

Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Lunch

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															
Elem Lunch	Total														
ENT Chicken Drumsticks, ES	1 Each	160	90	320	0.00	0.72	0.0	0	0.0	0	16.0	2.0	10.0	2.50	0.00
VEG Mashed Potatoes	1/2 Cup	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	1/8 cup	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	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 Bean & ChsBurrito 15-16	1 Each	372	6	757	12.82	3.55	203.3	102	1.55	*2	15.88	57.65	7.68	3.07	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Carrots, Baby 1/2C offer 2	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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*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 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		*548	*84	*975	*6.58	*2.73	*357.3	*3436	*58.89	*24	*27.84	*78.24	*14.18	*3.64	*0.00
% of Calories										*17.7%	*20.3%	*57.1%	*23.3%	*6.0%	*0.0%
Nutrient Guideline		600-650		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

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Lunch

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 - 12/04/2018															
Elem Lunch	Total														
ENT Roast Beef w/ Cheese Sauce	1/2 Cup	224	81	573	0.00	1.43	276.6	481	0.0	1	23.55	2.63	13.39	7.19	0.00
VEG Mashed Potatoes	1/2 Cup	76	0	105	0.95	0.34	19.1	5	28.65	*1	1.91	16.24	0.95	0.00	0.00
GRAIN Garlic Toast	1 Each	80	0	100	2.00	0.72	40.0	0	0.0	2	4.0	15.0	1.0	0.00	0.00
ENT Chicken Tenders	3 Each	170	30	271	1.00	1.45	20.1	0	0.0	2	13.06	8.03	8.03	1.51	0.00
GRAIN Garlic Toast	1 Each	80	0	100	2.00	0.72	40.0	0	0.0	2	4.0	15.0	1.0	0.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	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 Cherry Tom Bites	1/2 Cup	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 Peas	1/2 Cup	76	0	0	4.33	1.67	29.2	867	15.38	4	5.42	13.0	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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*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 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
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		*547	*63	*882	*6.48	*3.20	*520.2	*2023	*54.43	*31	*33.25	*73.11	*13.76	*4.70	*0.00
% of Calories										*22.5%	*24.3%	*53.5%	*22.7%	*7.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Elem Lunch

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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 - 12/05/2018															
Elem Lunch	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
BRKF Sausage Patty, Pork	1 Each	121	27	173	0.00	0.00	13.0	56	0.0	0	6.0	1.0	11.0	3.80	0.00
VEG Hash Brown Patty	1 Each	121	0	273	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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*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	*38	*830	*6.03	*1.37	*308.4	*3088	*35.91	*50	*19.18	*113.76	*23.79	*5.58	*0.00
% of Calories										*27.5%	*10.6%	*62.6%	*29.5%	*6.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

	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 - 12/06/2018															
Elem Lunch	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	280	25	540	3.00	1.80	200.0	400	3.6	3	16.0	27.0	12.0	5.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	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 Cherry Tom Bites	1/2 Cup	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 Broccoli Bites	1/2 Cup	11	0	11	0.85	0.24	15.3	203	29.08	1	0.92	2.16	0.12	0.01	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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*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	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
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

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Base Menu Spreadsheet

Elem Lunch

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		*504	*38	*802	*5.21	*3.20	*535.1	*1921	*44.79	*24	*28.09	*66.79	*13.89	*4.77	*0.00
% of Calories										*19.4%	*22.3%	*53.0%	*24.8%	*8.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 12/07/2018															
	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)
Elem Lunch	Total														
ENT Lasagna, Cheese, topped	1 each	313	40	864	4.65	5.50	379.7	644	7.76	13	17.3	39.63	9.07	4.92	0.02
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 Grmla	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	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	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 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 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 Garbanzo Beans	1/2 Cup	178	0	208	7.42	2.67	59.4	36	5.69	0	8.91	29.7	2.97	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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*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
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		*715	*49	*1080	*11.33	*5.90	*726.3	*3746	*55.65	*49	*29.53	*116.95	*15.28	*5.62	*0.01
% of Calories										*27.6%	*16.5%	*65.4%	*19.2%	*7.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Mon - 12/10/2018															
Elem Lunch															
	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
	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
	Each	372	6	757	12.82	3.55	203.3	102	1.55	*2	15.88	57.65	7.68	3.07	0.00
	ENT Bean & ChsBurrito 15-16	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
	ENT Sand, Turkey & Ch on Wheat	30	0	330	2.32	0.01	23.3	228	4.23	*1	1.18	4.82	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
	FRT Fresh Assorted: 1/2 cup	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*0.00	*0.00
	1/2 Cup	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
	COND Salsa Packets	35	0	220	0.00	0.13	3.9	28	1.43	8	0.0	9.0	0.0	0.00	0.00
	1 Each	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
	COND BBQ, Packets .75 oz.	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	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 Ketchup	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
	1 Packet	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	COND Mustard Packets	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	1 Packet	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
	COND Mayonnaise, Light														
	1 Tbsp														
	COND Dressing, Ranch Red Fat														
	Carton														
	MILK - 1% White														
	Carton														
	MILK - Skim Choc														
	Carton														
	MILK - Skim White														
	Carton														
Weighted Daily Average		*557	*29	*1081	*8.57	*3.13	*412.9	*1543	*36.76	*30	*25.02	*79.88	*15.05	*3.23	*0.00
% of Calories										*21.8%	*18.0%	*57.4%	*24.3%	*5.2%	*0.0%
Nutrient Guideline		600-650		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

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Lunch

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 - 12/11/2018															
Elem Lunch	Total														
ENT Chicken, Fried, 1 Piece	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, NO CORN	1 Each	182	17	402	1.51	1.31	88.8	269	0.13	*5	4.13	28.35	5.81	2.38	*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, NO CORN	1 Each	182	17	402	1.51	1.31	88.8	269	0.13	*5	4.13	28.35	5.81	2.38	*0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*0.00	*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
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 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
SNK Fruit Snacks, Birthday	Pack	130	0	55	9.00	0.00	0.0	0	60.0	15	0.0	38.0	0.0	0.00	0.00
Weighted Daily Average		*612	*89	*1097	*6.31	*2.97	*462.3	*1751	*59.48	*31	*29.78	*80.19	*19.04	*6.09	*0.00
% of Calories										*20.0%	*19.5%	*52.4%	*28.0%	*9.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Lunch

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															
Elem Lunch	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	621	1.00	0.97	222.5	202	0.0	1	20.99	15.01	12.21	4.24	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Beans, Refried Beans	1/2 Cup	178	3	483	9.82	2.11	76.9	63	1.55	*0	9.96	28.51	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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*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		*547	*61	*1013	*7.37	*2.19	*551.4	*1804	*33.48	*22	*28.02	*65.96	*19.03	*9.59	*0.00
% of Calories										*15.8%	*20.5%	*48.2%	*31.3%	*15.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Lunch

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 - 12/13/2018															
Elem Lunch	Total														
ENT Pizza, Cheese K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	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	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	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 Broccoli Bites	1/2 Cup	11	0	11	0.85	0.24	15.3	203	29.08	1	0.92	2.16	0.12	0.01	0.00
VEG Patch Cherry Tom Bites	1/2 Cup	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 Peas	1/2 Cup	76	0	0	4.33	1.67	29.2	867	15.38	4	5.42	13.0	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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*0.00	*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
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 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		*509	*37	*647	*6.35	*3.13	*694.7	*2258	*56.58	*27	*28.06	*70.27	*13.55	*6.75	*0.00
% of Calories										*21.4%	*22.1%	*55.3%	*24.0%	*11.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Lunch

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)
Fri - 12/14/2018															
Elem Lunch	Total														
ENT Sand, Chicken Patty	1 Each	360	45	490	6.00	2.52	150.0	0	0.0	4	26.0	39.0	11.0	1.50	0.00
VEG Potato, Smiles	4 Each	129	0	185	1.61	0.29	0.0	0	1.93	0	1.61	20.14	4.83	0.81	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	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	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 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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*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
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
DSSRT Cookie, WG Holiday	1 each	160	15	80	1.00	0.72	0.0	100	0.0	7	2.0	18.0	9.0	4.50	0.00
Weighted Daily Average		*789	*55	*910	*10.37	*3.41	*563.1	*3279	*54.97	*43	*32.81	*115.86	*22.28	*6.85	*0.00
% of Calories										*21.7%	*16.6%	*58.7%	*25.4%	*7.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Lunch

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 - 12/17/2018															
Elem Lunch	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 & Chs Burrito 15-16	Each	372	6	757	12.82	3.55	203.3	102	1.55	*2	15.88	57.65	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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*0.00	*0.00
VEG Chs Broccoli 1/2C offer 2	1/2 Cup	41	5	86	1.81	0.00	43.5	165	27.14	*1	2.8	4.02	1.53	0.91	*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		*565	*34	*892	*12.86	*3.05	*535.6	*1611	*61.70	*31	*24.30	*88.86	*11.98	*4.37	*0.00
% of Calories										*21.7%	*17.2%	*63.0%	*19.1%	*7.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 12/18/2018															
Elem Lunch	Total														
ENT French Bread Boat, Nardone	1 Each	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00	0.00
VEG Marinara	1/4 Cup	31	0	216	1.35	2.25	18.0	43	0.9	4	0.9	6.3	0.23	0.00	0.00
ENT Chicken Tenders	3 Each	170	30	271	1.00	1.45	20.1	0	0.0	2	13.06	8.03	8.03	1.51	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
VEG Green Beans 1/2 C offer 2	1/2 Cup	30	0	330	2.32	0.01	23.3	228	4.23	*1	1.18	4.82	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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*0.00	*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
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 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		*585	*38	*959	*6.19	*4.22	*747.8	*1736	*38.18	*30	*31.20	*74.94	*19.11	*6.90	*0.00
% of Calories										*20.3%	*21.3%	*51.2%	*29.4%	*10.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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* - 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

Elem Lunch

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 - 12/19/2018															
Elem Lunch															
	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
	BRKF Sausage Patty, Pork 1 Each	121	27	173	0.00	0.00	13.0	56	0.0	0	6.0	1.0	11.0	3.80	0.00
	VEG Hash Brown Patty 1 Each	121	0	273	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	*47	*0	*4	*1.06	*0.29	*8.4	*333	*13.04	*5	*0.41	*12.13	*0.08	*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	*38	*830	*6.03	*1.37	*308.4	*3088	*35.91	*50	*19.18	*113.76	*23.79	*5.58	*0.00
% of Calories										*27.5%	*10.6%	*62.6%	*29.5%	*6.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	
Weighted Average		*610	*50	*923	*7.67	*3.07	*517.2	*2406	*48.21	*34	*27.40	*87.58	*17.29	*5.67	*0.00
										*50.1%	*18.0%	*57.4%	*25.5%	*8.4%	*0.0%

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Lunch

Portion Values - Detailed

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	610		600 - 650	100%	Missing												
Cholesterol (mg)	50				Missing												
Sodium 1 (mg)	923		1230		Missing												
Sodium 2 (mg)	923		935		Missing												
Fiber (g)	7.67				Missing												
Iron (mg)	3.07				Missing												
Calcium (mg)	517.2				Missing												
Vitamin A (IU)	2406				Missing												
Sugars (g)	34	22.28%			Missing												
Vitamin C (mg)	48.21				Missing												
Protein (g)	27.40	17.97%			Missing												
Carbohydrate (g)	87.58	57.42%			Missing												
Total Fat (g)	17.29	25.50%			Missing												
Saturated Fat (g)	5.67	8.36%	<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
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October 14, 2015