

Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/02/2018															
HS Lunch 17-18															
	Total														
	4 Each	333	80	547	2.67	1.92	26.7	0	0.0	1	33.33	20.0	13.33	2.00	0.00
	4 Each	305	81	570	2.04	2.20	0.0	1017	0.0	0	30.52	18.31	12.21	2.04	0.00
	1/2 Cup	76	0	105	0.95	0.34	19.1	5	28.65	*1	1.91	16.24	0.95	0.00	0.00
	1/8 cup	21	0	137	0.00	0.17	0.0	0	0.0	*0	0.0	2.83	0.94	0.47	0.00
	1.0 oz	142	0	15	1.01	0.36	20.2	0	0.0	0	2.03	17.21	7.09	3.04	0.00
	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	1 Each	415	34	789	11.97	4.74	215.1	136	1.85	*3	22.24	57.45	9.7	3.87	*0.00
	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
	1/2 Cup	30	0	249	3.59	0.01	36.0	355	6.52	*2	1.82	5.59	0.0	0.00	0.00
	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
	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
	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
	1 Each	35	0	220	0.00	0.13	3.9	28	1.43	8	0.0	9.0	0.0	0.00	0.00
	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00

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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		708	62	1140	8.36	3.15	493.3	*1757	49.17	*32	37.42	95.15	20.27	5.08	*0.03
% of Calories										*17.9%	21.1%	53.7%	25.8%	6.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/03/2018															
HS Lunch 17-18	Total														
BRKF Pancake, IW Maple WG	Package	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
BRKF Frnch Tst Sticks,HS 17-18	5 Each	450	17	483	3.33	1.80	100.0	0	0.0	18	11.67	71.67	13.33	1.67	0.00
ENT Sausage Patty, HS, 2 Each	2 Each	120	60	160	0.00	1.44	40.0	0	0.0	0	12.0	0.0	8.0	2.00	0.00
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	15	3.0	19.0	0.0	0.00	0.00
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
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
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Chicken Caesar	1 Each	212	62	347	1.13	0.86	86.6	446	9.29	*1	16.84	5.52	13.95	3.37	*0.06
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Salad Shaker, Asian	1 Each	240	51	343	1.93	1.25	32.3	2632	10.63	*11	16.33	17.81	11.9	2.12	*0.06
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Tots, Oven	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
VEG Hash Brown Patty	1 Each	121	0	253	1.01	0.00	0.0	0	1.22	0	1.01	15.19	6.08	1.01	0.00
VEG Carrots, Baby 1/2C offer 2	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	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

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HS Lunch 17-18

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 - 01/03/2018															
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 % of Calories		834	68	1069	8.05	3.35	646.8	*3012	40.79	*51 *24.2%	33.68 16.2%	124.96 60.0%	22.88 24.7%	4.79 5.2%	*0.01 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

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HS Lunch 17-18

Portion Values - Detailed

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Thu - 01/04/2018	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)
HS Lunch 17-18	Total														
zSecondary Disclaimer	day	*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*
MANAGER'S Choice Entree	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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Chef	1 Each	146	157	263	0.70	1.16	80.3	436	2.9	*0	17.42	2.25	7.76	3.12	0.03
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Salad Shaker, Garden	1 Each	195	60	369	2.32	1.10	53.1	2552	6.97	*1	16.37	16.3	7.27	1.63	0.06
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
VEG Patch Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	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
DSSRT Frozen Strawberry Pie	1/4 cup	99	2	44	0.82	0.42	210.5	10	10.14	13	2.79	20.58	0.54	0.00	*0.00

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		740	54	946	10.33	4.12	801.6	*1952	58.09	*45	37.03	111.24	16.42	4.75	*0.29
% of Calories										*24.4%	20.0%	60.1%	20.0%	5.8%	*0.4%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/05/2018															
HS Lunch 17-18	Total														
zBAR Italian - For Web Menu	day	*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*
GRAIN Pasta, Spaghetti, 1/2 CUP	1/2 CUP	158	0	8	4.75	2.14	0.0	0	0.0	*N/A*	5.54	32.43	1.19	0.00	0.00
GRAIN Pasta, Rotini	1/2 Cup	76	0	0	2.53	1.52	0.0	0	0.0	1	3.37	16.43	0.63	0.00	0.00
ENT Lasagna, Cheese, topped	1 each	305	40	873	4.65	5.50	379.7	644	7.76	11	17.3	36.99	9.52	4.92	0.02
ENT Chicken, Diced	2 oz	83	51	26	0.00	0.41	11.3	0	0.0	0	14.17	0.0	2.83	1.13	0.06
ENT Beef Meatballs	5 each	152	48	303	1.00	1.00	29.0	1	0.0	1	12.0	2.0	11.0	4.00	0.70
SAUCE Alfredo	1/4 CUP	98	21	409	0.00	0.00	207.7	246	0.0	3	6.56	5.46	5.46	3.39	0.00
VEG Marinara	1/4 Cup	27	0	220	1.35	2.25	18.0	43	0.9	3	0.9	4.95	0.45	0.00	0.00
COND Cheese, Parmesan, 1 Tbsp	1 TBSP	21	4	85	0.00	0.04	62.7	43	0.0	0	1.89	0.17	1.37	0.87	*N/A*
GRAIN Breadstick Bake Crafters	1 Each	70	0	65	1.00	0.72	0.0	0	0.0	1	2.0	14.0	1.0	0.00	0.00
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Crispy Chicken 14	1 Each	292	66	466	3.09	1.85	86.4	507	9.29	*1	27.77	18.3	12.39	2.78	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Salad Shaker, Spicy Chx	1 Each	330	76	809	2.52	1.88	85.9	3280	3.12	*1	25.26	22.76	15.48	3.25	*0.00
GRAIN Roll, WG 1oz offer 1	1 Each	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.38	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Onion Rings, Oven	5 Each	203	0	234	3.05	1.10	101.6	0	2.44	5	3.05	28.44	8.13	1.52	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Cauliflower	1/2 Cup	13	0	15	1.02	0.21	11.2	0	24.6	1	0.98	2.54	0.14	0.07	0.00
VEG Patch Carrots Shred	1/2 cup	19	0	32	1.31	0.14	15.4	7864	2.76	*N/A*	0.44	4.48	0.11	0.02	0.00
VEG Patch Peas	1/2 Cup	81	0	3	5.30	1.48	26.0	772	13.69	6	5.17	15.07	0.21	0.04	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/05/2018															
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	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
FRT Strawberry Cup, Fzn	1 EACH	80	0	0	2.00	0.36	20.0	80	66.0	16	1.0	19.0	0.0	0.00	0.00
Weighted Daily Average		785	52	1052	13.32	5.27	664.2	*3020	114.73	*52	37.06	121.05	17.43	4.91	*0.13
% of Calories										*26.6%	18.9%	61.7%	20.0%	5.6%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/08/2018															
HS Lunch 17-18															
	Total														
	ENT Chicken Drumsticks, JH/HS	300	170	580	0.00	1.44	0.0	0	0.0	0	30.0	4.0	18.0	4.00	0.00
	VEG Mashed Potatoes	76	0	105	0.95	0.34	19.1	5	28.65	*1	1.91	16.24	0.95	0.00	0.00
	SAUCE Gravy, Country	21	0	137	0.00	0.17	0.0	0	0.0	*0	0.0	2.83	0.94	0.47	0.00
	GRAIN Roll, WG 1oz offer 2	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
	zSecondary Disclaimer	*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*
	ENT Baked Potato w/ 2 oz Chs	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
	GRAIN Roll, WG 1oz offer 2	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
	ENT Cheeseburger 2oz	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
	ENT Sand, Chicken Patty	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
	ENT Sand, Chicken, Hot & Spicy	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
	ENT Pizza, Cheese HS 16/17	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
	ENT Pizza, Pepperoni HS 16/17	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
	ENT Pizza, Personal 5" WG Chs	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
	ENT Rip Stick, Cheese	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
	ENT Rip Stick, Ham & Cheese	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
	ENT Rip Stick, Pepperoni	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
	ENT Sand, Deli Sub, Hoagie	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
	ENT Salad, Southwest	149	80	374	1.20	0.73	15.0	314	5.11	*0	17.14	5.97	7.16	2.01	0.00
	GRAIN Tortilla Chips 2.0 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
	ENT Salad Shaker, Apple Balsam	355	56	527	3.65	1.83	96.0	2081	9.27	*19	18.19	26.83	20.12	3.95	*0.11
	GRAIN Roll, WG 1oz offer 2	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
	ENT Sand, Cheese Alt Meal Sec	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
	VEG Potatoes, Tots, Oven	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
	VEG Corn, steamed 1/2C offer 2	73	0	0	2.75	0.33	0.0	92	5.5	*N/A*	2.75	16.49	0.92	0.00	0.00
	VEG Carrots, Baby 13-14	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
	VEG Lettuce, Shredded 13-14	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
	VEG Tomatoes, Sliced 13-14	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
	VEG Onions, Sliced	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
	FRT Fresh Assorted: 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	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
	COND Dressing, Ranch Red Fat	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
	COND Dressing, Italian	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
	COND Mayonnaise, Light	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
	COND Mustard Packets	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	COND Ketchup	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
	COND Pickles, Sliced	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
	COND Sour Cream, Light, Tub	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
	COND Margarine, Ind	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
	MILK - 1% White	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/08/2018															
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
DSSRT Frozen Fudge Bar	1 Each	130	0	65	1.00	0.72	150.0	0	0.0	21	0.0	26.0	1.5	1.00	0.00
Weighted Daily Average		905	96	1244	10.58	4.51	655.0	*2644	62.90	*54	38.89	131.95	24.35	6.15	*0.04
% of Calories										*23.8%	17.2%	58.4%	24.2%	6.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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)
Tue - 01/09/2018															
HS Lunch 17-18	Total														
ENT Fish Sticks 9-12	6 Each	390	75	885	1.50	1.62	0.0	0	9.0	0	16.5	28.5	24.0	4.50	0.00
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Beef and Bean Burrito	1 Each	415	34	789	11.97	4.74	215.1	136	1.85	*3	22.24	57.45	9.7	3.87	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Chef	1 Each	146	157	263	0.70	1.16	80.3	436	2.9	*0	17.42	2.25	7.76	3.12	0.03
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Salad Shaker, Garden	1 Each	195	60	369	2.32	1.10	53.1	2552	6.97	*1	16.37	16.3	7.27	1.63	0.06
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Carrots Shred	1/2 cup	19	0	32	1.31	0.14	15.4	7864	2.76	*N/A*	0.44	4.48	0.11	0.02	0.00
VEG Patch Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	0.00
VEG Patch White Beans	1/2 Cup	222	0	214	9.55	3.06	103.3	2	2.53	3	14.36	40.97	0.76	0.23	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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)
Tue - 01/09/2018															
COND Tartar Sauce Packet	1 Each	40	5	100	0.00	0.00	0.0	0	0.0	2	0.0	3.0	3.0	0.00	0.00
COND Malt Vinegar Pkt	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
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		706	60	1033	9.23	3.68	521.6	*3284	51.23	*31	33.30	98.67	20.18	5.15	*0.03
% of Calories										*17.6%	18.9%	55.9%	25.7%	6.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	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 - 01/10/2018															
HS Lunch 17-18	Total														
ENT Chili, HS, 17-18	1 Cup	249	50	495	8.46	4.86	122.3	1459	13.56	*6	21.2	31.61	4.31	1.59	*0.00
GRAIN Cinnamon Roll 2 OZ	1 Each	221	10	288	1.35	1.51	16.0	101	0.04	*15	3.97	38.85	5.6	1.50	*0.00
GRAIN Tortilla Chips 1.0 oz	1.0 oz	142	0	15	1.01	0.36	20.2	0	0.0	0	2.03	17.21	7.09	3.04	0.00
COND Cheese, Shredded 1oz	1 OZ	110	25	180	0.00	0.00	200.0	300	0.0	0	7.0	1.0	9.0	5.00	0.00
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	1 Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Chicken Caesar	1 Each	212	62	347	1.13	0.86	86.6	446	9.29	*1	16.84	5.52	13.95	3.37	*0.06
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Salad Shaker, Asian	1 Each	240	51	343	1.93	1.25	32.3	2632	10.63	*11	16.33	17.81	11.9	2.12	*0.06
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Tots, Oven	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Celery Sticks	1/2 Cup	10	0	57	1.11	0.26	26.1	87	4.56	*N/A*	0.49	2.38	0.09	0.02	*N/A*
VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/10/2018															
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 % of Calories		764	62	1095	10.73	4.67	607.4	*2435	48.07	*36 *18.8%	37.23 19.5%	105.69 55.3%	22.33 26.3%	7.09 8.4%	*0.01 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

Thu - 01/11/2018	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)
HS Lunch 17-18	Total														
ENT Sand, Grill Chs Chedd HS	1 Each	360	75	660	4.00	1.44	530.0	600	0.0	2	21.0	24.0	23.0	12.00	0.00
ENT Soup, Creamy Tomato	1/2 CUP	76	8	305	2.00	0.67	58.0	401	0.0	9	2.0	14.0	2.67	2.00	0.00
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Taco 2 Grain	1 Each	478	81	566	2.90	3.61	173.7	698	7.37	*0	24.66	39.58	23.74	10.58	*0.00
ENT Salad Shaker, Fiesta	1 Each	267	86	662	3.51	3.57	147.5	610	8.42	*1	22.83	15.97	11.96	4.76	*0.00
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
VEG Patch Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	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

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/11/2018															
Weighted Daily Average		677	64	1043	9.22	3.45	733.3	*2317	47.13	*35	33.34	92.93	21.18	9.24	*0.01
% of Calories										*20.5%	19.7%	54.9%	28.2%	12.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Fri - 01/12/2018																
HS Lunch 17-18																
	Total day	*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*	
	zBAR Burger - For Web Menu															
	ENT Hamburger 2oz 15-16	1 Each	306	49	504	5.00	2.44	220.0	0	0.0	3	20.0	26.0	13.5	4.80	0.80
	ENT Sand, Pork, Breaded Patty	1 Each	400	40	580	6.00	3.44	240.0	5	0.0	4	24.0	37.0	18.5	4.50	0.00
	COND Cheese, Sliced American	1 Slice	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79	0.00
	COND Cheese, Sliced Provolone	1 Slice	50	10	120	0.00	0.00	100.0	100	0.0	0	3.5	0.5	4.0	2.00	0.00
	COND Cheese, Sliced Pepper Jack	1 Slice	56	13	106	0.00	0.00	101.2	152	0.0	0	3.04	0.51	4.56	3.04	0.00
	zSecondary Disclaimer	day	*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*	
	ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
	GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
	ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
	ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
	ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
	ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
	ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
	ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
	ENT Rip Stick, Cheese Topped	1 EACH	280	25	460	2.00	1.80	350.0	300	0.0	1	15.0	30.0	11.0	6.00	0.00
	ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
	ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
	ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
	ENT Salad, Crispy Chicken 14	1 Each	292	66	466	3.09	1.85	86.4	507	9.29	*1	27.77	18.3	12.39	2.78	0.00
	GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
	ENT Salad Shaker, Spicy Chx	1 Each	330	76	809	2.52	1.88	85.9	3280	3.12	*1	25.26	22.76	15.48	3.25	*0.00
	GRAIN Roll, WG 1oz offer 1	1 Each	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.38	*0.00
	ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
	VEG Potatoes, Tots, Oven	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
	VEG Onion Rings, Oven	5 Each	203	0	234	3.05	1.10	101.6	0	2.44	5	3.05	28.44	8.13	1.52	0.00
	VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
	VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
	VEG Patch Snap Peas	1/2 Cup	39	0	4	2.41	1.93	39.9	1008	55.66	*N/A*	2.6	7.0	0.19	0.04	*N/A*
	VEG Patch Celery Sticks	1/2 Cup	10	0	57	1.11	0.26	26.1	87	4.56	*N/A*	0.49	2.38	0.09	0.02	*N/A*
	VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
	VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
	VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
	FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
	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
	COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
	COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
	COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
	COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/12/2018															
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Guacamole, Spicy	3/4 oz	32	0	83	0.72	0.00	0.0	72	2.59	0	0.0	1.44	2.88	0.36	0.00
COND BBQ, Packets .75 oz.	1 Each	35	0	220	0.00	0.13	3.9	28	1.43	8	0.0	9.0	0.0	0.00	0.00
COND Peppers, Jalapeno, 1/8 c.	1/8 Cup	4	0	253	0.39	0.28	3.5	257	1.51	0	0.14	0.72	0.14	0.01	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		707	47	1069	9.21	3.57	646.4	*1898	47.09	*30	33.46	94.01	22.20	6.73	*0.14
% of Calories										*17.1%	18.9%	53.2%	28.2%	8.6%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/16/2018															
HS Lunch 17-18															
ENT Corn Dog, Mini,Chicken, HS zSecondary Disclaimer	Total Serving (8) day	366	54	556	6.79	2.44	203.6	0	0.0	7	13.57	40.71	16.29	4.75	0.00
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Beef and Bean Burrito	1 Each	415	34	789	11.97	4.74	215.1	136	1.85	*3	22.24	57.45	9.7	3.87	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	1 Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	1 EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	1 EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Southwest	1 Each	149	80	374	1.20	0.73	15.0	314	5.11	*0	17.14	5.97	7.16	2.01	0.00
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Salad Shaker, Apple Balsam	1 Each	355	56	527	3.65	1.83	96.0	2081	9.27	*19	18.19	26.83	20.12	3.95	*0.11
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Tots, Oven	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
VEG Green Beans 1/2 C offer 2	1/2 Cup	30	0	249	3.59	0.01	36.0	355	6.52	*2	1.82	5.59	0.0	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	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
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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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)
Tue - 01/16/2018															
Weighted Daily Average		658	53	1029	9.87	3.06	559.7	*1741	44.70	*33	28.88	93.28	19.23	5.34	*0.05
% of Calories										*20.0%	17.6%	56.7%	26.3%	7.3%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	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 - 01/17/2018															
HS Lunch 17-18	Total														
BRKF Pancake, IW Maple WG	Package	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
BRKF Frnch Tst Sticks,HS 17-18	5 Each	450	17	483	3.33	1.80	100.0	0	0.0	18	11.67	71.67	13.33	1.67	0.00
ENT Sausage Patty, HS, 2 Each	2 Each	120	60	160	0.00	1.44	40.0	0	0.0	0	12.0	0.0	8.0	2.00	0.00
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	15	3.0	19.0	0.0	0.00	0.00
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
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
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Chicken Caesar	1 Each	212	62	347	1.13	0.86	86.6	446	9.29	*1	16.84	5.52	13.95	3.37	*0.06
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Salad Shaker, Asian	1 Each	240	51	343	1.93	1.25	32.3	2632	10.63	*11	16.33	17.81	11.9	2.12	*0.06
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Tots, Oven	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
VEG Hash Brown Patty	1 Each	121	0	253	1.01	0.00	0.0	0	1.22	0	1.01	15.19	6.08	1.01	0.00
VEG Carrots, Baby 1/2C offer 2	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	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

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/17/2018															
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		834	68	1069	8.05	3.35	646.8	*3012	40.79	*51	33.68	124.96	22.88	4.79	*0.01
% of Calories										*24.2%	16.2%	60.0%	24.7%	5.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	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 - 01/18/2018															
HS Lunch 17-18															
zBAR Asian - For Web Menu															
ENT Asian Chx, No Bread	1/2 CUP	138	62	208	0.00	1.11	0.0	69	1.85	3	21.54	9.23	3.08	0.77	0.00
ENT Asian Chx, Breaded	1/2 CUP	115	40	135	0.00	0.72	0.0	45	3.6	5	11.0	11.0	3.0	0.50	0.00
ENT Beef Meatballs	5 each	152	48	303	1.00	1.00	29.0	1	0.0	1	12.0	2.0	11.0	4.00	0.70
GRAIN Rice, Brown 1C	1 Cup	186	0	0	2.07	0.75	0.0	0	0.0	*N/A*	4.14	36.24	2.64	0.16	0.00
GRAIN Pasta, Spaghetti	1 CUP	316	0	16	9.49	4.27	0.0	0	0.0	*N/A*	11.07	64.86	2.37	0.00	0.00
SAUCE Mandarin Orange	1 oz	32	0	132	0.00	0.00	0.0	0	1.09	5	0.0	7.27	0.0	0.00	0.00
SAUCE Spicy Sichuan	1 oz	62	37	269	0.00	0.00	0.0	0	0.0	11	2.5	6.25	1.88	0.63	0.00
SAUCE Sweet & Sour	1 oz	23	0	59	0.00	0.00	0.0	0	0.0	4	0.0	6.36	0.0	0.00	0.00
SAUCE Teriyaki	1 oz	50	37	431	0.00	0.00	0.0	0	0.0	9	2.5	8.75	1.88	0.63	0.00
DSSRT Cookie, Fortune	1 EACH	20	0	0	0.00	0.00	0.0	0	0.0	2	0.7	4.0	0.0	0.00	0.00
zSecondary Disclaimer															
day															
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Crispy Chicken 14	1 Each	292	66	466	3.09	1.85	86.4	507	9.29	*1	27.77	18.3	12.39	2.78	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Salad Shaker, Spicy Chx	1 Each	330	76	809	2.52	1.88	85.9	3280	3.12	*1	25.26	22.76	15.48	3.25	*0.00
GRAIN Roll, WG 1oz offer 1	1 Each	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.38	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Onion Rings, Oven	5 Each	203	0	234	3.05	1.10	101.6	0	2.44	5	3.05	28.44	8.13	1.52	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
VEG Patch Mushrooms	1/2 Cup	11	0	2	0.49	0.24	1.5	0	1.02	1	1.5	1.58	0.16	0.02	0.00
VEG Patch Carrots Shred	1/2 cup	19	0	32	1.31	0.14	15.4	7864	2.76	*N/A*	0.44	4.48	0.11	0.02	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/18/2018															
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	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
GRAIN Bread, Banana	1 EACH	171	19	285	0.98	0.96	58.7	196	2.16	*13	2.49	30.76	4.32	1.85	*0.00
Weighted Daily Average		865	68	1206	11.02	5.01	672.9	*3960	47.65	*47	38.72	130.25	21.50	6.63	*0.07
% of Calories										*21.6%	17.9%	60.3%	22.4%	6.9%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/22/2018															
HS Lunch 17-18	Total														
ENT Steak Finger, JH/HS	6 Each	390	68	525	3.00	4.50	60.0	0	0.0	2	24.0	18.0	25.5	7.50	0.00
SAUCE Gravy, Country	1/8 cup	21	0	137	0.00	0.17	0.0	0	0.0	*0	0.0	2.83	0.94	0.47	0.00
GRAIN Cornbread, 2 oz	1 Each	187	16	355	2.10	1.38	88.8	75	1.29	*5	4.71	31.84	4.94	0.78	*0.00
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Cornbread, 2 oz	1 Each	187	16	355	2.10	1.38	88.8	75	1.29	*5	4.71	31.84	4.94	0.78	*0.00
ENT Beef and Bean Burrito	1 Each	415	34	789	11.97	4.74	215.1	136	1.85	*3	22.24	57.45	9.7	3.87	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Southwest	1 Each	149	80	374	1.20	0.73	15.0	314	5.11	*0	17.14	5.97	7.16	2.01	0.00
GRAIN Cornbread, 2 oz	1 Each	187	16	355	2.10	1.38	88.8	75	1.29	*5	4.71	31.84	4.94	0.78	*0.00
ENT Salad Shaker, Apple Balsam	1 Each	355	56	527	3.65	1.83	96.0	2081	9.27	*19	18.19	26.83	20.12	3.95	*0.11
GRAIN Cornbread, 2 oz	1 Each	187	16	355	2.10	1.38	88.8	75	1.29	*5	4.71	31.84	4.94	0.78	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Tots, Oven	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
VEG Chs Broccoli 1/2C offer 2	1/2 Cup	40	5	76	2.31	0.47	50.8	852	30.84	*1	3.38	4.52	1.62	0.92	*0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND BBQ, Packets .75 oz.	1 Each	35	0	220	0.00	0.13	3.9	28	1.43	8	0.0	9.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	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

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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/22/2018															
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 % of Calories		734	63	1141	9.80	4.33	555.6	*2137	60.26	*34 *18.7%	35.83 19.5%	98.07 53.4%	23.30 28.6%	6.32 7.7%	*0.03 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

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Generated on: 11/20/2017 7:54:02 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/23/2018															
HS Lunch 17-18															
ENT Turkey Pot Pie, HS	Total														
zSecondary Disclaimer	2/3 cup day	398	81	1029	2.93	2.78	109.3	580	1.67	7	31.9	35.89	15.74	7.25	0.00
ENT Baked Potato w/ 2 oz Chs	1 Each	*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*
GRAIN Biscuit, Dough	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
ENT Cheeseburger 2oz	1 Each	180	0	280	2.00	1.44	100.0	0	0.0	5	5.0	28.0	6.0	4.00	0.00
ENT Sand, Chicken Patty	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Pizza, Cheese HS 16/17	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Personal 5" WG Chs	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Rip Stick, Cheese	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Pepperoni	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Salad, Taco 2 Grain	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad Shaker, Fiesta	1 Each	478	81	566	2.90	3.61	173.7	698	7.37	*0	24.66	39.58	23.74	10.58	*0.00
GRAIN Tortilla Chips 2.0 oz	1 Each	267	86	662	3.51	3.57	147.5	610	8.42	*1	22.83	15.97	11.96	4.76	*0.00
ENT Sand, Cheese Alt Meal Sec	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
VEG Potatoes, Wedges, Oven	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Patch Leafy Greens	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG Patch Carrots Baby	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Cucumber Slices	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	0.00
VEG Tomatoes, Sliced 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Onions, Sliced	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
FRT Fresh Assorted: 1/2 cup	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Canned Asstd: 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
COND Dressing, Ranch Red Fat	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
COND Dressing, Italian	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Mayonnaise, Light	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mustard Packets	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Ketchup	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Pickles, Sliced	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Sour Cream, Light, Tub	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Margarine, Ind	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
MILK - 1% White	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
MILK - Skim Choc	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 White	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		671	68	1106	8.31	3.81	515.1	*2874	48.39	*33	38.25	93.11	17.25	6.44	*0.04
% of Calories										*19.9%	22.8%	55.5%	23.1%	8.6%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	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 - 01/24/2018															
HS Lunch 17-18															
ENT Nachos, Super, HS, 17-18	1/2 Cup	679	86	1079	3.25	2.05	388.3	993	0.82	*0	24.15	56.31	40.01	20.43	0.00
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	1 EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Chicken Caesar	1 Each	212	62	347	1.13	0.86	86.6	446	9.29	*1	16.84	5.52	13.95	3.37	*0.06
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Salad Shaker, Asian	1 Each	240	51	343	1.93	1.25	32.3	2632	10.63	*11	16.33	17.81	11.9	2.12	*0.06
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Tots, Oven	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
VEG Beans, Refried Black Beans	1/2 Cup	107	3	191	5.59	1.54	63.3	64	0.84	*1	6.44	17.47	1.28	0.67	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Tomatoes, Diced	1/4 Cup	13	0	5	0.66	0.27	3.0	372	11.4	*N/A*	0.51	2.77	0.2	0.03	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	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 Peppers, Jalapeno 1/16 c.	1/16 Cup	2	0	126	0.20	0.14	1.7	129	0.76	0	0.07	0.36	0.07	0.01	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

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

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/24/2018															
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		810	64	1193	9.70	3.52	649.7	*2349	52.91	*30	33.92	104.54	29.23	12.14	*0.04
% of Calories										*15.0%	16.8%	51.7%	32.5%	13.5%	*0.0%
Nutrient Guideline		750-850		1420											<10.00

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/25/2018															
HS Lunch 17-18															
	Total														
ENT Sand, Meatball Sub-Sec	1 Each	407	68	885	3.74	2.60	278.9	225	4.1	7	24.5	34.73	20.25	8.00	0.70
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Cheese Topped	EACH	280	25	460	2.00	1.80	350.0	300	0.0	1	15.0	30.0	11.0	6.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Chef	1 Each	146	157	263	0.70	1.16	80.3	436	2.9	*0	17.42	2.25	7.76	3.12	0.03
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Salad Shaker, Garden	1 Each	195	60	369	2.32	1.10	53.1	2552	6.97	*1	16.37	16.3	7.27	1.63	0.06
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Celery Sticks	1/2 Cup	10	0	57	1.11	0.26	26.1	87	4.56	*N/A*	0.49	2.38	0.09	0.02	*N/A*
VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	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

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/25/2018															
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		711	63	1041	8.99	3.89	596.6	*1923	51.38	*33	35.00	98.33	20.57	7.21	*0.41
% of Calories										*18.8%	19.7%	55.3%	26.0%	9.1%	*0.5%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	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 - 01/26/2018															
HS Lunch 17-18															
zBAR Burrito - For Web Menu	Total day	*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*
ENT Super Beef Burrito noQueso	1 Each	364	57	602	7.53	4.65	155.6	97	1.38	*3	22.96	43.67	9.53	3.56	*0.00
ENT Super Chk Burrito no Queso	1 Each	396	82	806	7.47	2.93	140.6	32	0.77	*3	25.89	44.99	12.5	3.95	0.00
SAUCE Queso Blanco	1 OZ	59	15	208	0.00	0.00	101.8	200	0.28	0	3.69	1.13	4.54	2.64	0.17
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Crispy Chicken 14	1 Each	292	66	466	3.09	1.85	86.4	507	9.29	*1	27.77	18.3	12.39	2.78	0.00
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Salad Shaker, Spicy Chx	1 Each	330	76	809	2.52	1.88	85.9	3280	3.12	*1	25.26	22.76	15.48	3.25	*0.00
GRAIN Tortilla Chips 1.0 oz	1.0 oz	142	0	15	1.01	0.36	20.2	0	0.0	0	2.03	17.21	7.09	3.04	0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Onion Rings, Oven	5 Each	203	0	234	3.05	1.10	101.6	0	2.44	5	3.05	28.44	8.13	1.52	0.00
VEG Mexicali Corn	1/2 CUP	95	0	22	3.05	0.45	3.3	274	11.33	*0	2.92	17.69	2.76	0.82	*0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Tomatoes, Diced	1/4 Cup	13	0	5	0.66	0.27	3.0	372	11.4	*N/A*	0.51	2.77	0.2	0.03	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Guacamole, Spicy	3/4 oz	32	0	83	0.72	0.00	0.0	72	2.59	0	0.0	1.44	2.88	0.36	0.00

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/26/2018															
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 Peppers, Jalapeno 1/16 c.	1/16 Cup	2	0	126	0.20	0.14	1.7	129	0.76	0	0.07	0.36	0.07	0.01	0.00
COND Cilantro, Fresh, Chopped	1 Tbsp	5	0	4	0.00	0.73	20.2	101	10.33	*N/A*	0.0	1.01	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
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		840	67	1121	13.81	5.11	615.5	*2204	58.82	*42	38.14	125.83	21.80	6.34	*0.04
% of Calories										*20.1%	18.2%	60.0%	23.4%	6.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/29/2018															
HS Lunch 17-18															
	Total														
ENT Chicken Tenders HS	4 Each	333	80	547	2.67	1.92	26.7	0	0.0	1	33.33	20.0	13.33	2.00	0.00
ENT Chicken Tenders SpicyHS	4 Each	305	81	570	2.04	2.20	0.0	1017	0.0	0	30.52	18.31	12.21	2.04	0.00
VEG Mashed Potatoes	1/2 Cup	76	0	105	0.95	0.34	19.1	5	28.65	*1	1.91	16.24	0.95	0.00	0.00
SAUCE Gravy, Country	1/8 cup	21	0	137	0.00	0.17	0.0	0	0.0	*0	0.0	2.83	0.94	0.47	0.00
GRAIN Roll, WG 1oz offer 1	1 Each	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.38	*0.00
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Beef and Bean Burrito	1 Each	415	34	789	11.97	4.74	215.1	136	1.85	*3	22.24	57.45	9.7	3.87	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Southwest	1 Each	149	80	374	1.20	0.73	15.0	314	5.11	*0	17.14	5.97	7.16	2.01	0.00
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Salad Shaker, Apple Balsam	1 Each	355	56	527	3.65	1.83	96.0	2081	9.27	*19	18.19	26.83	20.12	3.95	*0.11
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Tots, Oven	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
VEG Beans, Baked 1/2C offer 2	1/2 Cup	149	0	585	5.32	1.91	42.5	0	0.0	13	6.38	30.83	1.06	0.00	0.00
VEG Carrots, Baby 1/2C offer 2	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND BBQ, Packets .75 oz.	1 Each	35	0	220	0.00	0.13	3.9	28	1.43	8	0.0	9.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/29/2018															
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	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
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
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		819	75	1353	10.58	4.43	510.9	*2272	48.87	*43	39.98	118.28	21.99	5.35	*0.03
% of Calories										*21.2%	19.5%	57.7%	24.2%	5.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/30/2018																
HS Lunch 17-18																
	Total															
	ENT Meatballs w/ Brown Gravy	168	48	569	1.00	1.00	34.7	1	3.15	2	12.0	6.41	11.0	4.00	0.70	
	VEG Mashed Potatoes	76	0	105	0.95	0.34	19.1	5	28.65	*1	1.91	16.24	0.95	0.00	0.00	
	GRAIN Roll, WG 1oz offer 2	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00	
	zSecondary Disclaimer	*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*	
	ENT Baked Potato w/ 2 oz Chs	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00	
	GRAIN Roll, WG 1oz offer 2	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00	
	ENT Cheeseburger 2oz	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80	
	ENT Sand, Chicken Patty	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00	
	ENT Sand, Chicken, Hot & Spicy	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00	
	ENT Pizza, Cheese HS 16/17	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00	
	ENT Pizza, Pepperoni HS 16/17	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00	
	ENT Pizza, Personal 5" WG Chs	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00	
	ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
	ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
	ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
	ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
	ENT Salad, Taco 2 Grain	1 Each	478	81	566	2.90	3.61	173.7	698	7.37	*0	24.66	39.58	23.74	10.58	*0.00
	ENT Salad Shaker, Fiesta	1 Each	267	86	662	3.51	3.57	147.5	610	8.42	*1	22.83	15.97	11.96	4.76	*0.00
	GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
	ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
	VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
	VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
	VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
	VEG Patch Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	0.00
	VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
	VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
	VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
	FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
	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
	COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
	COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
	COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
	COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.00	0.00	
	COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
	COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
	COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
	COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	3.0	1.00	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

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/30/2018															
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 % of Calories		646	52	947	8.52	3.75	543.9	*1843	54.04	*32 *19.8%	32.94 20.4%	93.56 57.9%	16.19 22.5%	4.75 6.6%	*0.24 *0.3%
Nutrient Guideline		750-850		1420											<10.00

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Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

	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 - 01/31/2018															
HS Lunch 17-18	Total														
BRKF Pancake, IW Maple WG	Package	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
BRKF Frnch Tst Sticks,HS 17-18	5 Each	450	17	483	3.33	1.80	100.0	0	0.0	18	11.67	71.67	13.33	1.67	0.00
ENT Sausage Patty, HS, 2 Each	2 Each	120	60	160	0.00	1.44	40.0	0	0.0	0	12.0	0.0	8.0	2.00	0.00
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	15	3.0	19.0	0.0	0.00	0.00
zSecondary Disclaimer	day	*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*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
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
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS 16/17	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS 16/17	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Pizza, Personal 5" WG Chs	Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Chicken Caesar	1 Each	212	62	347	1.13	0.86	86.6	446	9.29	*1	16.84	5.52	13.95	3.37	*0.06
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Salad Shaker, Asian	1 Each	240	51	343	1.93	1.25	32.3	2632	10.63	*11	16.33	17.81	11.9	2.12	*0.06
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Tots, Oven	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
VEG Hash Brown Patty	1 Each	121	0	253	1.01	0.00	0.0	0	1.22	0	1.01	15.19	6.08	1.01	0.00
VEG Carrots, Baby 1/2C offer 2	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	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

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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

HS Lunch 17-18

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 - 01/31/2018															
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		834	68	1069	8.05	3.35	646.8	*3012	40.79	*51	33.68	124.96	22.88	4.79	*0.01
% of Calories										*24.2%	16.2%	60.0%	24.7%	5.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	
Weighted Average		762	64	1098	9.79	3.97	614.1	*2482	53.39	*40	35.52	109.04	21.20	6.20	*0.08
										*46.9%	18.6%	57.2%	25.0%	7.3%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	762		750 - 850	100%				
Cholesterol (mg)	64							
Sodium 1 (mg)	1098		1420					
Sodium 2 (mg)	1098		1080				18	Correction Required - Sodium too High
Fiber (g)	9.79							
Iron (mg)	3.97							
Calcium (mg)	614.1							
Vitamin A (IU)	2482				Missing			
Sugars (g)	40	20.86%			Missing			
Vitamin C (mg)	53.39							
Protein (g)	35.52	18.64%						
Carbohydrate (g)	109.04	57.22%						
Total Fat (g)	21.20	25.03%						
Saturated Fat (g)	6.20	7.32%	<10.00%					
Trans Fat ¹ (g)	0.08	0.10%			Missing			

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Office of the Assistant Secretary for Civil Rights
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October 14, 2015