

Laramie County School District 1

Jan 1, 2018 thru Jan 31, 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 ¹ (g)
Tue - 01/02/2018															
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	

Wed - 01/03/2018															
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 - 01/04/2018															
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

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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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 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 ¹ (g)
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 - 01/05/2018															
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	

Mon - 01/08/2018															
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	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	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		650	23	830	8.70	8.70	1032.9	*8157	26.89	*54	23.74	113.58	10.63	4.84	*0.00
% of Calories										*33.5%	14.6%	69.9%	14.7%	6.7%	*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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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 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 ¹ (g)
Tue - 01/09/2018															
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	

Wed - 01/10/2018															
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 - 01/11/2018															
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

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

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 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 ¹ (g)
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 - 01/12/2018															
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	

Tue - 01/16/2018															
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%
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Wed - 01/17/2018															
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 - 01/18/2018															
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 - 01/19/2018															
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

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/22/2018															
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	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	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		650	23	830	8.70	8.70	1032.9	*8157	26.89	*54	23.74	113.58	10.63	4.84	*0.00
% of Calories										*33.5%	14.6%	69.9%	14.7%	6.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 01/23/2018															
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

Jan 1, 2018 thru Jan 31, 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 ¹ (g)
Wed - 01/24/2018															
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 - 01/25/2018															
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 - 01/26/2018															
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

Jan 1, 2018 thru Jan 31, 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 ¹ (g)
Mon - 01/29/2018															
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	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	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		650	23	830	8.70	8.70	1032.9	*8157	26.89	*54	23.74	113.58	10.63	4.84	*0.00
% of Calories										*33.5%	14.6%	69.9%	14.7%	6.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 01/30/2018															
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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/31/2018															
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	

Weighted Average		599	41	789	8.83	5.54	610.5	*2943	51.01	*35	31.39	86.47	13.94	4.07	*0.00
										*51.9%	20.9%	57.7%	20.9%	6.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	599		600 - 650	100%		1		Correction Required - Calories are Low
Cholesterol (mg)	41							
Sodium 1 (mg)	789		1230					
Sodium 2 (mg)	789		935					
Fiber (g)	8.83							
Iron (mg)	5.54							
Calcium (mg)	610.5							
Vitamin A (IU)	2943				Missing			
Sugars (g)	35	23.07%			Missing			
Vitamin C (mg)	51.01							
Protein (g)	31.39	20.94%						
Carbohydrate (g)	86.47	57.70%						
Total Fat (g)	13.94	20.93%						
Saturated Fat (g)	4.07	6.11%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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USDA Nondiscrimination Statement

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

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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.

This institution is an equal opportunity provider.

October 14, 2015