

Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Breakfast

Portion Values - Detailed

Page 1

Generated on: 10/22/2018 12:51:52 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 - 12/03/2018															
Elem Breakfast	Total														
BRKF Muffin, Blueberry, BC	1 each	250	35	180	2.00	1.44	40.0	100	1.2	19	4.0	41.0	8.0	1.00	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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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 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
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	24	420	4.80	2.99	425.1	*1334	39.76	*43	14.08	84.78	6.60	1.52	*0.00
% of Calories										*38.3%	12.5%	75.2%	13.2%	3.0%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 12/04/2018															
Elem Breakfast	Total														
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 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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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
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

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

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Breakfast

Portion Values - Detailed

Page 2

Generated on: 10/22/2018 12:51:52 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)
Weighted Daily Average		469	18	493	4.69	2.62	401.7	*1074	30.05	*48	14.19	82.78	8.91	2.81	*0.00
% of Calories										*40.8%	12.1%	70.5%	17.1%	5.4%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 12/05/2018															
Elem Breakfast	Total														
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 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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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 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
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		433	8	468	4.80	2.82	406.9	*1288	39.21	*40	14.53	82.73	5.69	1.75	*0.00
% of Calories										*36.6%	13.4%	76.5%	11.8%	3.6%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

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Base Menu Spreadsheet

Elem Breakfast

Portion Values - Detailed

Page 3

Generated on: 10/22/2018 12:51:52 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)
Thu - 12/06/2018															
Elem Breakfast	Total														
BRKF Oatmeal Plain	1 Cup	202	0	1	5.51	2.45	28.1	0	0.0	*N/A*	8.78	34.46	3.59	0.63	*0.00
FRT Blueberries, frozen	1/2 cup	61	0	1	3.22	0.21	9.5	55	2.98	10	0.5	14.53	0.76	0.06	0.00
FRT Strawberries, Frozen	1/2 Cup	44	0	3	2.65	0.94	20.2	57	51.91	6	0.54	11.5	0.14	0.01	*N/A*
FRT Craisin Original	1/4 cup	130	0	0	3.00	0.00	0.0	0	0.0	29	0.0	33.0	0.0	0.00	0.00
COND Brown Sugar & Cinn	Tablespoo	53	0	4	0.26	0.14	16.3	1	0.02	13	0.04	13.88	0.01	0.00	*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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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
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		482	8	322	8.16	3.20	440.4	*1085	42.44	*50	15.14	93.27	5.92	1.75	*0.00
% of Calories										*41.3%	12.6%	77.5%	11.1%	3.3%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 12/07/2018															
Elem Breakfast	Total														
BRKF Waffles, Mini, BB, IW	1 EACH	210	0	170	3.00	0.72	20.0	0	0.0	12	4.0	37.0	6.0	1.00	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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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 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
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

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Breakfast

Portion Values - Detailed

Page 4

Generated on: 10/22/2018 12:51:52 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)
Weighted Daily Average		396	9	385	4.58	2.68	415.7	*1141	30.48	*34	13.47	73.71	5.77	1.52	*0.00
% of Calories										*34.1%	13.6%	74.5%	13.1%	3.5%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Mon - 12/10/2018															
Elem Breakfast															
BRKF Muffin, Choc Chip, BC	1 each	270	40	190	2.00	1.80	40.0	0	0.0	22	4.0	44.0	9.0	1.50	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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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 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
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		468	29	433	4.80	3.17	428.6	*1313	39.21	*45	14.30	86.47	7.75	2.08	*0.00
% of Calories										*38.5%	12.2%	73.9%	14.9%	4.0%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

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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)
Tue - 12/11/2018															
Elem Breakfast	Total														
BRKF Cinnamon Rolls, Mini, IW	1 each	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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
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		490	7	446	4.48	2.96	413.9	*1049	30.05	*51	13.68	92.38	7.56	1.95	*0.00
% of Calories										*41.9%	11.2%	75.4%	13.9%	3.6%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 12/12/2018															
Elem Breakfast	Total														
BRKF Bagelful, Strawberry IW	1 Ea	180	5	160	2.99	1.80	20.0	100	2.4	6	5.99	31.94	2.99	1.50	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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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 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
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

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Breakfast

Portion Values - Detailed

Page 6

Generated on: 10/22/2018 12:51:52 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)
Weighted Daily Average		396	10	381	4.55	2.96	414.7	*1132	35.27	*37	14.26	75.23	4.27	1.76	*0.00
% of Calories										*37.0%	14.4%	76.1%	9.7%	4.0%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 12/13/2018															
Elem Breakfast	Total														
BRKF Yogurt, Strawberry, 5#Tub	4 OZ	90	3	52	0.00	0.00	300.0	0	1.2	15	3.0	19.0	0.0	0.00	0.00
FRT Blueberries, frozen	1/2 cup	61	0	1	3.22	0.21	9.5	55	2.98	10	0.5	14.53	0.76	0.06	0.00
FRT Strawberries, Frozen	1/2 Cup	44	0	3	2.65	0.94	20.2	57	51.91	6	0.54	11.5	0.14	0.01	*N/A*
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 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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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
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 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 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
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		421	9	345	6.38	1.86	482.3	*1100	41.11	*46	13.52	80.25	5.47	1.60	*0.00
% of Calories										*43.7%	12.8%	76.2%	11.7%	3.4%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Breakfast

Portion Values - Detailed

Page 7

Generated on: 10/22/2018 12:51:52 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 - 12/14/2018															
Elem Breakfast	Total														
BRKF Waffles, Mini Maple, IW	1 EACH	210	0	170	3.00	0.72	20.0	0	0.0	13	4.0	38.0	6.0	1.00	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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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 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
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		395	9	387	4.58	2.82	418.8	*1157	30.65	*34	13.44	74.25	5.71	1.53	*0.00
% of Calories										*34.6%	13.6%	75.1%	13.0%	3.5%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Mon - 12/17/2018															
Elem Breakfast	Total														
BRKF Muffin, Apple Cinn, BC	1 each	260	45	240	2.00	1.44	60.0	100	0.0	20	5.0	42.0	9.0	1.50	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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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 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
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

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Breakfast

Portion Values - Detailed

Page 8

Generated on: 10/22/2018 12:51:52 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)
Weighted Daily Average		486	39	454	4.80	3.14	447.2	*1356	39.21	*47	14.75	88.72	8.91	2.08	*0.00
% of Calories										*39.0%	12.1%	73.0%	16.5%	3.8%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 12/18/2018															
Elem Breakfast	Total														
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 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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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
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		462	20	522	3.78	2.71	399.9	*1080	30.05	*46	14.37	78.45	9.63	2.99	*0.00
% of Calories										*39.6%	12.4%	67.9%	18.8%	5.8%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Breakfast

Portion Values - Detailed

Page 9

Generated on: 10/22/2018 12:51:52 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 - 12/19/2018															
Elem Breakfast	Total														
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 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 MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF 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 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
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 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 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 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
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		452	8	485	4.80	2.90	406.9	*1288	39.21	*41	14.75	85.01	6.89	2.08	*0.00
% of Calories										*36.5%	13.0%	75.2%	13.7%	4.1%	*0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		446	15	426	5.01	2.83	423.2	*1185	35.90	*43	14.19	82.92	6.85	1.95	*0.00
										*87.2%	12.7%	74.3%	13.8%	3.9%	*0.0%

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Laramie County School District 1

Dec 1, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elem Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)	
			Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	446		400 - 500	100%														
Cholesterol (mg)	15																	
Sodium 1 (mg)	426		540															
Sodium 2 (mg)	426		485															
Fiber (g)	5.01																	
Iron (mg)	2.83																	
Calcium (mg)	423.2																	
Vitamin A (IU)	1185				Missing													
Sugars (g)	43	38.74%			Missing													
Vitamin C (mg)	35.90																	
Protein (g)	14.19	12.72%																
Carbohydrate (g)	82.92	74.34%																
Total Fat (g)	6.85	13.82%																
Saturated Fat (g)	1.95	3.94%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

October 14, 2015