

# Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

Page 1

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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 - 04/09/2018															
Supper - ES	Total														
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
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG Carrots, Baby 3/4C	3/4 Cup	39	0	72	2.22	0.40	22.2	6670	6.67	*N/A*	1.11	8.89	0.0	0.00	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		656	23	832	8.70	7.08	1052.9	*8251	28.09	*56	23.54	113.98	11.13	4.84	*0.00
% of Calories										*34.3%	14.4%	69.5%	15.3%	6.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 04/10/2018															
Supper - ES	Total														
ENT Beef Soft Taco 2,ES SUPPER	2 Tacos	318	68	438	2.07	3.77	187.5	150	0.68	*2	22.48	29.01	11.82	4.07	*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
VEG Beans, Pinto 1/4 cup	1/4 Cup	68	0	69	4.23	1.22	33.9	4	0.0	1	4.23	12.7	0.0	0.00	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		582	74	835	8.89	5.79	541.8	*1595	29.58	*26	36.10	80.12	12.38	4.23	*0.00
% of Calories										*17.7%	24.8%	55.1%	19.1%	6.5%	*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

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

Page 2

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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 - 04/11/2018															
Supper - ES	Total														
ENT Rip Stick, Cheese, Supper	1 EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Celery Sticks (1/4 cup)	1/4 cup	5	0	26	0.52	0.06	13.0	145	1.0	0	0.22	0.96	0.06	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		577	40	898	6.09	4.20	651.7	2284	75.91	*30	33.21	79.10	13.60	4.18	0.00
% of Calories										*20.6%	23.0%	54.9%	21.2%	6.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 04/12/2018															
Supper - ES	Total														
ENT Sand, Sun Wise, Grape	EACH	310	0	310	5.00	5.40	20.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
GRAIN Graham Crackers	Pack	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
VEG Cherry Tomato Bites 1/2 c.	1/2 Cup	16	0	7	0.83	0.34	3.8	471	14.44	*N/A*	0.64	3.51	0.25	0.03	0.00
VEG Edamame 1/4 cup	1/4 CUP	52	0	3	2.23	0.97	27.0	128	2.61	1	5.1	3.81	2.23	0.27	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		638	5	571	11.46	7.49	374.3	2136	59.45	*41	24.48	90.97	19.23	2.46	0.00
% of Calories										*25.6%	15.3%	57.0%	27.1%	3.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 04/13/2018															
Supper - ES	Total														
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
VEG Cold Corn & Peas 3/4 cup	3/4 Cup	115	0	2	5.89	1.29	18.0	608	13.92	*4	5.8	23.77	0.89	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		574	52	784	9.63	2.57	564.1	2348	56.32	*31	35.86	78.77	13.52	4.77	0.00
% of Calories										*21.3%	25.0%	54.9%	21.2%	7.5%	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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

Supper - ES

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 - 04/16/2018															
Supper - ES	Total														
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
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG Carrots, Baby 3/4C	3/4 Cup	39	0	72	2.22	0.40	22.2	6670	6.67	*N/A*	1.11	8.89	0.0	0.00	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		656	23	832	8.70	7.08	1052.9	*8251	28.09	*56	23.54	113.98	11.13	4.84	*0.00
% of Calories										*34.3%	14.4%	69.5%	15.3%	6.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 04/17/2018															
Supper - ES	Total														
ENT Beef Soft Taco 2,ES SUPPER	2 Tacos	318	68	438	2.07	3.77	187.5	150	0.68	*2	22.48	29.01	11.82	4.07	*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
VEG Beans, Pinto 1/4 cup	1/4 Cup	68	0	69	4.23	1.22	33.9	4	0.0	1	4.23	12.7	0.0	0.00	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		582	74	835	8.89	5.79	541.8	*1595	29.58	*26	36.10	80.12	12.38	4.23	*0.00
% of Calories										*17.7%	24.8%	55.1%	19.1%	6.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

Page 4

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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 - 04/18/2018															
Supper - ES	Total														
ENT Rip Stick, Cheese, Supper	1 EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Celery Sticks (1/4 cup)	1/4 cup	5	0	26	0.52	0.06	13.0	145	1.0	0	0.22	0.96	0.06	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		577	40	898	6.09	4.20	651.7	2284	75.91	*30	33.21	79.10	13.60	4.18	0.00
% of Calories										*20.6%	23.0%	54.9%	21.2%	6.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 04/19/2018															
Supper - ES	Total														
ENT Sand, Sun Wise, Grape	EACH	310	0	310	5.00	5.40	20.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
GRAIN Graham Crackers	Pack	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
VEG Cherry Tomato Bites 1/2 c.	1/2 Cup	16	0	7	0.83	0.34	3.8	471	14.44	*N/A*	0.64	3.51	0.25	0.03	0.00
VEG Edamame 1/4 cup	1/4 CUP	52	0	3	2.23	0.97	27.0	128	2.61	1	5.1	3.81	2.23	0.27	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		638	5	571	11.46	7.49	374.3	2136	59.45	*41	24.48	90.97	19.23	2.46	0.00
% of Calories										*25.6%	15.3%	57.0%	27.1%	3.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 04/20/2018															
Supper - ES	Total														
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
VEG Cold Corn & Peas 3/4 cup	3/4 Cup	115	0	2	5.89	1.29	18.0	608	13.92	*4	5.8	23.77	0.89	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		574	52	784	9.63	2.57	564.1	2348	56.32	*31	35.86	78.77	13.52	4.77	0.00
% of Calories										*21.3%	25.0%	54.9%	21.2%	7.5%	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)
Mon - 04/23/2018															
Supper - ES	Total														
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
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG Carrots, Baby 3/4C	3/4 Cup	39	0	72	2.22	0.40	22.2	6670	6.67	*N/A*	1.11	8.89	0.0	0.00	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		656	23	832	8.70	7.08	1052.9	*8251	28.09	*56	23.54	113.98	11.13	4.84	*0.00
% of Calories										*34.3%	14.4%	69.5%	15.3%	6.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 04/24/2018															
Supper - ES	Total														
ENT Beef Soft Taco 2,ES SUPPER	2 Tacos	318	68	438	2.07	3.77	187.5	150	0.68	*2	22.48	29.01	11.82	4.07	*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
VEG Beans, Pinto 1/4 cup	1/4 Cup	68	0	69	4.23	1.22	33.9	4	0.0	1	4.23	12.7	0.0	0.00	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		582	74	835	8.89	5.79	541.8	*1595	29.58	*26	36.10	80.12	12.38	4.23	*0.00
% of Calories										*17.7%	24.8%	55.1%	19.1%	6.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Supper - ES

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 - 04/25/2018															
Supper - ES	Total														
ENT Rip Stick, Cheese, Supper	1 EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Celery Sticks (1/4 cup)	1/4 cup	5	0	26	0.52	0.06	13.0	145	1.0	0	0.22	0.96	0.06	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		577	40	898	6.09	4.20	651.7	2284	75.91	*30	33.21	79.10	13.60	4.18	0.00
% of Calories										*20.6%	23.0%	54.9%	21.2%	6.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 04/26/2018															
Supper - ES	Total														
ENT Sand, Sun Wise, Grape	EACH	310	0	310	5.00	5.40	20.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
GRAIN Graham Crackers	Pack	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
VEG Cherry Tomato Bites 1/2 c.	1/2 Cup	16	0	7	0.83	0.34	3.8	471	14.44	*N/A*	0.64	3.51	0.25	0.03	0.00
VEG Edamame 1/4 cup	1/4 CUP	52	0	3	2.23	0.97	27.0	128	2.61	1	5.1	3.81	2.23	0.27	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		638	5	571	11.46	7.49	374.3	2136	59.45	*41	24.48	90.97	19.23	2.46	0.00
% of Calories										*25.6%	15.3%	57.0%	27.1%	3.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 04/27/2018															
Supper - ES	Total														
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
VEG Cold Corn & Peas 3/4 cup	3/4 Cup	115	0	2	5.89	1.29	18.0	608	13.92	*4	5.8	23.77	0.89	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		574	52	784	9.63	2.57	564.1	2348	56.32	*31	35.86	78.77	13.52	4.77	0.00
% of Calories										*21.3%	25.0%	54.9%	21.2%	7.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Supper - ES

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 - 04/30/2018															
Supper - ES	Total														
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
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG Carrots, Baby 3/4C	3/4 Cup	39	0	72	2.22	0.40	22.2	6670	6.67	*N/A*	1.11	8.89	0.0	0.00	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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		656	23	832	8.70	7.08	1052.9	*8251	28.09	*56	23.54	113.98	11.13	4.84	*0.00
% of Calories										*34.3%	14.4%	69.5%	15.3%	6.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	
Weighted Average		608	38	787	8.94	5.53	662.9	*3631	48.51	*38	30.20	90.18	13.80	4.14	*0.00
										*56.0%	19.9%	59.3%	20.4%	6.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	608		600 - 650	100%				
Cholesterol (mg)	38							
Sodium 1 (mg)	787		1230					
Sodium 2 (mg)	787		935					
Fiber (g)	8.94							
Iron (mg)	5.53							
Calcium (mg)	662.9							
Vitamin A (IU)	3631				Missing			
Sugars (g)	38	24.87%			Missing			
Vitamin C (mg)	48.51							
Protein (g)	30.20	19.86%						
Carbohydrate (g)	90.18	59.29%						
Total Fat (g)	13.80	20.41%						
Saturated Fat (g)	4.14	6.13%	<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**