

Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

Page 1

Generated on: 1/18/2018 3:04:57 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/01/2018															
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	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	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

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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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Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/02/2018															
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 French Toast Sticks, WG	4 Each	280	0	200	2.00	2.00	235.0	431	0.0	8	6.0	35.0	12.0	2.00	0.00
ENT Sausage Patty, Trky 1oz	1 Each	60	30	80	0.00	0.72	20.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
BRKF Yogurt Parfait-Pan-Offer2	1/2 CUP	114	1	41	1.56	0.44	175.3	18	1.62	14	2.8	23.65	1.01	0.02	0.00
BRKF Green Eggs & Ham	1/4 cup	65	143	118	0.05	0.83	22.4	327	0.69	*N/A*	6.48	0.45	4.04	1.32	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 Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
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	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	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

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Portion Values - Detailed

Page 4

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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 - 03/02/2018															
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		803	113	1010	8.35	3.68	649.0	*3321	41.28	*49	31.90	118.08	22.98	5.00	*0.01
% of Calories										*24.5%	15.9%	58.9%	25.8%	5.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Mon - 03/05/2018															
HS Lunch 17-18															
	Total														
ENT Chicken Drumsticks, JH/HS	2 Each	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	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 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
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	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	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	3 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 Corn, steamed 1/2C offer 2	1/2 Cup	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	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 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

Mar 1, 2018 thru Mar 30, 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 - 03/05/2018															
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

Mar 1, 2018 thru Mar 30, 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 - 03/06/2018																
HS Lunch 17-18																
	Total															
	ENT Popcorn Chicken Bowl	371	22	620	5.13	2.36	21.6	140	35.25	*3	16.85	44.3	15.97	2.78	0.00	
	GRAIN Roll, WG 1oz offer 1	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	*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 Beef and Bean Burrito	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	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	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	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, 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	3.0	1.00	0.00	

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/06/2018															
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		704	44	985	10.46	4.01	533.9	*3504	65.25	*33	33.66	105.65	17.32	4.41	*0.03
% of Calories										*18.9%	19.1%	60.1%	22.2%	5.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/07/2018															
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	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	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

Mar 1, 2018 thru Mar 30, 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 - 03/07/2018															
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		770	62	1096	10.93	4.69	609.1	*2513	51.18	*37	37.32	107.24	22.35	7.10	*0.01
% of Calories										*19.0%	19.4%	55.7%	26.1%	8.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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)
Thu - 03/08/2018															
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	306	49	504	5.00	2.44	220.0	0	0.0	3	20.0	26.0	13.5	4.80	0.80
	ENT Hamburger 2oz 15-16	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	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	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	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	*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 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	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	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, Cheese Topped	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	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, Crispy Chicken 14	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	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	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	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	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 Onion Rings, Oven	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	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	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	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 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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/08/2018															
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		696	47	1033	9.23	3.60	648.0	*2042	52.37	*31	33.43	94.26	20.87	6.51	*0.14
% of Calories										*18.1%	19.2%	54.2%	27.0%	8.4%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/09/2018															
HS Lunch 17-18	Total														
ENT Cheese Dunkers Beacon 9-12	3 Each	450	30	810	3.00	3.24	600.0	600	0.0	9	27.0	45.0	18.0	7.50	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
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	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	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 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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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)
Fri - 03/09/2018															
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		687	43	1060	8.59	4.79	721.8	*2116	47.11	*35 *20.3%	35.87 20.9%	97.37 56.7%	17.54 23.0%	5.87 7.7%	*0.01 *0.0%
Nutrient Guideline		750-850		1420											<10.00

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/12/2018															
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	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	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

Mar 1, 2018 thru Mar 30, 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 - 03/12/2018															
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

Mar 1, 2018 thru Mar 30, 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 - 03/13/2018															
HS Lunch 17-18	Total														
ENT Chicken, Fried, JH/HS	2 Pieces	380	140	940	2.00	2.16	0.0	0	0.0	0	32.0	12.0	22.0	5.00	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 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	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	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 Coleslaw, 1/2 cup offer 2	1/2 Cup	58	1	163	1.90	0.36	54.1	26	39.23	*3	1.4	8.3	2.13	0.36	*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

Mar 1, 2018 thru Mar 30, 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		724	91	1180	8.53	3.85	521.0	*1751	54.01	*33	38.68	96.13	20.69	5.18	*0.01
% of Calories										*18.5%	21.4%	53.1%	25.7%	6.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/14/2018															
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 Scrambled Eggs	1/4 CUP	82	211	81	0.00	1.00	31.8	306	0.0	*N/A*	7.12	0.41	5.4	1.77	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	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	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

Mar 1, 2018 thru Mar 30, 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 - 03/14/2018															
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		830	160	1082	8.05	3.80	528.1	*3147	40.26	*44	35.50	116.74	25.27	5.58	*0.01
% of Calories										*21.2%	17.1%	56.3%	27.4%	6.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

Thu - 03/15/2018	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														
ENT Chicken Enchiladas HS	Servings (3	650	95	1266	14.18	10.68	594.4	5219	11.17	*4	36.77	71.18	25.03	11.25	*0.16
GRAIN Tortilla Chips 0.5 oz	0.5 oz	71	0	8	0.51	0.18	10.1	0	0.0	0	1.01	8.61	3.54	1.52	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	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	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 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 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
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, 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
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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/15/2018															
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
DSSRT Cookie, WG Shamrock	1 each	160	20	80	1.00	0.72	0.0	100	0.0	7	2.0	18.0	9.0	5.00	0.00
Weighted Daily Average		863	77	1091	12.18	6.00	649.9	*3142	55.17	*40	38.53	119.20	26.46	10.68	*0.07
% of Calories										*18.4%	17.8%	55.2%	27.6%	11.1%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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)
Mon - 03/19/2018															
HS Lunch 17-18	Total														
ENT Pork Chop, Breaded	1 Each	260	40	330	2.00	2.00	40.0	5	0.0	1	16.0	11.0	17.0	4.50	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 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
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	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	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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/19/2018															
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
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		723	53	1109	9.67	3.75	531.5	*2125	68.53	*33	33.92	100.73	21.56	5.55	*0.03
% of Calories										*18.5%	18.8%	55.7%	26.8%	6.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/20/2018															
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	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	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
MANAGER'S Choice Vegetable	1/2 Cup	*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 Vegetable	1/2 Cup	*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*
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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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		635	52	899	9.18	3.52	585.4	*1685	43.95	*32	33.93	89.32	15.81	4.74	*0.29
% of Calories										*20.2%	21.4%	56.3%	22.4%	6.7%	*0.4%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/21/2018															
HS Lunch 17-18	Total														
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	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	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 Beans	1/2 Cup	172	3	452	8.93	2.27	81.2	63	1.55	*1	9.78	27.98	2.0	0.91	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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/21/2018															
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		913	74	1435	12.18	3.99	681.8	*2436	52.56	*30 *13.0%	37.15 16.3%	115.54 50.6%	34.33 33.8%	14.94 14.7%	*0.04 *0.0%
Nutrient Guideline		750-850		1420											<10.00

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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)
Thu - 03/22/2018															
HS Lunch 17-18	Total														
ENT Chicken Spicy Sich Ling HS	1/2 Cup	206	103	514	0.00	1.06	0.0	81	0.0	16	22.05	16.17	5.14	1.47	0.00
GRAIN Rice, Brown 1C Sec	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
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	*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	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	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 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 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
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

Mar 1, 2018 thru Mar 30, 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 - 03/22/2018															
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
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		873	76	1234	11.23	4.80	669.0	*4249	55.54	*50	38.64	133.89	20.57	6.53	*0.04
% of Calories										*22.9%	17.7%	61.3%	21.2%	6.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/23/2018															
HS Lunch 17-18															
ENT French Bread Boat, Nardone	1 Each	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00	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
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	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	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 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 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
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, 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
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
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

Mar 1, 2018 thru Mar 30, 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 - 03/23/2018															
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 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		745	54	999	11.06	4.73	647.3	*2143	53.58	*42	35.47	111.19	18.90	5.82	*0.04
% of Calories										*22.5%	19.0%	59.7%	22.8%	7.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

HS Lunch 17-18

Portion Values - Detailed

Page 33

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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 - 03/26/2018															
HS Lunch 17-18	Total														
ENT BBQ Drumsticks, JH/HS	2 Each	350	170	798	0.00	1.44	16.8	0	0.0	9	30.0	14.92	18.0	4.00	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 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	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	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	3 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 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

Mar 1, 2018 thru Mar 30, 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 - 03/26/2018															
Weighted Daily Average		795	99	1409	10.61	4.12	550.4	*3011	51.75	*41	39.77	110.37	22.50	4.96	*0.04
% of Calories										*20.8%	20.0%	55.5%	25.5%	5.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Mar 1, 2018 thru Mar 30, 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 - 03/27/2018															
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	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	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

Mar 1, 2018 thru Mar 30, 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 - 03/27/2018															
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		744	67	1045	11.06	4.15	673.2	*2156	46.44	*42	35.56	107.95	20.77	7.65	*0.01
% of Calories										*22.6%	19.1%	58.1%	25.1%	9.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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 - 03/28/2018															
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 Scrambled Eggs	1/4 CUP	82	211	81	0.00	1.00	31.8	306	0.0	*N/A*	7.12	0.41	5.4	1.77	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	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	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

Mar 1, 2018 thru Mar 30, 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 - 03/28/2018															
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		836	160	1082	8.24	3.82	529.7	*3218	43.07	*44	35.58	118.14	25.28	5.58	*0.01
% of Calories										*21.3%	17.0%	56.6%	27.2%	6.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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)
Thu - 03/29/2018															
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	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	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

Mar 1, 2018 thru Mar 30, 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 - 03/29/2018															
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
Weighted Daily Average		726	52	1053	12.03	4.99	650.3	*3208	59.36	*38	36.33	107.36	17.49	4.92	*0.13
% of Calories										*21.1%	20.0%	59.2%	21.7%	6.1%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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

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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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)
Fri - 03/30/2018															
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	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	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
MANAGER'S Choice Vegetable	1/2 Cup	*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 Vegetable	1/2 Cup	*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*
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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 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)
Weighted Daily Average		660	52	904	9.60	3.67	585.4	*1686	44.95	*32	34.35	93.49	16.43	4.95	*0.29
% of Calories										*19.6%	20.8%	56.7%	22.4%	6.7%	*0.4%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		763	75	1092	10.09	4.17	618.2	*2561	52.00	*39	35.73	108.53	21.29	6.29	*0.07
										*46.0%	18.7%	56.9%	25.1%	7.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	763		750 - 850	100%				
Cholesterol (mg)	75							
Sodium 1 (mg)	1092		1420					
Sodium 2 (mg)	1092		1080				12	Correction Required - Sodium too High
Fiber (g)	10.09							
Iron (mg)	4.17							
Calcium (mg)	618.2							
Vitamin A (IU)	2561				Missing			
Sugars (g)	39	20.47%			Missing			
Vitamin C (mg)	52.00							
Protein (g)	35.73	18.73%						
Carbohydrate (g)	108.53	56.87%						
Total Fat (g)	21.29	25.10%						
Saturated Fat (g)	6.29	7.42%	<10.00%					
Trans Fat ¹ (g)	0.07	0.09%			Missing			

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- (1) Mail: U.S. Department of Agriculture
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October 14, 2015