

Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/01/2018															
JH Breakfast	Total														
BRKF Pizza, Sausage	Slice	290	173	771	1.17	2.36	141.9	371	0.11	*3	13.43	25.61	14.4	5.53	*0.05
BRKF Sand, Egg Saus Pancakes	1 Each	302	140	705	3.33	2.98	153.2	289	0.02	6	15.52	30.06	13.67	3.82	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		429	66	563	3.52	2.47	328.9	*903	27.88	*35	15.60	67.46	11.07	3.57	*0.01
% of Calories										*33.0%	14.5%	62.8%	23.2%	7.5%	*0.0%
Nutrient Guideline		400-550		600										<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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/05/2018															
JH Breakfast															
	Total														
BRKF French Toast Sticks 17-18	3 Each	270	10	290	2.00	1.08	60.0	0	0.0	11	7.0	43.0	8.0	1.00	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	1 Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		405	20	421	3.40	1.98	285.1	*764	26.45	*34	12.93	68.46	9.05	2.21	*0.00
% of Calories										*33.9%	12.8%	67.6%	20.1%	4.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/06/2018															
JH Breakfast															
	Total														
BRKF Biscuits & Gravy	1 Each	291	12	884	2.79	2.29	119.8	28	0.17	*7	9.16	35.51	12.99	6.70	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		416	30	600	3.74	2.41	324.5	*823	27.43	*33	14.49	65.99	10.83	4.02	*0.00
% of Calories										*32.2%	13.9%	63.4%	23.4%	8.7%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/07/2018															
JH Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Burrito, Sec with Bacon	1 Each	363	190	552	2.84	2.27	201.5	368	1.01	*2	15.48	31.89	18.67	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		432	76	564	3.80	2.46	344.1	*906	26.91	*32	16.12	64.45	12.32	3.95	*0.00
% of Calories										*29.3%	14.9%	59.7%	25.7%	8.2%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/08/2018															
JH Breakfast	Total														
BRKF Waffle, 3 Each	Serving of	195	7	540	4.50	1.62	60.0	0	0.0	6	6.0	34.5	5.25	0.75	0.00
BRKF Sand, Egg Saus Pancakes	1 Each	302	140	705	3.33	2.98	153.2	289	0.02	6	15.52	30.06	13.67	3.82	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		414	39	525	4.07	2.35	315.4	*842	27.86	*36	14.38	68.92	9.56	2.78	*0.00
% of Calories										*34.8%	13.9%	66.6%	20.8%	6.1%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/09/2018															
JH Breakfast	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Burrito, Sec with Bacon	1 Each	363	190	552	2.84	2.27	201.5	368	1.01	*2	15.48	31.89	18.67	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		427	72	552	3.72	2.39	329.9	*894	26.95	*31	15.54	63.70	12.25	3.79	*0.00
% of Calories										*29.5%	14.6%	59.7%	25.8%	8.0%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/12/2018															
JH Breakfast															
	Total														
BRKF French Toast Sticks 17-18	3 Each	270	10	290	2.00	1.08	60.0	0	0.0	11	7.0	43.0	8.0	1.00	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	1 Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		405	20	421	3.40	1.98	285.1	*764	26.45	*34	12.93	68.46	9.05	2.21	*0.00
% of Calories										*33.9%	12.8%	67.6%	20.1%	4.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/13/2018															
JH Breakfast															
	Total														
BRKF Biscuits & Gravy	1 Each	291	12	884	2.79	2.29	119.8	28	0.17	*7	9.16	35.51	12.99	6.70	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		416	30	600	3.74	2.41	324.5	*823	27.43	*33	14.49	65.99	10.83	4.02	*0.00
% of Calories										*32.2%	13.9%	63.4%	23.4%	8.7%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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

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

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/14/2018															
JH Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Burrito, Sec with Bacon	1 Each	363	190	552	2.84	2.27	201.5	368	1.01	*2	15.48	31.89	18.67	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		432	76	564	3.80	2.46	344.1	*906	26.91	*32	16.12	64.45	12.32	3.95	*0.00
% of Calories										*29.3%	14.9%	59.7%	25.7%	8.2%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/15/2018															
JH Breakfast	Total														
BRKF Pizza, Sausage	Slice	290	173	771	1.17	2.36	141.9	371	0.11	*3	13.43	25.61	14.4	5.53	*0.05
BRKF Sand, Egg Saus Pancakes	1 Each	302	140	705	3.33	2.98	153.2	289	0.02	6	15.52	30.06	13.67	3.82	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		429	66	563	3.52	2.47	328.9	*903	27.88	*35	15.60	67.46	11.07	3.57	*0.01
% of Calories										*33.0%	14.5%	62.8%	23.2%	7.5%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/16/2018															
JH Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Burrito, Sec with Bacon	1 Each	363	190	552	2.84	2.27	201.5	368	1.01	*2	15.48	31.89	18.67	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		427	72	552	3.72	2.39	329.9	*894	26.95	*31	15.54	63.70	12.25	3.79	*0.00
% of Calories										*29.5%	14.6%	59.7%	25.8%	8.0%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/19/2018															
JH Breakfast															
	Total														
	BRKF French Toast Sticks 17-18	270	10	290	2.00	1.08	60.0	0	0.0	11	7.0	43.0	8.0	1.00	0.00
	BRKF Sand, Egg Saus Biscuit	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
	BRKF Sand, Egg Saus Bun	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
	BRKF Sand, Egg Bacon Biscuit	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
	BRKF Sand, Egg Bacon Bun	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
	BRKF Pancake & Saus/Stick Bulk	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
	BRKF Smoothie Variety	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
	ENT Sand, PBJ Variety	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
	BRKF LRG BENEFIT BAR-ChocCh	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
	BRKF Frudel, Ch/App	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
	BRKF UBR Round, Dough	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
	BRKF YOGURT, 4 OZ STRAW.BA	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
	BRKF Bagel, 16-17	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
	BRKF Cereal, Variety	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
	BRKF GRANOLA PCKT	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
	BRKF Toast, Wheat	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
	BRKF ES Brkfst Entree -Variety	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	FRT Canned Asstd: 1/2 cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
	FRT Fresh Assorted: 1/2 cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
	FRT Juice, Assorted: 1/2 cup	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
	COND Syrup, Pancake 1.4 oz.	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
	COND Cream Cheese	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
	COND Jelly	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
	MILK - 1% White	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	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	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		405	20	421	3.40	1.98	285.1	*764	26.45	*34	12.93	68.46	9.05	2.21	*0.00
% of Calories										*33.9%	12.8%	67.6%	20.1%	4.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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

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

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

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 - 11/20/2018															
JH Breakfast															
	Total														
BRKF Biscuits & Gravy	1 Each	291	12	884	2.79	2.29	119.8	28	0.17	*7	9.16	35.51	12.99	6.70	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		416	30	600	3.74	2.41	324.5	*823	27.43	*33	14.49	65.99	10.83	4.02	*0.00
% of Calories										*32.2%	13.9%	63.4%	23.4%	8.7%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

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 - 11/26/2018															
JH Breakfast															
	Total														
BRKF French Toast Sticks 17-18	3 Each	270	10	290	2.00	1.08	60.0	0	0.0	11	7.0	43.0	8.0	1.00	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	1 Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		405	20	421	3.40	1.98	285.1	*764	26.45	*34	12.93	68.46	9.05	2.21	*0.00
% of Calories										*33.9%	12.8%	67.6%	20.1%	4.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/27/2018															
JH Breakfast															
	Total														
BRKF Biscuits & Gravy	1 Each	291	12	884	2.79	2.29	119.8	28	0.17	*7	9.16	35.51	12.99	6.70	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		416	30	600	3.74	2.41	324.5	*823	27.43	*33	14.49	65.99	10.83	4.02	*0.00
% of Calories										*32.2%	13.9%	63.4%	23.4%	8.7%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/28/2018															
JH Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Burrito, Sec with Bacon	1 Each	363	190	552	2.84	2.27	201.5	368	1.01	*2	15.48	31.89	18.67	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		432	76	564	3.80	2.46	344.1	*906	26.91	*32	16.12	64.45	12.32	3.95	*0.00
% of Calories										*29.3%	14.9%	59.7%	25.7%	8.2%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/29/2018															
JH Breakfast	Total														
BRKF Waffle, 3 Each	Serving of	195	7	540	4.50	1.62	60.0	0	0.0	6	6.0	34.5	5.25	0.75	0.00
BRKF Sand, Egg Saus Pancakes	1 Each	302	140	705	3.33	2.98	153.2	289	0.02	6	15.52	30.06	13.67	3.82	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		414	39	525	4.07	2.35	315.4	*842	27.86	*36	14.38	68.92	9.56	2.78	*0.00
% of Calories										*34.8%	13.9%	66.6%	20.8%	6.1%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/30/2018															
JH Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	380	195	703	3.51	2.70	218.0	391	1.15	*3	16.45	33.42	19.92	6.45	0.00
BRKF Burrito, Sec with Bacon	1 Each	363	190	552	2.84	2.27	201.5	368	1.01	*2	15.48	31.89	18.67	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	342	133	625	2.00	2.62	213.2	289	0.02	6	17.19	30.06	17.67	7.49	0.00
BRKF Sand, Egg Saus Bun	1 Each	302	133	595	4.00	2.62	313.2	289	0.02	4	20.19	28.06	13.17	3.49	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	322	108	670	2.00	1.90	193.2	289	0.02	6	13.69	30.06	16.67	7.49	0.00
BRKF Sand, Egg Bacon Bun	1 Each	282	108	640	4.00	1.90	293.2	289	0.02	4	16.69	28.06	12.17	3.49	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	9.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	114	2.38	0.45	611.8	268	16.2	*36	6.77	55.79	0.53	0.34	*0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	93	1	157	2.00	0.72	40.0	167	0.0	*1	3.0	12.0	4.67	1.67	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		427	72	552	3.72	2.39	329.9	*894	26.95	*31	15.54	63.70	12.25	3.79	*0.00
% of Calories										*29.5%	14.6%	59.7%	25.8%	8.0%	*0.0%
Nutrient Guideline		400-550		600										<10.00	
Weighted Average		419	48	534	3.69	2.32	319.4	*847	27.14	*34	14.70	66.39	10.80	3.38	*0.00
										*72.0%	14.0%	63.3%	23.2%	7.3%	*0.0%

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Laramie County School District 1

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	419		400 - 550	100%													
Cholesterol (mg)	48																
Sodium 1 (mg)	534		600														
Sodium 2 (mg)	534		535														
Fiber (g)	3.69																
Iron (mg)	2.32																
Calcium (mg)	319.4																
Vitamin A (IU)	847				Missing												
Sugars (g)	34	31.99%			Missing												
Vitamin C (mg)	27.14																
Protein (g)	14.70	14.03%															
Carbohydrate (g)	66.39	63.35%															
Total Fat (g)	10.80	23.19%															
Saturated Fat (g)	3.38	7.25%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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

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October 14, 2015