	114.31	20.60	4.04	*0.00
% of Calories										*27.5%	13.2%	62.9%	25.5%	5.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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 - 04/12/2018															
Elem Lunch 17-18	Total														
ENT Pizza, Cheese K-8	1/10 Slice	256	20	400	2.40	2.16	240.1	400	4.8	3	16.01	28.02	8.81	3.20	0.00
ENT Munchable w/ Goldfish	1 EACH	258	47	600	1.00	0.97	222.5	202	0.0	1	20.99	15.01	12.21	4.59	0.00
GRAIN Roll, WG 1oz offer 1	1 Each	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.38	*0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Carrots Shred	1/2 cup	19	0	32	1.31	0.14	15.4	7864	2.76	*N/A*	0.44	4.48	0.11	0.02	0.00
VEG Patch Cauliflower	1/2 Cup	13	0	15	1.02	0.21	11.2	0	24.6	1	0.98	2.54	0.14	0.07	0.00
VEG Patch Peas	1/2 Cup	81	0	3	5.30	1.48	26.0	772	13.69	6	5.17	15.07	0.21	0.04	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		510	38	749	6.16	2.80	570.0	*4080	45.48	*28	28.49	72.12	11.92	4.16	*0.00
% of Calories										*21.8%	22.4%	56.6%	21.1%	7.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

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Base Menu Spreadsheet

Elem Lunch 17-18

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)
Fri - 04/13/2018															
Elem Lunch 17-18	Total														
ENT Mandrn Orgn Chicken	1/2 Cup	151	40	282	0.00	0.72	0.0	50	1.21	10	11.08	19.13	3.02	0.50	0.00
GRAIN Rice, Brown 3/4C Elem	3/4 Cup	139	0	0	1.55	0.56	0.0	0	0.0	*N/A*	3.11	27.2	1.98	0.12	0.00
DSSRT Cookie, Fortune	1 EACH	20	0	0	0.00	0.00	0.0	0	0.0	2	0.7	4.0	0.0	0.00	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Graham Crackers	Package	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
VEG Patch Carrots Shred	1/2 cup	19	0	32	1.31	0.14	15.4	7864	2.76	*N/A*	0.44	4.48	0.11	0.02	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	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
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		609	40	594	7.76	2.68	530.0	*4394	55.92	*44	28.20	102.40	10.03	2.14	*0.00
% of Calories										*28.8%	18.5%	67.3%	14.8%	3.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Elem Lunch 17-18

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Mon - 04/16/2018															
Elem Lunch 17-18															
	Total														
	ENT Chicken Drumsticks, ES	150	85	290	0.00	0.72	0.0	0	0.0	0	15.0	2.0	9.0	2.00	0.00
	VEG Mashed Potatoes	76	0	105	0.95	0.34	19.1	5	28.65	*1	1.91	16.24	0.95	0.00	0.00
	SAUCE Gravy, Country	21	0	137	0.00	0.17	0.0	0	0.0	*0	0.0	2.83	0.94	0.47	0.00
	GRAIN Roll, WG 1oz offer 1	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.38	*0.00
	ENT Munchable w/ Goldfish	258	47	600	1.00	0.97	222.5	202	0.0	1	20.99	15.01	12.21	4.59	0.00
	GRAIN Roll, WG 1oz offer 1	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.38	*0.00
	ENT Sand, Turkey & Ch on Wheat	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
	ENT Sand, Turkey on Wheat	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
	VEG Corn, steamed 1/2C offer 2	73	0	0	2.75	0.33	0.0	92	5.5	*N/A*	2.75	16.49	0.92	0.00	0.00
	VEG Carrots, Baby 13-14	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
	FRT Fresh Assorted: 1/2 cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
	FRT Canned Asstd: 1/2 cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
	COND Mustard Packets	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	COND Mayonnaise, Light	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
	COND Dressing, Ranch Red Fat	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
	MILK - 1% White	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	MILK - Skim White	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		584	88	932	6.65	2.66	362.0	*3500	62.19	*24	29.89	84.68	15.09	3.59	*0.00
% of Calories										*16.5%	20.5%	58.0%	23.3%	5.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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)
Tue - 04/17/2018															
Elem Lunch 17-18	Total														
ENT Rip Stick, Cheese	1 EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Carrots Shred	1/2 cup	19	0	32	1.31	0.14	15.4	7864	2.76	*N/A*	0.44	4.48	0.11	0.02	0.00
VEG Patch Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	0.00
VEG Patch White Beans	1/2 Cup	222	0	214	9.55	3.06	103.3	2	2.53	3	14.36	40.97	0.76	0.23	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		535	43	856	5.56	3.75	550.7	*3182	37.86	*23	30.70	71.40	14.09	4.34	*0.00
% of Calories										*17.2%	23.0%	53.4%	23.7%	7.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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 - 04/18/2018															
Elem Lunch 17-18															
	Total														
	ENT Chili, K-8, 17-18	186	37	372	6.34	3.64	91.7	1094	10.17	*5	15.9	23.71	3.23	1.19	*0.00
	GRAIN Cinnamon Roll 2 OZ	221	10	288	1.35	1.51	16.0	101	0.04	*15	3.97	38.85	5.6	1.50	*0.00
	ENT Sand, Turkey & Ch on Wheat	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
	ENT Sand, Turkey on Wheat	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
	VEG Patch Leafy Greens	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
	VEG Patch Celery Sticks	10	0	57	1.11	0.26	26.1	87	4.56	*N/A*	0.49	2.38	0.09	0.02	*N/A*
	VEG Patch Cherry Tom Bites	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
	FRT Fresh Assorted: 1/2 cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
	FRT Canned Asstd: 1/2 cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
	COND Mustard Packets	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	COND Mayonnaise, Light	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
	COND Dressing, Italian	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
	COND Dressing, Ranch Red Fat	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
	MILK - 1% White	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	MILK - Skim White	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		617	54	904	10.79	5.60	420.4	*2845	52.67	*42	28.67	103.10	10.55	3.14	*0.00
% of Calories										*27.3%	18.6%	66.9%	15.4%	4.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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)
Thu - 04/19/2018															
Elem Lunch 17-18	Total														
ENT Beef Meatballs	5 each	152	48	303	1.00	1.00	29.0	1	0.0	1	12.0	2.0	11.0	4.00	0.70
VEG Marinara	1/4 Cup	27	0	220	1.35	2.25	18.0	43	0.9	3	0.9	4.95	0.45	0.00	0.00
GRAIN Pasta, Rotini	1/2 Cup	76	0	0	2.53	1.52	0.0	0	0.0	1	3.37	16.43	0.63	0.00	0.00
GRAIN Breadstick Bake Crafters	1 Each	70	0	65	1.00	0.72	0.0	0	0.0	1	2.0	14.0	1.0	0.00	0.00
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Peppers, Green	1/2 Cup	17	0	1	1.12	0.29	5.6	394	55.7	*N/A*	0.56	4.01	0.12	0.02	*N/A*
VEG Patch Carrots Shred	1/2 cup	19	0	32	1.31	0.14	15.4	7864	2.76	*N/A*	0.44	4.48	0.11	0.02	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	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
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		660	64	868	8.89	4.89	559.9	*3158	66.68	*29	29.94	93.11	20.18	8.44	*0.34
% of Calories										*17.5%	18.1%	56.4%	27.5%	11.5%	*0.5%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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)	
Fri - 04/20/2018																
Elem Lunch 17-18																
	Total															
	ENT Hamburger 2oz 15-16	1 Each	306	49	504	5.00	2.44	220.0	0	0.0	3	20.0	26.0	13.5	4.80	0.80
	VEG Potato, Smiles	4 Each	131	0	181	2.01	0.36	0.0	0	2.42	0	2.01	20.14	4.53	0.50	0.00
	ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
	GRAIN Graham Crackers	Package	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
	ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
	ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
	VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
	VEG Patch Snap Peas	1/2 Cup	39	0	4	2.41	1.93	39.9	1008	55.66	*N/A*	2.6	7.0	0.19	0.04	*N/A*
	VEG Patch Celery Sticks	1/2 Cup	10	0	57	1.11	0.26	26.1	87	4.56	*N/A*	0.49	2.38	0.09	0.02	*N/A*
	VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
	VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
	FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
	FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
	COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
	COND Ketchup	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
	COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
	COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
	COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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
	MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			643	47	920	10.16	3.44	602.2	*2207	65.00	*34	29.44	94.85	16.84	4.86	*0.52
% of Calories											*21.0%	18.3%	59.0%	23.6%	6.8%	*0.7%
Nutrient Guideline			600-650		1230										<10.00	

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Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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 - 04/23/2018															
Elem Lunch 17-18															
	Total														
	5 Each	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
	1 Each	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.38	*0.00
	Each	366	6	725	11.93	3.71	207.6	103	1.55	*3	15.71	57.11	7.68	3.07	0.00
	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
	1/2 Cup	51	5	89	2.17	0.00	47.1	183	32.57	*2	2.08	4.74	1.53	0.91	*0.00
	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
	1 Each	35	0	220	0.00	0.13	3.9	28	1.43	8	0.0	9.0	0.0	0.00	0.00
	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		574	23	970	12.06	3.61	455.1	*1576	55.21	*29	24.95	89.32	12.40	3.67	*0.00
% of Calories										*20.2%	17.4%	62.3%	19.5%	5.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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)
Tue - 04/24/2018															
Elem Lunch 17-18	Total														
ENT Turkey Pot Pie	1/2 cup	343	61	842	2.70	2.44	107.0	435	1.25	6	25.18	33.92	13.3	6.44	0.00
ENT Chicken Tenders	3 Each	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
GRAIN Biscuit, Dough	1 Each	180	0	280	2.00	1.44	100.0	0	0.0	5	5.0	28.0	6.0	4.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Carrots Baby	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Patch Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Ketchup	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND BBQ, Packets .75 oz.	1 Each	35	0	220	0.00	0.13	3.9	28	1.43	8	0.0	9.0	0.0	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
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		595	66	1041	6.24	3.20	414.2	*2384	34.01	*29	36.08	79.34	16.01	6.00	*0.00
% of Calories										*19.8%	24.2%	53.3%	24.2%	9.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

Portion Values - Detailed

	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 - 04/25/2018															
Elem Lunch 17-18															
	Total														
ENT Nachos, Super Elem 1/3 Cup	1/3 Cup	309	57	612	1.01	0.90	237.3	569	0.0	*0	14.03	20.07	19.53	10.58	0.00
ENT Munchable w/ Goldfish	1 EACH	258	47	600	1.00	0.97	222.5	202	0.0	1	20.99	15.01	12.21	4.59	0.00
GRAIN Tortilla Chips 1.0 oz	1.0 oz	142	0	15	1.01	0.36	20.2	0	0.0	0	2.03	17.21	7.09	3.04	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Beans, Refried Beans	1/2 Cup	172	3	452	8.93	2.27	81.2	63	1.55	*1	9.78	27.98	2.0	0.91	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Diced	1/4 Cup	13	0	5	0.66	0.27	3.0	372	11.4	*N/A*	0.51	2.77	0.2	0.03	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	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
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		576	59	984	7.00	2.31	553.7	*1676	31.20	*21	29.34	69.32	20.14	9.65	*0.00
% of Calories										*14.9%	20.4%	48.1%	31.5%	15.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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)
Thu - 04/26/2018															
Elem Lunch 17-18															
	Total														
	ENT Sweet & Sour Chicken	141	40	201	0.00	0.72	0.0	45	3.62	9	11.08	18.13	3.02	0.50	0.00
	GRAIN Rice, Brown 3/4C Elem	139	0	0	1.55	0.56	0.0	0	0.0	*N/A*	3.11	27.2	1.98	0.12	0.00
	DSSRT Cookie, Fortune	20	0	0	0.00	0.00	0.0	0	0.0	2	0.7	4.0	0.0	0.00	0.00
	ENT Baked Potato w/ 2 oz Chs	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
	GRAIN Roll, WG 1oz offer 2	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
	ENT Sand, Turkey & Ch on Wheat	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
	ENT Sand, Turkey on Wheat	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
	VEG Patch Leafy Greens	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
	VEG Patch Carrots Baby	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
	VEG Patch Cherry Tom Bites	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
	VEG Patch Celery Sticks	10	0	57	1.11	0.26	26.1	87	4.56	*N/A*	0.49	2.38	0.09	0.02	*N/A*
	FRT Fresh Assorted: 1/2 cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
	FRT Canned Asstd: 1/2 cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
	COND Margarine, Ind	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
	COND Sour Cream, Light, Tub	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
	COND Mustard Packets	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	COND Mayonnaise, Light	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
	COND Dressing, Italian	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
	COND Dressing, Ranch Red Fat	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
	MILK - 1% White	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	MILK - Skim White	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		574	52	569	5.65	2.32	430.5	*2612	50.82	*33	26.20	94.51	10.59	3.42	*0.00
% of Calories										*23.0%	18.3%	65.9%	16.6%	5.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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)
Fri - 04/27/2018															
Elem Lunch 17-18	Total														
ENT Chicken Alfredo	1 CUP	300	76	530	2.78	2.12	290.0	295	0.0	*4	26.58	23.71	11.9	5.71	*0.06
GRAIN Breadstick Bake Crafters	1 Each	70	0	65	1.00	0.72	0.0	0	0.0	1	2.0	14.0	1.0	0.00	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Graham Crackers	Package	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Carrots Shred	1/2 cup	19	0	32	1.31	0.14	15.4	7864	2.76	*N/A*	0.44	4.48	0.11	0.02	0.00
VEG Patch Cauliflower	1/2 Cup	13	0	15	1.02	0.21	11.2	0	24.6	1	0.98	2.54	0.14	0.07	0.00
VEG Patch Peas	1/2 Cup	81	0	3	5.30	1.48	26.0	772	13.69	6	5.17	15.07	0.21	0.04	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	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
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
FRT Strawberry Cup, Fzn	1 EACH	80	0	0	2.00	0.36	20.0	80	66.0	16	1.0	19.0	0.0	0.00	0.00
Weighted Daily Average		681	62	796	10.49	3.65	669.0	*3738	122.84	*53	34.22	107.90	13.84	5.26	*0.04
% of Calories										*30.9%	20.1%	63.4%	18.3%	7.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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 - 04/30/2018															
Elem Lunch 17-18															
	Total														
	1 Each	175	85	399	0.00	0.72	8.4	0	0.0	5	15.0	7.46	9.0	2.00	0.00
	1 Each	187	16	355	2.10	1.38	88.8	75	1.29	*5	4.71	31.84	4.94	0.78	*0.00
	Each	366	6	725	11.93	3.71	207.6	103	1.55	*3	15.71	57.11	7.68	3.07	0.00
	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
	1/2 Cup	149	0	585	5.32	1.91	42.5	0	0.0	13	6.38	30.83	1.06	0.00	0.00
	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		613	93	1179	8.36	3.46	422.3	*2863	37.27	*36	29.99	92.09	14.39	3.15	*0.00
% of Calories										*23.2%	19.6%	60.1%	21.1%	4.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	
Weighted Average		606	64	879	8.26	3.33	497.7	*2800	53.88	*33	28.94	90.30	14.93	4.80	*0.06
										*49.6%	19.1%	59.6%	22.2%	7.1%	*0.1%

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch 17-18

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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	606		600 - 650	100%													
Cholesterol (mg)	64																
Sodium 1 (mg)	879		1230														
Sodium 2 (mg)	879		935														
Fiber (g)	8.26																
Iron (mg)	3.33																
Calcium (mg)	497.7																
Vitamin A (IU)	2800				Missing												
Sugars (g)	33	22.05%			Missing												
Vitamin C (mg)	53.88																
Protein (g)	28.94	19.10%															
Carbohydrate (g)	90.30	59.60%															
Total Fat (g)	14.93	22.16%															
Saturated Fat (g)	4.80	7.13%	<10.00%														
Trans Fat ¹ (g)	0.06	0.08%			Missing												

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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.

This institution is an equal opportunity provider.

October 14, 2015