

Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 1

Generated on: 3/28/2018 10:33:45 AM

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)
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**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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	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 - 05/01/2018															
HS Lunch	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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HS Lunch

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Page 3

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018															
Weighted Daily Average		618	57	950	8.50	3.33	648.0	*1897	37.95	*31	33.63	84.02	17.57	6.51	*0.01
% of Calories										*19.9%	21.8%	54.4%	25.6%	9.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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HS Lunch

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Generated on: 3/28/2018 10:33:45 AM

	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 - 05/02/2018															
HS Lunch	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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Wed - 05/02/2018															
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		830	160	1082	8.05	3.80	528.1	*3147	40.26	*44 *21.2%	35.50 17.1%	116.74 56.3%	25.27 27.4%	5.58 6.0%	*0.01 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Thu - 05/03/2018	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	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 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

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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		745	63	996	11.43	4.42	611.1	*1988	47.94	*41	35.94	109.16	19.03	5.88	*0.29
% of Calories										*22.3%	19.3%	58.6%	23.0%	7.1%	*0.3%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/04/2018															
HS Lunch	Total														
zBAR Burrito - 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*
ENT Super Beef Burrito noQueso	1 Each	364	57	602	7.53	4.65	155.6	97	1.38	*3	22.96	43.67	9.53	3.56	*0.00
ENT Super Chk Burrito no Queso	1 Each	396	82	806	7.47	2.93	140.6	32	0.77	*3	25.89	44.99	12.5	3.95	0.00
SAUCE Queso Blanco	1 OZ	59	15	208	0.00	0.00	101.8	200	0.28	0	3.69	1.13	4.54	2.64	0.17
zSecondary Disclaimer	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS	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 Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Salad Shaker, Spicy Chx	1 Each	330	76	809	2.52	1.88	85.9	3280	3.12	*1	25.26	22.76	15.48	3.25	*0.00
GRAIN Tortilla Chips 1.0 oz	1.0 oz	142	0	15	1.01	0.36	20.2	0	0.0	0	2.03	17.21	7.09	3.04	0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Onion Rings, Oven	5 Each	203	0	234	3.05	1.10	101.6	0	2.44	5	3.05	28.44	8.13	1.52	0.00
VEG Mexicali Corn	1/2 CUP	95	0	22	3.05	0.45	3.3	274	11.33	*0	2.92	17.69	2.76	0.82	*0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Tomatoes, Diced	1/4 Cup	13	0	5	0.66	0.27	3.0	372	11.4	*N/A*	0.51	2.77	0.2	0.03	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Guacamole, Spicy	3/4 oz	32	0	83	0.72	0.00	0.0	72	2.59	0	0.0	1.44	2.88	0.36	0.00

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/04/2018															
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Peppers, Jalapeno 1/16 c.	1/16 Cup	2	0	126	0.20	0.14	1.7	129	0.76	0	0.07	0.36	0.07	0.01	0.00
COND Cilantro, Fresh, Chopped	1 Tbsp	5	0	4	0.00	0.73	20.2	101	10.33	*N/A*	0.0	1.01	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
DSSRT Churro, Raspberry Filled	1 each	169	0	60	1.17	0.75	23.1	1	0.01	11	3.01	30.27	4.0	1.00	*0.00
Weighted Daily Average		872	57	1051	12.58	4.96	602.8	*2158	58.45	*43	38.99	133.16	21.39	5.97	*0.04
% of Calories										*19.9%	17.9%	61.1%	22.1%	6.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/07/2018															
HS Lunch															
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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Base Menu Spreadsheet

HS Lunch

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 - 05/07/2018															
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
Weighted Daily Average		797	53	1127	11.83	3.70	774.7	*1921	61.69	*47	32.66	121.03	20.74	5.52	*0.05
% of Calories										*23.4%	16.4%	60.7%	23.4%	6.2%	*0.1%
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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/08/2018															
HS Lunch	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, 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 Onion Rings, Oven	5 Each	203	0	234	3.05	1.10	101.6	0	2.44	5	3.05	28.44	8.13	1.52	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
VEG Patch Mushrooms	1/2 Cup	11	0	2	0.49	0.24	1.5	0	1.02	1	1.5	1.58	0.16	0.02	0.00
VEG Patch Carrots Shred	1/2 cup	19	0	32	1.31	0.14	15.4	7864	2.76	*N/A*	0.44	4.48	0.11	0.02	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/08/2018															
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		729	67	946	9.74	4.01	591.7	*4549	52.11	*39	38.09	105.84	17.25	4.94	*0.04
% of Calories										*21.5%	20.9%	58.1%	21.3%	6.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/09/2018															
HS Lunch	Total														
ENT Chili, 1 Cup	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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/09/2018															
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		796	65	1115	11.08	5.06	616.2	*2716	50.13	*38 *19.2%	36.28 18.2%	111.16 55.8%	23.73 26.8%	8.36 9.4%	*0.01 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

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Thu - 05/10/2018	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	Total														
ENT Turkey Pot Pie, HS	2/3 cup	398	81	1029	2.93	2.78	109.3	580	1.67	7	31.9	35.89	15.74	7.25	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 Biscuit, Dough	1 Each	180	0	280	2.00	1.44	100.0	0	0.0	5	5.0	28.0	6.0	4.00	0.00
ENT 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 Biscuit, Dough	1 Each	180	0	280	2.00	1.44	100.0	0	0.0	5	5.0	28.0	6.0	4.00	0.00
ENT 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 Biscuit, Dough	1 Each	180	0	280	2.00	1.44	100.0	0	0.0	5	5.0	28.0	6.0	4.00	0.00
ENT Sand, 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 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
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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/10/2018															
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		669	62	1028	9.24	4.00	540.4	*3392	50.37	*34 *20.3%	37.65 22.5%	94.91 56.7%	16.45 22.1%	5.74 7.7%	*0.04 *0.1%
Nutrient Guideline		750-850		1420											<10.00

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 18

Generated on: 3/28/2018 10:33:45 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/11/2018															
HS Lunch	Total														
zBAR Burger - 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*
ENT Hamburger 2oz 15-16	1 Each	306	49	504	5.00	2.44	220.0	0	0.0	3	20.0	26.0	13.5	4.80	0.80
ENT Sand, Pork, Breaded Patty	1 Each	400	40	580	6.00	3.44	240.0	5	0.0	4	24.0	37.0	18.5	4.50	0.00
COND Cheese, Sliced American	1 Slice	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79	0.00
COND Cheese, Sliced Provolone	1 Slice	50	10	120	0.00	0.00	100.0	100	0.0	0	3.5	0.5	4.0	2.00	0.00
COND Cheese, Sliced Pepper Jack	1 Slice	56	13	106	0.00	0.00	101.2	152	0.0	0	3.04	0.51	4.56	3.04	0.00
zSecondary Disclaimer	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS	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, Cheese Topped	1 EACH	280	25	460	2.00	1.80	350.0	300	0.0	1	15.0	30.0	11.0	6.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, Crispy Chicken 14	1 Each	292	66	466	3.09	1.85	86.4	507	9.29	*1	27.77	18.3	12.39	2.78	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Salad Shaker, Spicy Chx	1 Each	330	76	809	2.52	1.88	85.9	3280	3.12	*1	25.26	22.76	15.48	3.25	*0.00
GRAIN Roll, WG 1oz offer 1	1 Each	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.38	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, Tots, Oven	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
VEG Onion Rings, Oven	5 Each	203	0	234	3.05	1.10	101.6	0	2.44	5	3.05	28.44	8.13	1.52	0.00
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Celery Sticks	1/2 Cup	10	0	57	1.11	0.26	26.1	87	4.56	*N/A*	0.49	2.38	0.09	0.02	*N/A*
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
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

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/11/2018															
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
FRT Frozen Fruit Cup, Orng Pn	1 Each	70	0	10	3.00	0.36	80.0	500	60.0	16	0.0	19.0	0.0	0.00	0.00
Weighted Daily Average		756	48	1039	11.89	3.77	734.0	*2452	106.54	*47	33.37	111.44	20.56	6.65	*0.14
% of Calories										*25.1%	17.7%	59.0%	24.5%	7.9%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 20

Generated on: 3/28/2018 10:33:45 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/14/2018															
HS Lunch															
	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

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

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/14/2018															
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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 22

Generated on: 3/28/2018 10:33:45 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/15/2018															
HS Lunch															
	Total														
ENT Macaroni and Cheese 17-18	1 Cup	447	63	935	5.25	3.18	381.2	1135	0.36	*5	21.33	41.18	24.78	13.40	*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 Broccoli Bites	1/2 Cup	11	0	11	0.85	0.24	15.3	203	29.08	1	0.92	2.16	0.12	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, 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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 23

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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		674	54	1014	9.20	3.86	635.9	*2487	59.51	*33	32.85	95.23	19.56	8.16	*0.01
% of Calories										*19.6%	19.5%	56.5%	26.1%	10.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 24

Generated on: 3/28/2018 10:33:46 AM

	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 - 05/16/2018															
HS Lunch	Total														
BRKF Pancake, IW Maple WG	Package	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
BRKF Frnch Tst Sticks, HS 17-18	5 Each	450	17	483	3.33	1.80	100.0	0	0.0	18	11.67	71.67	13.33	1.67	0.00
ENT Sausage Patty, HS, 2 Each	2 Each	120	60	160	0.00	1.44	40.0	0	0.0	0	12.0	0.0	8.0	2.00	0.00
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	15	3.0	19.0	0.0	0.00	0.00
zSecondary Disclaimer	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS	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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 25

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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 - 05/16/2018															
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		834	68	1069	8.05	3.35	646.8	*3012	40.79	*51 *24.2%	33.68 16.2%	124.96 60.0%	22.88 24.7%	4.79 5.2%	*0.01 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Thu - 05/17/2018	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	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 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 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 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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/17/2018															
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		704	57	1018	11.36	5.24	652.1	*4494	55.86	*33 *18.6%	36.55 20.8%	101.38 57.6%	17.44 22.3%	5.68 7.3%	*0.07 *0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/18/2018															
HS Lunch	Total														
zBAR Asian - 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*
ENT Asian Chx, No Bread	1/2 CUP	138	62	208	0.00	1.11	0.0	69	1.85	3	21.54	9.23	3.08	0.77	0.00
ENT Asian Chx, Breaded	1/2 CUP	115	40	135	0.00	0.72	0.0	45	3.6	5	11.0	11.0	3.0	0.50	0.00
ENT Beef Meatballs	5 each	152	48	303	1.00	1.00	29.0	1	0.0	1	12.0	2.0	11.0	4.00	0.70
GRAIN Rice, Brown	1C Sec	186	0	0	2.07	0.75	0.0	0	0.0	*N/A*	4.14	36.24	2.64	0.16	0.00
GRAIN Pasta, Spaghetti	1 CUP	316	0	16	9.49	4.27	0.0	0	0.0	*N/A*	11.07	64.86	2.37	0.00	0.00
SAUCE Mandarin Orange	1 oz	32	0	132	0.00	0.00	0.0	0	1.09	5	0.0	7.27	0.0	0.00	0.00
SAUCE Spicy Sichuan	1 oz	62	37	269	0.00	0.00	0.0	0	0.0	11	2.5	6.25	1.88	0.63	0.00
SAUCE Sweet & Sour	1 oz	23	0	59	0.00	0.00	0.0	0	0.0	4	0.0	6.36	0.0	0.00	0.00
SAUCE Teriyaki	1 oz	50	37	431	0.00	0.00	0.0	0	0.0	9	2.5	8.75	1.88	0.63	0.00
DSSRT Cookie, Fortune	1 EACH	20	0	0	0.00	0.00	0.0	0	0.0	2	0.7	4.0	0.0	0.00	0.00
zSecondary Disclaimer	day	*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 Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
VEG Patch Carrots Shred	1/2 cup	19	0	32	1.31	0.14	15.4	7864	2.76	*N/A*	0.44	4.48	0.11	0.02	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/18/2018															
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
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		863	68	1206	10.96	4.98	672.7	*3960	47.52	*46	38.54	130.06	21.48	6.63	*0.07
% of Calories										*21.5%	17.9%	60.3%	22.4%	6.9%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/21/2018															
HS Lunch	Total														
ENT Steak Finger, JH/HS	6 Each	390	68	525	3.00	4.50	60.0	0	0.0	2	24.0	18.0	25.5	7.50	0.00
SAUCE Gravy, Country	1/8 cup	21	0	137	0.00	0.17	0.0	0	0.0	*0	0.0	2.83	0.94	0.47	0.00
GRAIN Cornbread, 2 oz	1 Each	187	16	355	2.10	1.38	88.8	75	1.29	*5	4.71	31.84	4.94	0.78	*0.00
zSecondary Disclaimer	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Cornbread, 2 oz	1 Each	187	16	355	2.10	1.38	88.8	75	1.29	*5	4.71	31.84	4.94	0.78	*0.00
ENT Beef and Bean Burrito	1 Each	415	34	789	11.97	4.74	215.1	136	1.85	*3	22.24	57.45	9.7	3.87	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS	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	51	5	89	2.17	0.00	47.1	183	32.57	*2	2.08	4.74	1.53	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 Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND BBQ, Packets .75 oz.	1 Each	35	0	220	0.00	0.13	3.9	28	1.43	8	0.0	9.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/21/2018															
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 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		804	71	1180	10.84	4.72	563.3	*1856	55.62	*42	36.27	111.27	24.82	6.94	*0.03
% of Calories										*20.9%	18.0%	55.4%	27.8%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2018															
HS Lunch	Total														
ENT Santa Fe Scramble	1/2 cup	361	295	533	2.17	2.95	265.1	611	8.77	*2	21.32	29.82	17.36	6.11	*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 Carrots Baby	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 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 Orange Wedges, 113 Count	1/2 Cup	71	0	0	3.63	0.15	60.5	340	80.44	14	1.42	17.77	0.18	0.02	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
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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/22/2018															
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		676	118	868	10.08	3.90	611.1	*2938	84.17	*37	34.24	98.73	16.66	5.01	*0.04
% of Calories										*22.0%	20.3%	58.5%	22.2%	6.7%	*0.1%
Nutrient Guideline		750-850		1420											<10.00

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/23/2018															
HS Lunch	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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May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 35

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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 - 05/23/2018															
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		830	64	1273	10.73	3.74	655.2	*2348	53.13	*30 *14.6%	34.96 16.9%	107.80 52.0%	29.46 32.0%	12.21 13.3%	*0.04 *0.0%
Nutrient Guideline		750-850		1420											<10.00

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/24/2018															
HS Lunch	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

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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		654	52	903	9.94	3.75	594.9	*2106	54.45	*34	34.42	93.90	15.92	4.76	*0.29
% of Calories										*20.5%	21.1%	57.4%	21.9%	6.6%	*0.4%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/25/2018															
HS Lunch	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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/25/2018															
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
FRT Strawberry Cup, Fzn	1 EACH	80	0	0	2.00	0.36	20.0	80	66.0	16	1.0	19.0	0.0	0.00	0.00
Weighted Daily Average		806	52	1053	14.03	5.35	670.3	*3288	125.36	*54	37.33	126.36	17.49	4.92	*0.13
% of Calories										*26.9%	18.5%	62.7%	19.5%	5.5%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/29/2018															
HS Lunch	Total														
ENT Chicken Tenders HS	4 Each	333	80	547	2.67	1.92	26.7	0	0.0	1	33.33	20.0	13.33	2.00	0.00
ENT Chicken Tenders SpicyHS	4 Each	305	81	570	2.04	2.20	0.0	1017	0.0	0	30.52	18.31	12.21	2.04	0.00
VEG Mashed Potatoes	1/2 Cup	76	0	105	0.95	0.34	19.1	5	28.65	*1	1.91	16.24	0.95	0.00	0.00
SAUCE Gravy, Country	1/8 cup	21	0	137	0.00	0.17	0.0	0	0.0	*0	0.0	2.83	0.94	0.47	0.00
GRAIN Roll, WG 1oz offer 1	1 Each	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.38	*0.00
zSecondary Disclaimer	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.76	*0.00
ENT Beef and Bean Burrito	1 Each	415	34	789	11.97	4.74	215.1	136	1.85	*3	22.24	57.45	9.7	3.87	*0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese HS	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	2.25 oz.	156	0	228	2.08	0.00	0.0	0	2.49	0	1.04	17.65	9.35	1.56	0.00
VEG Beans, Baked 1/2C offer 2	1/2 Cup	149	0	585	5.32	1.91	42.5	0	0.0	13	6.38	30.83	1.06	0.00	0.00
VEG Carrots, Baby 1/2C offer 2	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND BBQ, Packets .75 oz.	1 Each	35	0	220	0.00	0.13	3.9	28	1.43	8	0.0	9.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00

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

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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)
Tue - 05/29/2018															
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		819	75	1353	10.58	4.43	510.9	*2272	48.87	*43	39.98	118.28	21.99	5.35	*0.03
% of Calories										*21.2%	19.5%	57.7%	24.2%	5.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/30/2018															
HS Lunch	Total														
ENT Chicken, Fried, 1 Piece	1 Piece	190	70	470	1.00	1.08	0.0	0	0.0	0	16.0	6.0	11.0	2.50	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, Cheese Topped	EACH	280	25	460	2.00	1.80	350.0	300	0.0	1	15.0	30.0	11.0	6.00	0.00
ENT Rip Stick, Ham & Cheese	EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	300	40	560	2.00	1.80	200.0	400	3.6	2	19.0	30.0	11.0	4.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	244	42	662	2.00	0.83	115.0	150	3.99	*5	18.57	30.33	5.97	2.24	0.00
ENT Salad, 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 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, 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 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, 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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 05/30/2018															
Weighted Daily Average		632	64	961	7.89	3.40	520.9	*1713	49.64	*32	32.34	89.79	16.26	4.14	*0.04
% of Calories										*20.5%	20.5%	56.9%	23.2%	5.9%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 44

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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 - 05/31/2018															
HS Lunch	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

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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/31/2018															
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

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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 06/01/2018															
HS Lunch	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, 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 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 Salad Shaker, Spicy Chx	1 Each	330	76	809	2.52	1.88	85.9	3280	3.12	*1	25.26	22.76	15.48	3.25	*0.00
GRAIN Roll, WG 1oz offer 1	1 Each	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.38	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	260	30	860	4.00	1.44	380.0	600	0.0	6	18.0	28.0	10.0	5.00	0.00
VEG Potatoes, 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 Mexicali Corn	1/2 CUP	95	0	22	3.05	0.45	3.3	274	11.33	*0	2.92	17.69	2.76	0.82	*0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG 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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 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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		653	52	905	9.74	3.60	586.3	*1741	46.00	*32	34.54	92.50	16.36	4.90	*0.29
% of Calories										*19.7%	21.2%	56.7%	22.6%	6.8%	*0.4%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 06/04/2018															
HS Lunch	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 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, 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
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		634	52	898	9.24	3.54	588.5	*1652	43.47	*32	33.99	88.77	15.85	4.74	*0.31
% of Calories										*20.2%	21.5%	56.0%	22.5%	6.7%	*0.4%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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 - 06/05/2018															
HS Lunch	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*
zSecondary Disclaimer	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*
MANAGER'S Choice Entree	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 Cheeseburger 2oz	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 Patty	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 Sand, Chicken, Hot & Spicy	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, Cheese 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, Pepperoni HS	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 Pizza, Personal 5" WG Chs	EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Cheese	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 Rip Stick, Pepperoni	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
ENT Sand, Cheese Alt Meal Sec	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 Potatoes, Wedges, Oven	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*
MANAGER'S Choice Vegetable	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 Lettuce, Shredded 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, Sliced 13-14	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 Onions, Sliced	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 Fresh Assorted: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Canned Asstd: 1/2 cup	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, Ranch Red Fat	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 Dressing, Italian	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 Mayonnaise, Light	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 Mustard Packets	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 Ketchup	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 Pickles, Sliced	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 - 1% White	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim Choc	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
MILK - Skim White															
Weighted Daily Average		634	52	898	9.24	3.54	588.5	*1652	43.47	*32	33.99	88.77	15.85	4.74	*0.31
% of Calories										*20.2%	21.5%	56.0%	22.5%	6.7%	*0.4%
Nutrient Guideline		750-850		1420										<10.00	
Weighted Average		745	67	1050	10.22	4.15	620.9	*2580	56.93	*39	35.62	107.38	19.84	6.01	*0.09
										*47.6%	19.1%	57.7%	24.0%	7.3%	*0.1%

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Lunch

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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	745		750 - 850	99%		5		Correction Required - Calories are Low							
Cholesterol (mg)	67														
Sodium 1 (mg)	1050		1420												
Sodium 2 (mg)	1050		1080												
Fiber (g)	10.22														
Iron (mg)	4.15														
Calcium (mg)	620.9														
Vitamin A (IU)	2580				Missing										
Sugars (g)	39	21.18%			Missing										
Vitamin C (mg)	56.93														
Protein (g)	35.62	19.13%													
Carbohydrate (g)	107.38	57.67%													
Total Fat (g)	19.84	23.97%													
Saturated Fat (g)	6.01	7.26%	<10.00%												
Trans Fat ¹ (g)	0.09	0.11%			Missing										

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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

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