

Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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Generated on: 10/8/2018 1:55:30 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 - 11/01/2018															
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

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

Nov 1, 2018 thru Nov 30, 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)	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 - 11/05/2018															
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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Nov 1, 2018 thru Nov 30, 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)
Tue - 11/06/2018															
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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Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/07/2018															
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		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

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 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)
Thu - 11/08/2018															
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	

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 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 - 11/09/2018															
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

Nov 1, 2018 thru Nov 30, 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)
Mon - 11/12/2018															
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

Nov 1, 2018 thru Nov 30, 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)
Tue - 11/13/2018															
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

Nov 1, 2018 thru Nov 30, 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)
Wed - 11/14/2018															
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		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

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 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)
Thu - 11/15/2018															
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

Nov 1, 2018 thru Nov 30, 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)	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 - 11/16/2018															
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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Generated on: 10/8/2018 1:55:31 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 - 11/19/2018															
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

Nov 1, 2018 thru Nov 30, 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)
Tue - 11/20/2018															
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

Nov 1, 2018 thru Nov 30, 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)
Mon - 11/26/2018															
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

Nov 1, 2018 thru Nov 30, 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)
Tue - 11/27/2018															
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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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 16

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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)
Wed - 11/28/2018															
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		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

Nov 1, 2018 thru Nov 30, 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)	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 - 11/29/2018															
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	

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

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 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)	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 - 11/30/2018															
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		451	49	560	3.70	2.07	373.1	*965	29.94	*39	16.47	72.11	10.85	3.41	*0.00
										*76.9%	14.6%	64.0%	21.7%	6.8%	*0.0%

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

HS 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)
Calories	451		450 - 600		100%												
Cholesterol (mg)	49																
Sodium 1 (mg)	560			640													
Sodium 2 (mg)	560			570													
Fiber (g)	3.70																
Iron (mg)	2.07																
Calcium (mg)	373.1																
Vitamin A (IU)	965					Missing											
Sugars (g)	39	34.18%				Missing											
Vitamin C (mg)	29.94																
Protein (g)	16.47	14.62%															
Carbohydrate (g)	72.11	63.99%															
Total Fat (g)	10.85	21.66%															
Saturated Fat (g)	3.41	6.81%		<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.

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October 14, 2015