

Laramie County School District 1

Mar 1, 2018 thru Mar 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 ¹ (g)
Thu - 03/01/2018															
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 - 03/02/2018															
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 - 03/05/2018															
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

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

Mar 1, 2018 thru Mar 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)	Calcm (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		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 - 03/06/2018															
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 Assd: 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 - 03/07/2018															
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	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Mar 1, 2018 thru Mar 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 ¹ (g)
Thu - 03/08/2018															
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 - 03/09/2018															
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 - 03/12/2018															
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

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Base Menu Spreadsheet

Supper - ES

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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		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 - 03/13/2018															
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 Assd: 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 - 03/14/2018															
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	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/15/2018															
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	

Mon - 03/19/2018															
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	

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Laramie County School District 1

Mar 1, 2018 thru Mar 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 ¹ (g)
Wed - 03/21/2018															
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 - 03/22/2018															
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 - 03/23/2018															
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

Mar 1, 2018 thru Mar 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 ¹ (g)
Mon - 03/26/2018															
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 - 03/27/2018															
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

Mar 1, 2018 thru Mar 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 ¹ (g)
Wed - 03/28/2018															
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 - 03/29/2018															
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	

Weighted Average		609	35	770	9.05	6.01	627.8	*3383	50.85	*37 *55.2%	29.80 19.6%	89.59 58.9%	14.25 21.1%	3.97 5.9%	*0.00 *0.0%
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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	609		600 - 650	100%													
Cholesterol (mg)	35																
Sodium 1 (mg)	770		1230														
Sodium 2 (mg)	770		935														
Fiber (g)	9.05																
Iron (mg)	6.01																
Calcium (mg)	627.8																
Vitamin A (IU)	3383				Missing												
Sugars (g)	37	24.55%			Missing												
Vitamin C (mg)	50.85																
Protein (g)	29.80	19.59%															
Carbohydrate (g)	89.59	58.89%															
Total Fat (g)	14.25	21.08%															
Saturated Fat (g)	3.97	5.87%	<10.00%														
Trans Fat ¹ (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
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- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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October 14, 2015