

# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|------------------------|--------------------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 10/02/2017       |                                |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18       |                                |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
|                        | Total                          |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
|                        | ENT Steak Finger, ES           | 260         | 45          | 350       | 2.00      | 3.00      | 40.0      | 0          | 0.0        | 1          | 16.0      | 12.0     | 17.0      | 5.00      | 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 Cornbread, 1 oz          | 93          | 8           | 178       | 1.05      | 0.69      | 44.4      | 38         | 0.65       | *3         | 2.35      | 15.92    | 2.47      | 0.39      | *0.00                   |
|                        | ENT Bean & ChsBurrito 15-16    | 366         | 6           | 725       | 11.93     | 3.71      | 207.6     | 103        | 1.55       | *3         | 15.71     | 57.11    | 7.68      | 3.07      | 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 Chs Broccoli 1/2C offer 2  | 40          | 5           | 76        | 2.31      | 0.47      | 50.8      | 852        | 30.84      | *1         | 3.38      | 4.52     | 1.62      | 0.92      | *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 Salsa, Picante Mild 1/8 c | 9           | 0           | 180       | 0.00      | 0.00      | 0.0       | 94         | 3.4        | 1          | 0.0       | 1.89     | 0.0       | 0.00      | 0.00                    |
|                        | COND Ketchup                   | 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           | 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 BBQ, Packets .75 oz.      | 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                | 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 |                                | 583         | 33          | 970       | 11.63     | 4.28      | 466.3     | *1776      | 51.02      | *29        | 26.47     | 89.05    | 13.87     | 4.69      | *0.00                   |
| % of Calories          |                                |             |             |           |           |           |           |            |            | *20.1%     | 18.2%     | 61.1%    | 21.4%     | 7.2%      | *0.0%                   |
| Nutrient Guideline     |                                | 600-650     |             | 1230      |           |           |           |            |            |            |           |          |           | <10.00    |                         |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/03/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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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|                        | 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 <sup>1</sup> (g) |
|------------------------|--------------------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 10/04/2017       |                                |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18       |                                |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
|                        | Total                          |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
|                        | ENT Nachos, Super Elem 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      | 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    | 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 | 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 Beans, Refried Beans       | 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    | 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            | 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    | 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 Salsa, Picante Mild 1/8 c | 9           | 0           | 180       | 0.00      | 0.00      | 0.0       | 94         | 3.4        | 1          | 0.0       | 1.89     | 0.0       | 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                    |
|                        | 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         | 59          | 996       | 6.96      | 2.29      | 553.5     | *1689      | 31.89      | *22        | 28.99     | 69.13    | 20.15     | 9.77      | *0.00                   |
| % of Calories          |                                |             |             |           |           |           |           |            |            | *15.1%     | 20.2%     | 48.2%    | 31.6%     | 15.3%     | *0.0%                   |
| Nutrient Guideline     |                                | 600-650     |             | 1230      |           |           |           |            |            |            |           |          |           | <10.00    |                         |

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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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 10/05/2017               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| ENT French Bread Boat, 16-17   | 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      | 27          | 0           | 220       | 1.35      | 2.25      | 18.0       | 43         | 0.9        | 3          | 0.9       | 4.95     | 0.45      | 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 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 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 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*                   |
| 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 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         |              | 610         | 42          | 882       | 6.52      | 4.05      | 783.2      | *2800      | 44.59      | *28        | 32.11     | 78.83    | 20.27     | 7.85      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *18.4%     | 21.1%     | 51.7%    | 29.9%     | 11.6%     | *0.0%                   |
| Nutrient Guideline             |              | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <10.00    |                         |

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# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 10/06/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
|                                | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| ENT Burrito Bowl               | 1 Each       | 259         | 37          | 339       | 5.54      | 2.62      | 99.3      | 143        | 1.1        | *1         | 15.76     | 32.72    | 6.76      | 2.66      | *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 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 Mexicali Corn              | 1/2 CUP      | 95          | 0           | 22        | 3.05      | 0.45      | 3.3       | 274        | 11.33      | *0         | 2.92      | 17.69    | 2.76      | 0.82      | *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                    |
| 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                    |
| 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, Picante Mild 1/8 c | 1/8 Cup      | 9           | 0           | 180       | 0.00      | 0.00      | 0.0       | 94         | 3.4        | 1          | 0.0       | 1.89     | 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                    |
| FRT Frozen Fruit Cup, Orng Pn  | 1 Each       | 70          | 0           | 10        | 3.00      | 0.36      | 80.0      | 500        | 60.0       | 16         | 0.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average         |              | 727         | 36          | 624       | 13.39     | 3.53      | 667.5     | *2707      | 121.42     | *52        | 27.52     | 124.90   | 14.30     | 5.33      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *28.6%     | 15.1%     | 68.7%    | 17.7%     | 6.6%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     |             | 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

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# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/10/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| ENT Chicken Nugget, ES         | 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     | 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    | Each         | 366         | 6           | 725       | 11.93     | 3.71      | 207.6     | 103        | 1.55       | *3         | 15.71     | 57.11    | 7.68      | 3.07      | 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, Baked 1/2C offer 2  | 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                    |
| 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      | 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, Picante Mild 1/8 c | 1/8 Cup      | 9           | 0           | 180       | 0.00      | 0.00      | 0.0       | 94         | 3.4        | 1          | 0.0       | 1.89     | 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 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, 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                    |
| Weighted Daily Average         |              | 598         | 30          | 1184      | 9.60      | 3.91      | 380.4     | *2945      | 37.03      | *33        | 26.15     | 88.96    | 16.11     | 3.23      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *22.2%     | 17.5%     | 59.5%    | 24.2%     | 4.9%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     |             | 1230      |           |           |           |            |            |            |           |          |           | <10.00    |                         |

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# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 10/11/2017             |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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, WG | 4 Each       | 280         | 0           | 200       | 2.00      | 2.00      | 235.0     | 431        | 0.0        | 8          | 6.0       | 35.0     | 12.0      | 2.00      | 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 Yogurt, Peach 4oz 13-14 | 1 Each       | 90          | 3           | 52        | 0.00      | 0.00      | 300.0     | 0          | 1.2        | 15         | 3.0       | 19.0     | 0.0       | 0.00      | 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       |              | 738         | 37          | 712       | 6.20      | 2.59      | 613.1     | *3265      | 36.94      | *59        | 20.70     | 122.59   | 19.10     | 3.38      | *0.00                   |
| % of Calories                |              |             |             |           |           |           |           |            |            | *31.7%     | 11.2%     | 66.4%    | 23.3%     | 4.1%      | *0.0%                   |
| Nutrient Guideline           |              | 600-650     |             | 1230      |           |           |           |            |            |            |           |          |           | <10.00    |                         |

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# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 10/12/2017               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
|                                | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| ENT Rip Stick, Ham & Cheese    | 1 EACH       | 270         | 25          | 590       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 2          | 22.0      | 28.0     | 8.0       | 4.00      | 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 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 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 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      | 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            | 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   | 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                    |
| Weighted Daily Average         |              | 555         | 44          | 844       | 6.60      | 2.78      | 592.3      | *2017      | 51.77      | *25        | 30.70     | 77.37    | 14.38     | 6.67      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *17.9%     | 22.1%     | 55.7%    | 23.3%     | 10.8%     | *0.0%                   |
| Nutrient Guideline             |              | 600-650     |             | 1230      |           |           |            |            |            |            |           |          |           | <10.00    |                         |

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# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 10/13/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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 Frozen Fruit Cup, Orng Pn  | 1 Each       | 70          | 0           | 10        | 3.00      | 0.36      | 80.0      | 500        | 60.0       | 16         | 0.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average         |              | 671         | 62          | 806       | 11.49     | 3.65      | 729.0     | *4158      | 116.84     | *53        | 33.22     | 107.90   | 13.84     | 5.26      | *0.04                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *31.3%     | 19.8%     | 64.3%    | 18.6%     | 7.1%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     |             | 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

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# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 10/16/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
|                                | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| ENT Chicken Drumsticks, K-8    | 1 Each       | 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            | 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 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 Corn, steamed 1/2C offer 2 | 1/2 Cup      | 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        | 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 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                    |
| 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         |              | 583         | 88          | 929       | 6.65      | 2.66      | 361.8     | *3500      | 62.19      | *24        | 29.89     | 84.62    | 15.05     | 3.59      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *16.6%     | 20.5%     | 58.1%    | 23.2%     | 5.5%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     |             | 1230      |           |           |           |            |            |            |           |          |           | <10.00    |                         |

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# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/17/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| ENT Pizza, mini bagel, pep     | 4 mini bage  | 240         | 20          | 760       | 5.00      | 2.70      | 200.0     | 750        | 6.0        | 5          | 19.0      | 25.0     | 9.0       | 4.00      | 0.00                    |
| ENT Bean & ChsBurrito 15-16    | 1 Each       | 366         | 6           | 725       | 11.93     | 3.71      | 207.6     | 103        | 1.55       | *3         | 15.71     | 57.11    | 7.68      | 3.07      | 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                    |
| COND Salsa, Picante Mild 1/8 c | 1/8 Cup      | 9           | 0           | 180       | 0.00      | 0.00      | 0.0       | 94         | 3.4        | 1          | 0.0       | 1.89     | 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         |              | 482         | 25          | 1020      | 9.95      | 3.58      | 483.6     | *3362      | 39.33      | *25        | 27.18     | 73.08    | 10.55     | 4.13      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *21.0%     | 22.5%     | 60.6%    | 19.7%     | 7.7%      | *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

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 10/18/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| ENT Chili, K-8, 17-18          | 3/4 Cup      | 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       | 1 Each       | 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 | 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 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 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                    |
| 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         |              | 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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Elem Lunch 17-18

Portion Values - Detailed

Page 13

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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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 10/19/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| ENT Tamale Pie                 | 1 each       | 389         | 85          | 666       | 3.58      | 4.01      | 262.1     | 741        | 5.79       | *6         | 22.95     | 40.27    | 15.7      | 5.91      | *0.00                   |
| GRAIN Tortilla Chips 0.5 oz    | 0.5 oz       | 71          | 0           | 8         | 0.51      | 0.18      | 10.1      | 0          | 0.0        | 0          | 1.01      | 8.61     | 3.54      | 1.52      | 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 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 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                    |
| 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 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 Salsa, Picante Mild 1/8 c | 1/8 Cup      | 9           | 0           | 180       | 0.00      | 0.00      | 0.0       | 94         | 3.4        | 1          | 0.0       | 1.89     | 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 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                    |
| 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         |              | 644         | 77          | 864       | 6.99      | 3.63      | 469.8     | *3111      | 52.25      | *29        | 34.32     | 84.75    | 19.23     | 6.19      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *17.8%     | 21.3%     | 52.6%    | 26.9%     | 8.6%      | *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

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 10/20/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| ENT Sand, Chicken Patty        | 1 Each       | 340         | 45          | 540       | 7.00      | 2.52      | 200.0     | 0          | 0.0        | 3          | 27.0      | 35.0     | 10.5      | 1.50      | 0.00                    |
| 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 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 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 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                    |
| FRT Frozen Fruit Cup, Orng Pn  | 1 Each       | 70          | 0           | 10        | 3.00      | 0.36      | 80.0      | 500        | 60.0       | 16         | 0.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average         |              | 734         | 43          | 922       | 14.10     | 3.82      | 687.3     | *2801      | 128.54     | *51        | 32.83     | 121.21   | 14.68     | 2.93      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *27.8%     | 17.9%     | 66.1%    | 18.0%     | 3.6%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     |             | 1230      |           |           |           |            |            |            |           |          |           | <10.00    |                         |

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# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 10/23/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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                    |
| 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                    |
| 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 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 Salsa, Picante Mild 1/8 c | 1/8 Cup      | 9           | 0           | 180       | 0.00      | 0.00      | 0.0       | 94         | 3.4        | 1          | 0.0       | 1.89     | 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         |              | 521         | 37          | 917       | 11.88     | 2.75      | 506.3     | *1588      | 39.10      | *30        | 22.20     | 81.90    | 11.52     | 3.74      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *23.1%     | 17.0%     | 62.9%    | 19.9%     | 6.4%      | *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

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/24/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| ENT Macaroni and Cheese 17-18  | 1 Cup        | 447         | 63          | 935       | 5.25      | 3.18      | 381.2     | 1135       | 0.36       | *5         | 21.33     | 41.18    | 24.78     | 13.40     | *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 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 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      | 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 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                    |
| FRT Frozen Fruit Cup, Birthday | 1 Each       | 70          | 0           | 5         | 3.00      | 0.36      | 80.0      | 500        | 60.0       | 15         | 0.0       | 18.0     | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average         |              | 623         | 71          | 1046      | 7.47      | 3.35      | 539.2     | *2307      | 56.50      | *32        | 33.19     | 81.90    | 19.75     | 7.87      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *20.8%     | 21.3%     | 52.6%    | 28.5%     | 11.4%     | *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

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 10/25/2017             |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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, WG | 4 Each       | 280         | 0           | 200       | 2.00      | 2.00      | 235.0     | 431        | 0.0        | 8          | 6.0       | 35.0     | 12.0      | 2.00      | 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 Yogurt, Peach 4oz 13-14 | 1 Each       | 90          | 3           | 52        | 0.00      | 0.00      | 300.0     | 0          | 1.2        | 15         | 3.0       | 19.0     | 0.0       | 0.00      | 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       |              | 738         | 37          | 712       | 6.20      | 2.59      | 613.1     | *3265      | 36.94      | *59        | 20.70     | 122.59   | 19.10     | 3.38      | *0.00                   |
| % of Calories                |              |             |             |           |           |           |           |            |            | *31.7%     | 11.2%     | 66.4%    | 23.3%     | 4.1%      | *0.0%                   |
| Nutrient Guideline           |              | 600-650     |             | 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

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# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 10/26/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| ENT Pizza, Cheese K-8 16/17    | 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

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 10/27/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| ENT Mandrn Orng 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 Mushrooms            | 1/2 Cup      | 11          | 0           | 2         | 0.49      | 0.24      | 1.5       | 0          | 1.02       | 1          | 1.5       | 1.58     | 0.16      | 0.02      | 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                    |
| 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         |              | 612         | 40          | 594       | 7.89      | 2.75      | 530.4     | *4394      | 56.20      | *44        | 28.61     | 102.83   | 10.07     | 2.15      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *28.8%     | 18.7%     | 67.2%    | 14.8%     | 3.2%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     |             | 1230      |           |           |           |            |            |            |           |          |           | <10.00    |                         |

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Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 10/30/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elem Lunch 17-18               | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| ENT Steak Finger, ES           | 4 Each       | 260         | 45          | 350       | 2.00      | 3.00      | 40.0      | 0          | 0.0        | 1          | 16.0      | 12.0     | 17.0      | 5.00      | 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 Cornbread, 1 oz          | 1 Each       | 93          | 8           | 178       | 1.05      | 0.69      | 44.4      | 38         | 0.65       | *3         | 2.35      | 15.92    | 2.47      | 0.39      | *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                    |
| 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 Chs Broccoli 1/2C offer 2  | 1/2 Cup      | 40          | 5           | 76        | 2.31      | 0.47      | 50.8      | 852        | 30.84      | *1         | 3.38      | 4.52     | 1.62      | 0.92      | *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, Picante Mild 1/8 c | 1/8 Cup      | 9           | 0           | 180       | 0.00      | 0.00      | 0.0       | 94         | 3.4        | 1          | 0.0       | 1.89     | 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 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 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         |              | 583         | 33          | 970       | 11.63     | 4.28      | 466.3     | *1776      | 51.02      | *29        | 26.47     | 89.05    | 13.87     | 4.69      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *20.1%     | 18.2%     | 61.1%    | 21.4%     | 7.2%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     |             | 1230      |           |           |           |            |            |            |           |          |           | <10.00    |                         |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/31/2017               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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    |                         |
| Weighted Average               |              | 614         | 48          | 892       | 8.79      | 3.39      | 536.3     | *2817      | 56.18      | *36        | 29.08     | 92.12    | 15.26     | 4.96      | *0.00                   |
|                                |              |             |             |           |           |           |           |            |            | *52.5%     | 18.9%     | 60.0%    | 22.4%     | 7.3%      | *0.0%                   |

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g) | Error Messages (if any) |
|----------------------------|----------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|
| Calories                   | 614      |              | 600 - 650   | 100%        |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Cholesterol (mg)           | 48       |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Sodium (mg)                | 892      |              | 1230        |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Fiber (g)                  | 8.79     |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Iron (mg)                  | 3.39     |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Calcium (mg)               | 536.3    |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Vitamin A (IU)             | 2817     |              |             |             |           | Missing   |           |           |            |            |            |           |          |           |           |                         |                         |
| Sugars (g)                 | 36       | 23.34%       |             |             |           | Missing   |           |           |            |            |            |           |          |           |           |                         |                         |
| Vitamin C (mg)             | 56.18    |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Protein (g)                | 29.08    | 18.94%       |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Carbohydrate (g)           | 92.12    | 60.02%       |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Total Fat (g)              | 15.26    | 22.36%       |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Saturated Fat (g)          | 4.96     | 7.27%        |             | <10.00%     |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%        |             |             |           | Missing   |           |           |            |            |            |           |          |           |           |                         |                         |

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- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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**October 14, 2015**