

# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/20/2017 9:23:50 AM

	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)
Tue - 08/29/2017															
HS Breakfast															
	Total														
	1 Each	291	12	884	2.79	2.29	119.8	28	0.17	*7	9.16	35.51	12.99	6.70	0.00
	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
	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
	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
	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*
	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
	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
	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
	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
	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	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		453	36	612	3.72	2.38	381.0	*949	30.33	*39	16.81	72.29	10.91	3.94	*0.00
% of Calories										*34.4%	14.9%	63.9%	21.7%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 2

Generated on: 4/20/2017 9:23:50 AM

	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)
Wed - 08/30/2017															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	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 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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		455	74	592	3.75	2.40	366.0	*984	30.11	*36	17.09	68.93	12.34	3.93	*0.00
% of Calories										*31.3%	15.0%	60.7%	24.4%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 3

Generated on: 4/20/2017 9:23:50 AM

	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 - 08/31/2017															
HS Breakfast	Total														
BRKF Pancake, 4" HS3ea	Serving of	210	10	540	5.00	2.70	60.0	0	0.0	7	5.0	42.0	3.0	0.50	0.00
BRKF Sand, Egg Saus Pancakes	1 Each	302	140	705	3.33	2.98	153.2	289	0.02	6	15.52	30.06	13.67	3.82	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		447	46	534	3.87	2.36	368.2	*933	29.83	*41	16.42	74.41	9.64	2.97	*0.00
% of Calories										*36.3%	14.7%	66.6%	19.4%	6.0%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 4

Generated on: 4/20/2017 9:23:50 AM

	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)
Fri - 09/01/2017															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	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 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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		479	78	626	3.88	2.48	394.3	*1012	30.24	*38	18.09	72.48	12.99	4.13	*0.00
% of Calories										*31.5%	15.1%	60.5%	24.4%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 5

Generated on: 4/20/2017 9:23:50 AM

	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)
Tue - 09/05/2017															
HS Breakfast															
	Total														
BRKF Biscuits & Gravy	1 Each	291	12	884	2.79	2.29	119.8	28	0.17	*7	9.16	35.51	12.99	6.70	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Straw	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		453	36	612	3.72	2.38	381.0	*949	30.33	*39	16.81	72.29	10.91	3.94	*0.00
% of Calories										*34.4%	14.9%	63.9%	21.7%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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.

**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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 6

Generated on: 4/20/2017 9:23:50 AM

	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)
Wed - 09/06/2017															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	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 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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		455	74	592	3.75	2.40	366.0	*984	30.11	*36	17.09	68.93	12.34	3.93	*0.00
% of Calories										*31.3%	15.0%	60.7%	24.4%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 7

Generated on: 4/20/2017 9:23:50 AM

	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 - 09/07/2017															
HS Breakfast	Total														
BRKF Pancake, 4" HS3ea	Serving of	210	10	540	5.00	2.70	60.0	0	0.0	7	5.0	42.0	3.0	0.50	0.00
BRKF Sand, Egg Saus Pancakes	1 Each	302	140	705	3.33	2.98	153.2	289	0.02	6	15.52	30.06	13.67	3.82	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		447	46	534	3.87	2.36	368.2	*933	29.83	*41	16.42	74.41	9.64	2.97	*0.00
% of Calories										*36.3%	14.7%	66.6%	19.4%	6.0%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

	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)
Fri - 09/08/2017															
HS Breakfast	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	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 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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		479	78	626	3.88	2.48	394.3	*1012	30.24	*38	18.09	72.48	12.99	4.13	*0.00
% of Calories										*31.5%	15.1%	60.5%	24.4%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

	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)	
Mon - 09/11/2017																
HS Breakfast																
	Total															
	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
	BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
	BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
	BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
	BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
	ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
	BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
	BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
	BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
	BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
	BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
	BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
	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
	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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
	COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		444	26	459	3.48	2.25	398.4	*1026	29.37	*38	15.43	71.17	10.68	2.89	*0.00
	% of Calories										*34.3%	13.9%	64.1%	21.6%	5.9%	*0.0%
	Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 10

Generated on: 4/20/2017 9:23:50 AM

	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)
Tue - 09/12/2017															
HS Breakfast															
	Total														
	1 Each	291	12	884	2.79	2.29	119.8	28	0.17	*7	9.16	35.51	12.99	6.70	0.00
	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
	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
	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
	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*
	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
	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
	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
	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
	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	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		453	36	612	3.72	2.38	381.0	*949	30.33	*39	16.81	72.29	10.91	3.94	*0.00
% of Calories										*34.4%	14.9%	63.9%	21.7%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 11

Generated on: 4/20/2017 9:23:50 AM

	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)
Wed - 09/13/2017															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	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 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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		455	74	592	3.75	2.40	366.0	*984	30.11	*36	17.09	68.93	12.34	3.93	*0.00
% of Calories										*31.3%	15.0%	60.7%	24.4%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 12

Generated on: 4/20/2017 9:23:50 AM

	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 - 09/14/2017															
HS Breakfast	Total														
BRKF Pancake, 4" HS3ea	Serving of	210	10	540	5.00	2.70	60.0	0	0.0	7	5.0	42.0	3.0	0.50	0.00
BRKF Sand, Egg Saus Pancakes	1 Each	302	140	705	3.33	2.98	153.2	289	0.02	6	15.52	30.06	13.67	3.82	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		447	46	534	3.87	2.36	368.2	*933	29.83	*41	16.42	74.41	9.64	2.97	*0.00
% of Calories										*36.3%	14.7%	66.6%	19.4%	6.0%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 13

Generated on: 4/20/2017 9:23:51 AM

	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)
Fri - 09/15/2017															
HS Breakfast	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	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 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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		479	78	626	3.88	2.48	394.3	*1012	30.24	*38	18.09	72.48	12.99	4.13	*0.00
% of Calories										*31.5%	15.1%	60.5%	24.4%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

	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)	
Mon - 09/18/2017																
HS Breakfast																
	Total															
	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
	BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
	BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
	BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
	BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
	ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
	BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
	BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
	BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
	BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
	BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
	BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
	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
	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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
	COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		444	26	459	3.48	2.25	398.4	*1026	29.37	*38	15.43	71.17	10.68	2.89	*0.00
	% of Calories										*34.3%	13.9%	64.1%	21.6%	5.9%	*0.0%
	Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 15

Generated on: 4/20/2017 9:23:51 AM

	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)
Tue - 09/19/2017															
HS Breakfast															
	Total														
	1 Each	291	12	884	2.79	2.29	119.8	28	0.17	*7	9.16	35.51	12.99	6.70	0.00
	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
	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
	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
	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*
	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
	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
	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
	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
	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	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		453	36	612	3.72	2.38	381.0	*949	30.33	*39	16.81	72.29	10.91	3.94	*0.00
% of Calories										*34.4%	14.9%	63.9%	21.7%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

	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)
Wed - 09/20/2017															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	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 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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		455	74	592	3.75	2.40	366.0	*984	30.11	*36	17.09	68.93	12.34	3.93	*0.00
% of Calories										*31.3%	15.0%	60.7%	24.4%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 17

Generated on: 4/20/2017 9:23:51 AM

	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 - 09/21/2017															
HS Breakfast	Total														
BRKF Pancake, 4" HS3ea	Serving of	210	10	540	5.00	2.70	60.0	0	0.0	7	5.0	42.0	3.0	0.50	0.00
BRKF Sand, Egg Saus Pancakes	1 Each	302	140	705	3.33	2.98	153.2	289	0.02	6	15.52	30.06	13.67	3.82	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		447	46	534	3.87	2.36	368.2	*933	29.83	*41	16.42	74.41	9.64	2.97	*0.00
% of Calories										*36.3%	14.7%	66.6%	19.4%	6.0%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 18

Generated on: 4/20/2017 9:23:51 AM

	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)
Fri - 09/22/2017															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	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 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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		479	78	626	3.88	2.48	394.3	*1012	30.24	*38	18.09	72.48	12.99	4.13	*0.00
% of Calories										*31.5%	15.1%	60.5%	24.4%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

	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)	
Mon - 09/25/2017																
HS Breakfast																
	Total															
	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
	BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
	BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
	BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
	BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
	ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
	BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
	BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
	BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
	BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
	BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
	BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
	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
	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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
	COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		444	26	459	3.48	2.25	398.4	*1026	29.37	*38	15.43	71.17	10.68	2.89	*0.00
	% of Calories										*34.3%	13.9%	64.1%	21.6%	5.9%	*0.0%
	Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 20

Generated on: 4/20/2017 9:23:51 AM

	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)
Tue - 09/26/2017															
HS Breakfast															
	Total														
	1 Each	291	12	884	2.79	2.29	119.8	28	0.17	*7	9.16	35.51	12.99	6.70	0.00
	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
	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
	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
	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*
	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
	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
	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
	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
	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	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		453	36	612	3.72	2.38	381.0	*949	30.33	*39	16.81	72.29	10.91	3.94	*0.00
% of Calories										*34.4%	14.9%	63.9%	21.7%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 21

Generated on: 4/20/2017 9:23:51 AM

	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)
Wed - 09/27/2017															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	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 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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		455	74	592	3.75	2.40	366.0	*984	30.11	*36	17.09	68.93	12.34	3.93	*0.00
% of Calories										*31.3%	15.0%	60.7%	24.4%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 22

Generated on: 4/20/2017 9:23:51 AM

	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 - 09/28/2017															
HS Breakfast	Total														
BRKF Pancake, 4" HS3ea	Serving of	210	10	540	5.00	2.70	60.0	0	0.0	7	5.0	42.0	3.0	0.50	0.00
BRKF Sand, Egg Saus Pancakes	1 Each	302	140	705	3.33	2.98	153.2	289	0.02	6	15.52	30.06	13.67	3.82	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		447	46	534	3.87	2.36	368.2	*933	29.83	*41	16.42	74.41	9.64	2.97	*0.00
% of Calories										*36.3%	14.7%	66.6%	19.4%	6.0%	*0.0%
Nutrient Guideline		450-600		640										<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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 23

Generated on: 4/20/2017 9:23:51 AM

	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)
Fri - 09/29/2017															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	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*
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
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 Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	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 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 Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	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		479	78	626	3.88	2.48	394.3	*1012	30.24	*38	18.09	72.48	12.99	4.13	*0.00
% of Calories										*31.5%	15.1%	60.5%	24.4%	7.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	
Weighted Average		456	54	574	3.77	2.39	380.1	*977	30.03	*38	16.88	71.92	11.37	3.63	*0.00
										*75.3%	14.8%	63.0%	22.4%	7.2%	*0.0%

\*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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 24

Generated on: 4/20/2017 9:23:51 AM

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	456		450 - 600		100%												
Cholesterol (mg)	54																
Sodium (mg)	574		640														
Fiber (g)	3.77																
Iron (mg)	2.39																
Calcium (mg)	380.1																
Vitamin A (IU)	977					Missing											
Sugars (g)	38	33.46%				Missing											
Vitamin C (mg)	30.03																
Protein (g)	16.88	14.80%															
Carbohydrate (g)	71.92	63.03%															
Total Fat (g)	11.37	22.41%															
Saturated Fat (g)	3.63	7.16%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

\*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.

**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.



## USDA Nondiscrimination Statement

**For all other FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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).

This institution is an equal opportunity provider.

**October 14, 2015**