

Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/7/2018 1:11:10 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 08/28/2018 | | | | | | | | | | | | | | | |
| 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 450 | 34 | 616 | 3.79 | 2.15 | 384.3 | *959 | 30.46 | *39 | 16.55 | 72.27 | 10.72 | 3.81 | *0.00 |
| % of Calories | | | | | | | | | | *34.7% | 14.7% | 64.2% | 21.4% | 7.6% | *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 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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Generated on: 8/7/2018 1:11:10 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 08/29/2018 | | | | | | | | | | | | | | | |
| 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 Burrito, Sec with Bacon | 1 Each | 363 | 190 | 552 | 2.84 | 2.27 | 201.5 | 368 | 1.01 | *2 | 15.48 | 31.89 | 18.67 | 5.98 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 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 |
| 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 | | 450 | 71 | 571 | 3.70 | 2.14 | 365.9 | *991 | 29.85 | *36 | 16.72 | 68.61 | 12.09 | 3.82 | *0.00 |
| % of Calories | | | | | | | | | | *31.6% | 14.9% | 61.0% | 24.2% | 7.6% | *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

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Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 3

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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 - 08/30/2018 | | | | | | | | | | | | | | | |
| HS Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Waffle, 3 Each | Serving of | 195 | 7 | 540 | 4.50 | 1.62 | 60.0 | 0 | 0.0 | 6 | 6.0 | 34.5 | 5.25 | 0.75 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 445 | 44 | 539 | 3.81 | 2.08 | 366.7 | *941 | 29.94 | *41 | 16.09 | 74.01 | 9.80 | 3.05 | *0.00 |
| % of Calories | | | | | | | | | | *36.5% | 14.5% | 66.5% | 19.8% | 6.2% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 08/31/2018 | | | | | | | | | | | | | | | |
| 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 Burrito, Sec with Bacon | 1 Each | 363 | 190 | 552 | 2.84 | 2.27 | 201.5 | 368 | 1.01 | *2 | 15.48 | 31.89 | 18.67 | 5.98 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
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| 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 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 |
| 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 | | 474 | 76 | 603 | 3.86 | 2.23 | 396.0 | *1019 | 29.96 | *38 | 17.83 | 72.12 | 12.69 | 3.95 | *0.00 |
| % of Calories | | | | | | | | | | *31.7% | 15.0% | 60.8% | 24.1% | 7.5% | *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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 5

Generated on: 8/7/2018 1:11:10 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/04/2018 | | | | | | | | | | | | | | | |
| 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 450 | 34 | 616 | 3.79 | 2.15 | 384.3 | *959 | 30.46 | *39 | 16.55 | 72.27 | 10.72 | 3.81 | *0.00 |
| % of Calories | | | | | | | | | | *34.7% | 14.7% | 64.2% | 21.4% | 7.6% | *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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 6

Generated on: 8/7/2018 1:11:10 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/05/2018 | | | | | | | | | | | | | | | |
| 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 Burrito, Sec with Bacon | 1 Each | 363 | 190 | 552 | 2.84 | 2.27 | 201.5 | 368 | 1.01 | *2 | 15.48 | 31.89 | 18.67 | 5.98 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 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 |
| 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 | | 450 | 71 | 571 | 3.70 | 2.14 | 365.9 | *991 | 29.85 | *36 | 16.72 | 68.61 | 12.09 | 3.82 | *0.00 |
| % of Calories | | | | | | | | | | *31.6% | 14.9% | 61.0% | 24.2% | 7.6% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 7

Generated on: 8/7/2018 1:11:10 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/06/2018 | | | | | | | | | | | | | | | |
| HS Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Pizza, Sausage | Slice | 290 | 173 | 771 | 1.17 | 2.36 | 141.9 | 371 | 0.11 | *3 | 13.43 | 25.61 | 14.4 | 5.53 | *0.05 |
| 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 451 | 54 | 553 | 3.60 | 2.12 | 371.8 | *964 | 29.95 | *40 | 16.55 | 73.46 | 10.37 | 3.35 | *0.00 |
| % of Calories | | | | | | | | | | *35.9% | 14.7% | 65.1% | 20.7% | 6.7% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 8

Generated on: 8/7/2018 1:11:10 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/07/2018 | | | | | | | | | | | | | | | |
| 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 Burrito, Sec with Bacon | 1 Each | 363 | 190 | 552 | 2.84 | 2.27 | 201.5 | 368 | 1.01 | *2 | 15.48 | 31.89 | 18.67 | 5.98 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 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 |
| 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 | | 474 | 76 | 603 | 3.86 | 2.23 | 396.0 | *1019 | 29.96 | *38 | 17.83 | 72.12 | 12.69 | 3.95 | *0.00 |
| % of Calories | | | | | | | | | | *31.7% | 15.0% | 60.8% | 24.1% | 7.5% | *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.

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 9

Generated on: 8/7/2018 1:11:10 PM

| | 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 - 09/10/2018 | | | | | | | | | | | | | | | |
| HS Breakfast | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| BRKF French Toast Sticks 17-18 | 3 Each | 270 | 10 | 290 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 11 | 7.0 | 43.0 | 8.0 | 1.00 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 437 | 26 | 479 | 3.49 | 1.80 | 354.0 | *923 | 29.48 | *39 | 15.35 | 72.95 | 9.42 | 2.51 | *0.00 |
| % of Calories | | | | | | | | | | *35.6% | 14.0% | 66.8% | 19.4% | 5.2% | *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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 10

Generated on: 8/7/2018 1:11:10 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/11/2018 | | | | | | | | | | | | | | | |
| 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 450 | 34 | 616 | 3.79 | 2.15 | 384.3 | *959 | 30.46 | *39 | 16.55 | 72.27 | 10.72 | 3.81 | *0.00 |
| % of Calories | | | | | | | | | | *34.7% | 14.7% | 64.2% | 21.4% | 7.6% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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Generated on: 8/7/2018 1:11:11 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/12/2018 | | | | | | | | | | | | | | | |
| 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 Burrito, Sec with Bacon | 1 Each | 363 | 190 | 552 | 2.84 | 2.27 | 201.5 | 368 | 1.01 | *2 | 15.48 | 31.89 | 18.67 | 5.98 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 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 |
| 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 | | 450 | 71 | 571 | 3.70 | 2.14 | 365.9 | *991 | 29.85 | *36 | 16.72 | 68.61 | 12.09 | 3.82 | *0.00 |
| % of Calories | | | | | | | | | | *31.6% | 14.9% | 61.0% | 24.2% | 7.6% | *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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 12

Generated on: 8/7/2018 1:11:11 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/13/2018 | | | | | | | | | | | | | | | |
| HS Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Waffle, 3 Each | Serving of | 195 | 7 | 540 | 4.50 | 1.62 | 60.0 | 0 | 0.0 | 6 | 6.0 | 34.5 | 5.25 | 0.75 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 445 | 44 | 539 | 3.81 | 2.08 | 366.7 | *941 | 29.94 | *41 | 16.09 | 74.01 | 9.80 | 3.05 | *0.00 |
| % of Calories | | | | | | | | | | *36.5% | 14.5% | 66.5% | 19.8% | 6.2% | *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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 13

Generated on: 8/7/2018 1:11:11 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/14/2018 | | | | | | | | | | | | | | | |
| 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 Burrito, Sec with Bacon | 1 Each | 363 | 190 | 552 | 2.84 | 2.27 | 201.5 | 368 | 1.01 | *2 | 15.48 | 31.89 | 18.67 | 5.98 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 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 |
| 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 | | 474 | 76 | 603 | 3.86 | 2.23 | 396.0 | *1019 | 29.96 | *38 | 17.83 | 72.12 | 12.69 | 3.95 | *0.00 |
| % of Calories | | | | | | | | | | *31.7% | 15.0% | 60.8% | 24.1% | 7.5% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 14

Generated on: 8/7/2018 1:11:11 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/17/2018 | | | | | | | | | | | | | | | |
| HS Breakfast | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| BRKF French Toast Sticks 17-18 | 3 Each | 270 | 10 | 290 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 11 | 7.0 | 43.0 | 8.0 | 1.00 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 437 | 26 | 479 | 3.49 | 1.80 | 354.0 | *923 | 29.48 | *39 | 15.35 | 72.95 | 9.42 | 2.51 | *0.00 |
| % of Calories | | | | | | | | | | *35.6% | 14.0% | 66.8% | 19.4% | 5.2% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 15

Generated on: 8/7/2018 1:11:11 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/18/2018 | | | | | | | | | | | | | | | |
| 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 450 | 34 | 616 | 3.79 | 2.15 | 384.3 | *959 | 30.46 | *39 | 16.55 | 72.27 | 10.72 | 3.81 | *0.00 |
| % of Calories | | | | | | | | | | *34.7% | 14.7% | 64.2% | 21.4% | 7.6% | *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.

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 16

Generated on: 8/7/2018 1:11:11 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/19/2018 | | | | | | | | | | | | | | | |
| 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 Burrito, Sec with Bacon | 1 Each | 363 | 190 | 552 | 2.84 | 2.27 | 201.5 | 368 | 1.01 | *2 | 15.48 | 31.89 | 18.67 | 5.98 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 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 |
| 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 | | 450 | 71 | 571 | 3.70 | 2.14 | 365.9 | *991 | 29.85 | *36 | 16.72 | 68.61 | 12.09 | 3.82 | *0.00 |
| % of Calories | | | | | | | | | | *31.6% | 14.9% | 61.0% | 24.2% | 7.6% | *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.

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 17

Generated on: 8/7/2018 1:11:11 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/20/2018 | | | | | | | | | | | | | | | |
| HS Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Pizza, Sausage | Slice | 290 | 173 | 771 | 1.17 | 2.36 | 141.9 | 371 | 0.11 | *3 | 13.43 | 25.61 | 14.4 | 5.53 | *0.05 |
| 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 451 | 54 | 553 | 3.60 | 2.12 | 371.8 | *964 | 29.95 | *40 | 16.55 | 73.46 | 10.37 | 3.35 | *0.00 |
| % of Calories | | | | | | | | | | *35.9% | 14.7% | 65.1% | 20.7% | 6.7% | *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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 18

Generated on: 8/7/2018 1:11:11 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/21/2018 | | | | | | | | | | | | | | | |
| 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 Burrito, Sec with Bacon | 1 Each | 363 | 190 | 552 | 2.84 | 2.27 | 201.5 | 368 | 1.01 | *2 | 15.48 | 31.89 | 18.67 | 5.98 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 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 |
| 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 | | 474 | 76 | 603 | 3.86 | 2.23 | 396.0 | *1019 | 29.96 | *38 | 17.83 | 72.12 | 12.69 | 3.95 | *0.00 |
| % of Calories | | | | | | | | | | *31.7% | 15.0% | 60.8% | 24.1% | 7.5% | *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.

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 19

Generated on: 8/7/2018 1:11:11 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/24/2018 | | | | | | | | | | | | | | | |
| HS Breakfast | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| BRKF French Toast Sticks 17-18 | 3 Each | 270 | 10 | 290 | 2.00 | 1.08 | 60.0 | 0 | 0.0 | 11 | 7.0 | 43.0 | 8.0 | 1.00 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 437 | 26 | 479 | 3.49 | 1.80 | 354.0 | *923 | 29.48 | *39 | 15.35 | 72.95 | 9.42 | 2.51 | *0.00 |
| % of Calories | | | | | | | | | | *35.6% | 14.0% | 66.8% | 19.4% | 5.2% | *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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 20

Generated on: 8/7/2018 1:11:11 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/25/2018 | | | | | | | | | | | | | | | |
| 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 450 | 34 | 616 | 3.79 | 2.15 | 384.3 | *959 | 30.46 | *39 | 16.55 | 72.27 | 10.72 | 3.81 | *0.00 |
| % of Calories | | | | | | | | | | *34.7% | 14.7% | 64.2% | 21.4% | 7.6% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 21

Generated on: 8/7/2018 1:11:11 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/26/2018 | | | | | | | | | | | | | | | |
| 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 Burrito, Sec with Bacon | 1 Each | 363 | 190 | 552 | 2.84 | 2.27 | 201.5 | 368 | 1.01 | *2 | 15.48 | 31.89 | 18.67 | 5.98 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 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 |
| 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 | | 450 | 71 | 571 | 3.70 | 2.14 | 365.9 | *991 | 29.85 | *36 | 16.72 | 68.61 | 12.09 | 3.82 | *0.00 |
| % of Calories | | | | | | | | | | *31.6% | 14.9% | 61.0% | 24.2% | 7.6% | *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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 22

Generated on: 8/7/2018 1:11:11 PM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/27/2018 | | | | | | | | | | | | | | | |
| HS Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Waffle, 3 Each | Serving of | 195 | 7 | 540 | 4.50 | 1.62 | 60.0 | 0 | 0.0 | 6 | 6.0 | 34.5 | 5.25 | 0.75 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 | | 445 | 44 | 539 | 3.81 | 2.08 | 366.7 | *941 | 29.94 | *41 | 16.09 | 74.01 | 9.80 | 3.05 | *0.00 |
| % of Calories | | | | | | | | | | *36.5% | 14.5% | 66.5% | 19.8% | 6.2% | *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.

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/28/2018 | | | | | | | | | | | | | | | |
| 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 Burrito, Sec with Bacon | 1 Each | 363 | 190 | 552 | 2.84 | 2.27 | 201.5 | 368 | 1.01 | *2 | 15.48 | 31.89 | 18.67 | 5.98 | 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 Sand, Egg Bacon Biscuit | 1 Each | 322 | 108 | 670 | 2.00 | 1.90 | 193.2 | 289 | 0.02 | 6 | 13.69 | 30.06 | 16.67 | 7.49 | 0.00 |
| BRKF Sand, Egg Bacon Bun | 1 Each | 282 | 108 | 640 | 4.00 | 1.90 | 293.2 | 289 | 0.02 | 4 | 16.69 | 28.06 | 12.17 | 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 | 111 | 0 | 140 | 2.13 | 5.28 | 118.5 | 545 | 5.53 | 6 | 1.88 | 23.3 | 1.78 | 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 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 |
| 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 | | 474 | 76 | 603 | 3.86 | 2.23 | 396.0 | *1019 | 29.96 | *38 | 17.83 | 72.12 | 12.69 | 3.95 | *0.00 |
| % of Calories | | | | | | | | | | *31.7% | 15.0% | 60.8% | 24.1% | 7.5% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |
| Weighted Average | | 453 | 53 | 570 | 3.73 | 2.11 | 375.5 | *972 | 29.98 | *38 | 16.65 | 71.86 | 11.13 | 3.53 | *0.00 |
| | | | | | | | | | | *76.0% | 14.7% | 63.4% | 22.1% | 7.0% | *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.

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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Generated on: 8/7/2018 1:11:11 PM

| Nutrient | Menu AVG | 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) | Error Messages (if any) |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | | | | | | | | | | |
| Calories | 453 | | 450 - 600 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 53 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 570 | | 640 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 570 | | 570 | | | | | | | | | | | | | | |
| Fiber (g) | 3.73 | | | | | | | | | | | | | | | | |
| Iron (mg) | 2.11 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 375.5 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 972 | | | | Missing | | | | | | | | | | | | |
| Sugars (g) | 38 | 33.79% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 29.98 | | | | | | | | | | | | | | | | |
| Protein (g) | 16.65 | 14.70% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 71.86 | 63.44% | | | | | | | | | | | | | | | |
| Total Fat (g) | 11.13 | 22.10% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 3.53 | 7.02% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (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

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