

Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 1

Generated on: 4/20/2017 9:05:30 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) |
|-----------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
|-----------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|

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

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Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 2

Generated on: 4/20/2017 9:05:30 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 08/29/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| BRKF Pancake, IW Maple WG | Package | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 14 | 4.0 | 41.0 | 7.0 | 0.50 | 0.00 |
| BRKF French Toast Sticks, WG | 4 Each | 280 | 0 | 200 | 2.00 | 2.00 | 235.0 | 431 | 0.0 | 8 | 6.0 | 35.0 | 12.0 | 2.00 | 0.00 |
| ENT Sausage Patty, Trky 1oz | 1 Each | 60 | 30 | 80 | 0.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 6.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| BRKF Yogurt, 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 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 |
| 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 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 Hash Brown Patty | 1 Each | 121 | 0 | 253 | 1.01 | 0.00 | 0.0 | 0 | 1.22 | 0 | 1.01 | 15.19 | 6.08 | 1.01 | 0.00 |
| VEG Carrots, Baby 1/2C offer 2 | 1/2 Cup | 29 | 0 | 54 | 1.67 | 0.30 | 16.7 | 5003 | 5.0 | *N/A* | 0.83 | 6.67 | 0.0 | 0.00 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| FRT Canned Asstd: 1/2 cup | 1/2 Cup | 55 | 0 | 4 | 1.35 | 0.33 | 9.7 | *333 | 13.4 | *5 | 0.47 | 14.31 | 0.1 | 0.00 | *0.00 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 54 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind | 1 Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |
| COND Syrup, Pancake 1.4 oz. | 1 each | 109 | 0 | 20 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 22 | 0.0 | 28.77 | 0.0 | 0.00 | 0.00 |

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

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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 - 08/29/2017 | | | | | | | | | | | | | | | |
| 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 | | 685 | 47 | 847 | 7.32 | 2.90 | 591.4 | *3047 | 39.95 | *43 | 26.55 | 103.54 | 18.85 | 4.03 | *0.01 |
| % of Calories | | | | | | | | | | *24.9% | 15.5% | 60.5% | 24.8% | 5.3% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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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 - 08/30/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| ENT Corn Dog,Mini, Chicken,K-8 | 6 Each | 275 | 41 | 417 | 5.09 | 1.83 | 152.7 | 0 | 0.0 | 5 | 10.18 | 30.54 | 12.21 | 3.56 | 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 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 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 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, Picante Mild 1/8 c | 1/8 Cup | 9 | 0 | 180 | 0.00 | 0.00 | 0.0 | 94 | 3.4 | 1 | 0.0 | 1.89 | 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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|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 08/30/2017 | | | | | | | | | | | | | | | |
| Weighted Daily Average | | 559 | 46 | 900 | 8.20 | 2.58 | 506.9 | *1559 | 38.79 | *30 | 26.12 | 79.39 | 15.54 | 4.39 | *0.05 |
| % of Calories | | | | | | | | | | *21.2% | 18.7% | 56.8% | 25.0% | 7.1% | *0.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 08/31/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| ENT Chicken Enchiladas 13-14 | 2 Each | 424 | 62 | 818 | 9.37 | 7.02 | 381.6 | 3388 | 7.44 | *3 | 24.0 | 46.77 | 16.15 | 7.22 | *0.10 |
| 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 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 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 |

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

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 08/31/2017 | | | | | | | | | | | | | | | |
| COND Salsa, Picante Mild | 1/8 c | 9 | 0 | 180 | 0.00 | 0.00 | 0.0 | 94 | 3.4 | 1 | 0.0 | 1.89 | 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 | | 605 | 48 | 877 | 9.55 | 4.24 | 552.8 | *2862 | 45.88 | *29 | 31.68 | 86.83 | 14.80 | 4.61 | *0.06 |
| % of Calories | | | | | | | | | | *19.0% | 21.0% | 57.4% | 22.0% | 6.9% | *0.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/01/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | | | | | | | | | | | | | | | |
| zBAR Asian - For Web Menu | | | | | | | | | | | | | | | |
| ENT Asian Chx, No Bread | 1/2 CUP | 138 | 62 | 208 | 0.00 | 1.11 | 0.0 | 69 | 1.85 | 3 | 21.54 | 9.23 | 3.08 | 0.77 | 0.00 |
| ENT Asian Chx, Breaded | 1/2 CUP | 115 | 40 | 135 | 0.00 | 0.72 | 0.0 | 45 | 3.6 | 5 | 11.0 | 11.0 | 3.0 | 0.50 | 0.00 |
| ENT Beef Meatballs | 5 each | 178 | 44 | 267 | 0.00 | 1.07 | 19.8 | 0 | 1.19 | 1 | 12.84 | 2.96 | 11.85 | 4.94 | 0.00 |
| GRAIN Rice, Brown 1C | 1 Cup | 186 | 0 | 0 | 2.07 | 0.75 | 0.0 | 0 | 0.0 | *N/A* | 4.14 | 36.24 | 2.64 | 0.16 | 0.00 |
| GRAIN Pasta, Spaghetti | 1 CUP | 316 | 0 | 16 | 9.49 | 4.27 | 0.0 | 0 | 0.0 | *N/A* | 11.07 | 64.86 | 2.37 | 0.00 | 0.00 |
| SAUCE Mandarin Orange | 1 oz | 32 | 0 | 132 | 0.00 | 0.00 | 0.0 | 0 | 1.09 | 5 | 0.0 | 7.27 | 0.0 | 0.00 | 0.00 |
| SAUCE Spicy Sichuan | 1 oz | 62 | 37 | 269 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 11 | 2.5 | 6.25 | 1.88 | 0.63 | 0.00 |
| SAUCE Sweet & Sour | 1 oz | 23 | 0 | 59 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 4 | 0.0 | 6.36 | 0.0 | 0.00 | 0.00 |
| SAUCE Teriyaki | 1 oz | 50 | 37 | 431 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 9 | 2.5 | 8.75 | 1.88 | 0.63 | 0.00 |
| DSSRT Cookie, Fortune | 1 EACH | 20 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.7 | 4.0 | 0.0 | 0.00 | 0.00 |
| zSecondary Disclaimer | | | | | | | | | | | | | | | |
| ENT Baked Potato w/ 2 oz Chs | | | | | | | | | | | | | | | |
| GRAIN Roll, WG 1oz offer | 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 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 Each | 81 | 5 | 137 | 0.58 | 0.77 | 4.0 | 12 | 0.0 | *1 | 2.03 | 13.43 | 2.03 | 0.38 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 260 | 30 | 860 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 6 | 18.0 | 28.0 | 10.0 | 5.00 | 0.00 |
| VEG Onion Rings, Oven | 5 Each | 203 | 0 | 234 | 3.05 | 1.10 | 101.6 | 0 | 2.44 | 5 | 3.05 | 28.44 | 8.13 | 1.52 | 0.00 |
| VEG Patch Leafy Greens | 1/2 CUP | 5 | 0 | 11 | 0.55 | 0.39 | 15.9 | 817 | 4.0 | *N/A* | 0.57 | 0.88 | 0.04 | 0.01 | 0.00 |
| VEG Patch Edamame | 1/2 CUP | 104 | 0 | 5 | 4.45 | 1.94 | 53.9 | 255 | 5.22 | 2 | 10.19 | 7.63 | 4.45 | 0.53 | 0.01 |
| VEG Patch Mushrooms | 1/2 Cup | 11 | 0 | 2 | 0.49 | 0.24 | 1.5 | 0 | 1.02 | 1 | 1.5 | 1.58 | 0.16 | 0.02 | 0.00 |
| VEG Patch Carrots Shred | 1/2 cup | 19 | 0 | 32 | 1.31 | 0.14 | 15.4 | 7864 | 2.76 | *N/A* | 0.44 | 4.48 | 0.11 | 0.02 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| FRT Canned Asstd: 1/2 cup | 1/2 Cup | 55 | 0 | 4 | 1.35 | 0.33 | 9.7 | *333 | 13.4 | *5 | 0.47 | 14.31 | 0.1 | 0.00 | *0.00 |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/01/2017 | | | | | | | | | | | | | | | |
| 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 |
| Weighted Daily Average | | 619 | 46 | 841 | 8.56 | 3.58 | 570.1 | *2701 | 43.06 | *31 | 33.72 | 88.22 | 14.97 | 4.66 | *0.04 |
| % of Calories | | | | | | | | | | *20.0% | 21.8% | 57.0% | 21.8% | 6.8% | *0.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 10

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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 - 09/05/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| ENT Steak Finger, JH/HS | 6 Each | 390 | 68 | 525 | 3.00 | 4.50 | 60.0 | 0 | 0.0 | 2 | 24.0 | 18.0 | 25.5 | 7.50 | 0.00 |
| SAUCE Gravy, Country | 1/8 cup | 21 | 0 | 137 | 0.00 | 0.17 | 0.0 | 0 | 0.0 | *0 | 0.0 | 2.83 | 0.94 | 0.47 | 0.00 |
| GRAIN Cornbread, 2 oz | 1 Each | 187 | 16 | 355 | 2.10 | 1.38 | 88.8 | 75 | 1.29 | *5 | 4.71 | 31.84 | 4.94 | 0.78 | *0.00 |
| zSecondary Disclaimer | day | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Cornbread, 2 oz | 1 Each | 187 | 16 | 355 | 2.10 | 1.38 | 88.8 | 75 | 1.29 | *5 | 4.71 | 31.84 | 4.94 | 0.78 | *0.00 |
| ENT Beef and Bean Burrito | 1 Each | 415 | 34 | 789 | 11.97 | 4.74 | 215.1 | 136 | 1.85 | *3 | 22.24 | 57.45 | 9.7 | 3.87 | *0.00 |
| ENT Cheeseburger 2oz | 1 Each | 341 | 57 | 659 | 5.00 | 2.44 | 295.0 | 150 | 0.0 | 4 | 23.0 | 27.0 | 15.5 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 340 | 45 | 540 | 7.00 | 2.52 | 200.0 | 0 | 0.0 | 3 | 27.0 | 35.0 | 10.5 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 340 | 45 | 580 | 5.00 | 2.88 | 200.0 | 0 | 0.0 | 4 | 27.0 | 35.0 | 11.5 | 2.00 | 0.00 |
| ENT Pizza, Cheese K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Ham & Cheese | EACH | 270 | 25 | 590 | 3.00 | 1.80 | 250.0 | 300 | 0.0 | 2 | 22.0 | 28.0 | 8.0 | 4.00 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 300 | 40 | 560 | 2.00 | 1.80 | 200.0 | 400 | 3.6 | 2 | 19.0 | 30.0 | 11.0 | 4.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 0.00 |
| ENT Salad, Southwest | 1 Each | 149 | 80 | 374 | 1.20 | 0.73 | 15.0 | 314 | 5.11 | *0 | 17.14 | 5.97 | 7.16 | 2.01 | 0.00 |
| GRAIN Cornbread, 2 oz | 1 Each | 187 | 16 | 355 | 2.10 | 1.38 | 88.8 | 75 | 1.29 | *5 | 4.71 | 31.84 | 4.94 | 0.78 | *0.00 |
| ENT Salad Shaker, Apple Balsam | 1 Each | 355 | 56 | 527 | 3.65 | 1.83 | 96.0 | 2081 | 9.27 | *19 | 18.19 | 26.83 | 20.12 | 3.95 | *0.11 |
| GRAIN Cornbread, 2 oz | 1 Each | 187 | 16 | 355 | 2.10 | 1.38 | 88.8 | 75 | 1.29 | *5 | 4.71 | 31.84 | 4.94 | 0.78 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 260 | 30 | 860 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 6 | 18.0 | 28.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Tots, Oven | 2.25 oz. | 156 | 0 | 228 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 1.04 | 17.65 | 9.35 | 1.56 | 0.00 |
| VEG Chs Broccoli 1/2C offer 2 | 1/2 Cup | 40 | 5 | 76 | 2.31 | 0.47 | 50.8 | 852 | 30.84 | *1 | 3.38 | 4.52 | 1.62 | 0.92 | *0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| FRT Canned Asstd: 1/2 cup | 1/2 Cup | 55 | 0 | 4 | 1.35 | 0.33 | 9.7 | *333 | 13.4 | *5 | 0.47 | 14.31 | 0.1 | 0.00 | *0.00 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 54 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND BBQ, Packets .75 oz. | 1 Each | 35 | 0 | 220 | 0.00 | 0.13 | 3.9 | 28 | 1.43 | 8 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind | 1 Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |
| COND Salsa, Picante Mild 1/8 c | 1/8 Cup | 9 | 0 | 180 | 0.00 | 0.00 | 0.0 | 94 | 3.4 | 1 | 0.0 | 1.89 | 0.0 | 0.00 | 0.00 |

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

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

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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Generated on: 4/20/2017 9:05:30 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/05/2017 | | | | | | | | | | | | | | | |
| 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 | | 682 | 64 | 1113 | 7.79 | 4.21 | 514.4 | *1589 | 39.73 | *31 | 33.89 | 86.44 | 23.06 | 6.23 | *0.03 |
| % of Calories | | | | | | | | | | *18.1% | 19.9% | 50.7% | 30.4% | 8.2% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 12

Generated on: 4/20/2017 9:05:30 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/06/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| ENT Nachos, Super w Jalp Sec | 1/2 Cup | 537 | 86 | 1063 | 2.24 | 1.68 | 368.0 | 993 | 0.82 | *0 | 22.13 | 39.1 | 32.92 | 17.39 | 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 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, Picante Mild 1/8 c | 1/8 Cup | 9 | 0 | 180 | 0.00 | 0.00 | 0.0 | 94 | 3.4 | 1 | 0.0 | 1.89 | 0.0 | 0.00 | 0.00 |
| COND Peppers, Jalapeno 1/16 c. | 1/16 Cup | 2 | 0 | 126 | 0.20 | 0.14 | 1.7 | 129 | 0.76 | 0 | 0.07 | 0.36 | 0.07 | 0.01 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/06/2017 | | | | | | | | | | | | | | | |
| 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 | | 668 | 52 | 1110 | 9.81 | 3.42 | 584.2 | *1767 | 39.78 | *29 | 33.35 | 89.09 | 20.24 | 6.81 | *0.04 |
| % of Calories | | | | | | | | | | *17.1% | 20.0% | 53.4% | 27.3% | 9.2% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 14

Generated on: 4/20/2017 9:05:30 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/07/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| ENT Sand, Meatball Sub-Sec | 1 Each | 435 | 65 | 852 | 2.74 | 2.68 | 269.9 | 224 | 5.3 | 7 | 25.5 | 35.73 | 21.25 | 9.00 | 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 |
| 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Cheese Topped | EACH | 280 | 25 | 460 | 2.00 | 1.80 | 350.0 | 300 | 0.0 | 1 | 15.0 | 30.0 | 11.0 | 6.00 | 0.00 |
| ENT Rip Stick, Ham & Cheese | EACH | 270 | 25 | 590 | 3.00 | 1.80 | 250.0 | 300 | 0.0 | 2 | 22.0 | 28.0 | 8.0 | 4.00 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 300 | 40 | 560 | 2.00 | 1.80 | 200.0 | 400 | 3.6 | 2 | 19.0 | 30.0 | 11.0 | 4.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 0.00 |
| ENT Salad, Chef | 1 Each | 146 | 157 | 263 | 0.70 | 1.16 | 80.3 | 436 | 2.9 | *0 | 17.42 | 2.25 | 7.76 | 3.12 | 0.03 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.76 | *0.00 |
| ENT Salad Shaker, Garden | 1 Each | 195 | 60 | 369 | 2.32 | 1.10 | 53.1 | 2552 | 6.97 | *1 | 16.37 | 16.3 | 7.27 | 1.63 | 0.06 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.76 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 260 | 30 | 860 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 6 | 18.0 | 28.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Wedges, Oven | 3 oz. | 110 | 0 | 23 | 1.84 | 0.66 | 0.0 | 5 | 4.41 | 1 | 1.84 | 18.39 | 2.76 | 0.92 | 0.00 |
| VEG Patch Leafy Greens | 1/2 CUP | 5 | 0 | 11 | 0.55 | 0.39 | 15.9 | 817 | 4.0 | *N/A* | 0.57 | 0.88 | 0.04 | 0.01 | 0.00 |
| VEG Patch 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 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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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Generated on: 4/20/2017 9:05:30 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/07/2017 | | | | | | | | | | | | | | | |
| 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 | | 615 | 53 | 903 | 7.93 | 3.53 | 517.0 | *2136 | 40.73 | *28 | 32.35 | 83.41 | 17.15 | 5.63 | *0.04 |
| % of Calories | | | | | | | | | | *17.9% | 21.0% | 54.2% | 25.1% | 8.2% | *0.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 16

Generated on: 4/20/2017 9:05:30 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/08/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| zBAR Burrito - For Web Menu | 1 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 17

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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 - 09/08/2017 | | | | | | | | | | | | | | | |
| COND Salsa, Picante Mild | 1/8 c | 9 | 0 | 180 | 0.00 | 0.00 | 0.0 | 94 | 3.4 | 1 | 0.0 | 1.89 | 0.0 | 0.00 | 0.00 |
| COND Peppers, Jalapeno | 1/16 c | 2 | 0 | 126 | 0.20 | 0.14 | 1.7 | 129 | 0.76 | 0 | 0.07 | 0.36 | 0.07 | 0.01 | 0.00 |
| COND Cilantro, Fresh, Chopped | 1 Tbsp | 5 | 0 | 4 | 0.00 | 0.73 | 20.2 | 101 | 10.33 | *N/A* | 0.0 | 1.01 | 0.0 | 0.00 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK - Skim White | Carton | 90 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| DSSRT Cookie, WG ChocChp | 1 each | 104 | 10 | 94 | 1.92 | 0.72 | 20.0 | 46 | 0.0 | 9 | 1.69 | 18.5 | 3.15 | 1.13 | 0.00 |
| Weighted Daily Average | | 769 | 66 | 1130 | 11.96 | 4.87 | 548.9 | *1695 | 42.50 | *36 | 35.20 | 110.87 | 21.53 | 6.18 | *0.04 |
| % of Calories | | | | | | | | | | *19.0% | 18.3% | 57.6% | 25.2% | 7.2% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/11/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| ENT Chicken Tenders | 3 Each | 250 | 60 | 410 | 2.00 | 1.44 | 20.0 | 0 | 0.0 | 1 | 25.0 | 15.0 | 10.0 | 1.50 | 0.00 |
| ENT Chicken Tenders Spicy | 3 Each | 229 | 61 | 427 | 1.53 | 1.65 | 0.0 | 763 | 0.0 | 0 | 22.89 | 13.74 | 9.16 | 1.53 | 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Ham & Cheese | EACH | 270 | 25 | 590 | 3.00 | 1.80 | 250.0 | 300 | 0.0 | 2 | 22.0 | 28.0 | 8.0 | 4.00 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 300 | 40 | 560 | 2.00 | 1.80 | 200.0 | 400 | 3.6 | 2 | 19.0 | 30.0 | 11.0 | 4.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 0.00 |
| ENT Salad, Southwest | 1 Each | 149 | 80 | 374 | 1.20 | 0.73 | 15.0 | 314 | 5.11 | *0 | 17.14 | 5.97 | 7.16 | 2.01 | 0.00 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Salad Shaker, Apple Balsam | 1 Each | 355 | 56 | 527 | 3.65 | 1.83 | 96.0 | 2081 | 9.27 | *19 | 18.19 | 26.83 | 20.12 | 3.95 | *0.11 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.76 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 260 | 30 | 860 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 6 | 18.0 | 28.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Tots, Oven | 2.25 oz. | 156 | 0 | 228 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 1.04 | 17.65 | 9.35 | 1.56 | 0.00 |
| VEG Beans, Baked 1/2C offer 2 | 1/2 Cup | 149 | 0 | 585 | 5.32 | 1.91 | 42.5 | 0 | 0.0 | 13 | 6.38 | 30.83 | 1.06 | 0.00 | 0.00 |
| VEG Carrots, Baby 1/2C offer 2 | 1/2 Cup | 29 | 0 | 54 | 1.67 | 0.30 | 16.7 | 5003 | 5.0 | *N/A* | 0.83 | 6.67 | 0.0 | 0.00 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| FRT Canned Asstd: 1/2 cup | 1/2 Cup | 55 | 0 | 4 | 1.35 | 0.33 | 9.7 | *333 | 13.4 | *5 | 0.47 | 14.31 | 0.1 | 0.00 | *0.00 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 54 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND BBQ, Packets .75 oz. | 1 Each | 35 | 0 | 220 | 0.00 | 0.13 | 3.9 | 28 | 1.43 | 8 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 19

Generated on: 4/20/2017 9:05:30 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/11/2017 | | | | | | | | | | | | | | | |
| 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, Picante Mild 1/8 c | 1/8 Cup | 9 | 0 | 180 | 0.00 | 0.00 | 0.0 | 94 | 3.4 | 1 | 0.0 | 1.89 | 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 | | 748 | 66 | 1263 | 9.70 | 4.06 | 489.9 | *2098 | 44.51 | *41 | 35.97 | 109.47 | 19.61 | 4.88 | *0.03 |
| % of Calories | | | | | | | | | | *22.1% | 19.2% | 58.5% | 23.6% | 5.9% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/12/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| ENT Meatballs w/ Brown Gravy | 5 Each | 196 | 45 | 536 | 0.00 | 1.08 | 25.7 | 0 | 4.35 | 2 | 13.0 | 7.41 | 12.0 | 5.00 | 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 |
| 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 | 489 | 81 | 645 | 2.90 | 3.61 | 173.7 | 687 | 11.77 | *2 | 24.66 | 41.36 | 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 |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/12/2017 | | | | | | | | | | | | | | | |
| 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 | | 616 | 49 | 923 | 7.26 | 3.51 | 502.6 | *1626 | 48.96 | *30 | 31.35 | 88.32 | 15.39 | 4.51 | *0.04 |
| % of Calories | | | | | | | | | | *19.7% | 20.4% | 57.4% | 22.5% | 6.6% | *0.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | | <10.00 |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 22

Generated on: 4/20/2017 9:05:31 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 - 09/13/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| BRKF Pancake, IW Maple WG | Package | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 14 | 4.0 | 41.0 | 7.0 | 0.50 | 0.00 |
| BRKF French Toast Sticks, WG | 4 Each | 280 | 0 | 200 | 2.00 | 2.00 | 235.0 | 431 | 0.0 | 8 | 6.0 | 35.0 | 12.0 | 2.00 | 0.00 |
| ENT Sausage Patty, Trky 1oz | 1 Each | 60 | 30 | 80 | 0.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 6.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| BRKF Yogurt, 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 |
| 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 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/13/2017 | | | | | | | | | | | | | | | |
| COND Syrup, Pancake 1.4 oz. | 1 each | 109 | 0 | 20 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 22 | 0.0 | 28.77 | 0.0 | 0.00 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK - Skim White | Carton | 90 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 672 | 47 | 893 | 6.90 | 2.75 | 614.8 | *2613 | 31.24 | *40 | 27.11 | 97.75 | 19.39 | 4.16 | *0.01 |
| % of Calories | | | | | | | | | | *23.6% | 16.1% | 58.2% | 26.0% | 5.6% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/14/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| 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 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 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 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 |

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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/14/2017 | | | | | | | | | | | | | | | |
| 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 | | 668 | 51 | 887 | 8.98 | 3.74 | 751.4 | *1609 | 48.85 | *41 | 35.43 | 98.86 | 14.76 | 3.92 | *0.19 |
| % of Calories | | | | | | | | | | *24.5% | 21.2% | 59.2% | 19.9% | 5.3% | *0.3% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 26

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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 - 09/15/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| zBAR Italian - For Web Menu | day | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| GRAIN Pasta, Spaghetti, 1/2 CUP | 1/2 CUP | 158 | 0 | 8 | 4.75 | 2.14 | 0.0 | 0 | 0.0 | *N/A* | 5.54 | 32.43 | 1.19 | 0.00 | 0.00 |
| GRAIN Pasta, Rotini | 1/2 Cup | 76 | 0 | 0 | 2.53 | 1.52 | 0.0 | 0 | 0.0 | 1 | 3.37 | 16.43 | 0.63 | 0.00 | 0.00 |
| ENT Lasagna, Cheese, topped | 1 each | 305 | 40 | 873 | 4.65 | 5.50 | 379.7 | 644 | 7.76 | 11 | 17.3 | 36.99 | 9.52 | 4.92 | 0.02 |
| ENT Chicken, Diced | 2 oz | 83 | 51 | 26 | 0.00 | 0.41 | 11.3 | 0 | 0.0 | 0 | 14.17 | 0.0 | 2.83 | 1.13 | 0.06 |
| ENT Beef Meatballs | 5 each | 178 | 44 | 267 | 0.00 | 1.07 | 19.8 | 0 | 1.19 | 1 | 12.84 | 2.96 | 11.85 | 4.94 | 0.00 |
| 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/15/2017 | | | | | | | | | | | | | | | |
| 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 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 | | 734 | 50 | 1022 | 13.18 | 4.94 | 698.4 | *3257 | 103.95 | *50 | 34.34 | 113.69 | 16.74 | 4.73 | *0.04 |
| % of Calories | | | | | | | | | | *27.2% | 18.7% | 61.9% | 20.5% | 5.8% | *0.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/18/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| ENT Chicken Drumsticks, K-8 | 1 Each | 150 | 85 | 290 | 0.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 15.0 | 2.0 | 9.0 | 2.00 | 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 29

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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 - 09/18/2017 | | | | | | | | | | | | | | | |
| 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 | | 748 | 60 | 1034 | 8.45 | 3.82 | 618.5 | *1813 | 44.18 | *49 | 31.09 | 111.82 | 19.02 | 5.01 | *0.04 |
| % of Calories | | | | | | | | | | *26.1% | 16.6% | 59.8% | 22.9% | 6.0% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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Generated on: 4/20/2017 9:05:31 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/19/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| ENT Fish Sticks K-8 | 4 Each | 260 | 50 | 590 | 1.00 | 1.08 | 0.0 | 0 | 6.0 | 0 | 11.0 | 19.0 | 16.0 | 3.00 | 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 |
| 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Ham & Cheese | EACH | 270 | 25 | 590 | 3.00 | 1.80 | 250.0 | 300 | 0.0 | 2 | 22.0 | 28.0 | 8.0 | 4.00 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 300 | 40 | 560 | 2.00 | 1.80 | 200.0 | 400 | 3.6 | 2 | 19.0 | 30.0 | 11.0 | 4.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 0.00 |
| ENT Salad, Chef | 1 Each | 146 | 157 | 263 | 0.70 | 1.16 | 80.3 | 436 | 2.9 | *0 | 17.42 | 2.25 | 7.76 | 3.12 | 0.03 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.76 | *0.00 |
| ENT Salad Shaker, Garden | 1 Each | 195 | 60 | 369 | 2.32 | 1.10 | 53.1 | 2552 | 6.97 | *1 | 16.37 | 16.3 | 7.27 | 1.63 | 0.06 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.76 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 260 | 30 | 860 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 6 | 18.0 | 28.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Wedges, Oven | 3 oz. | 110 | 0 | 23 | 1.84 | 0.66 | 0.0 | 5 | 4.41 | 1 | 1.84 | 18.39 | 2.76 | 0.92 | 0.00 |
| VEG Patch Leafy Greens | 1/2 CUP | 5 | 0 | 11 | 0.55 | 0.39 | 15.9 | 817 | 4.0 | *N/A* | 0.57 | 0.88 | 0.04 | 0.01 | 0.00 |
| VEG Patch Carrots Shred | 1/2 cup | 19 | 0 | 32 | 1.31 | 0.14 | 15.4 | 7864 | 2.76 | *N/A* | 0.44 | 4.48 | 0.11 | 0.02 | 0.00 |
| VEG Patch Cucumber Slices | 1/2 Cup | 11 | 0 | 1 | 0.37 | 0.21 | 11.8 | 77 | 2.06 | 1 | 0.48 | 2.68 | 0.08 | 0.03 | 0.00 |
| VEG Patch White Beans | 1/2 Cup | 222 | 0 | 214 | 9.55 | 3.06 | 103.3 | 2 | 2.53 | 3 | 14.36 | 40.97 | 0.76 | 0.23 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| FRT Canned Asstd: 1/2 cup | 1/2 Cup | 55 | 0 | 4 | 1.35 | 0.33 | 9.7 | *333 | 13.4 | *5 | 0.47 | 14.31 | 0.1 | 0.00 | *0.00 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 54 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind | 1 Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/19/2017 | | | | | | | | | | | | | | | |
| COND Tartar Sauce Packet | 1 Each | 40 | 5 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 3.0 | 0.00 | 0.00 |
| COND Malt Vinegar Pkt | Packet | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Salsa, Picante Mild 1/8 c | 1/8 Cup | 9 | 0 | 180 | 0.00 | 0.00 | 0.0 | 94 | 3.4 | 1 | 0.0 | 1.89 | 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 | | 644 | 51 | 933 | 8.94 | 3.40 | 510.5 | *3259 | 49.45 | *31 | 30.90 | 92.83 | 16.92 | 4.41 | *0.03 |
| % of Calories | | | | | | | | | | *19.0% | 19.2% | 57.7% | 23.7% | 6.2% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 32

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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 - 09/20/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| ENT Chili, K-8, 17-18 | 3/4 Cup | 186 | 37 | 372 | 6.34 | 3.64 | 91.7 | 1094 | 10.17 | *5 | 15.9 | 23.71 | 3.23 | 1.19 | *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 |
| 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 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 |
| 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

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

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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Generated on: 4/20/2017 9:05:31 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/20/2017 | | | | | | | | | | | | | | | |
| 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 | | 638 | 56 | 994 | 8.79 | 3.91 | 545.4 | *2078 | 39.72 | *32 | 32.91 | 87.72 | 18.01 | 5.48 | *0.01 |
| % of Calories | | | | | | | | | | *20.1% | 20.6% | 55.0% | 25.4% | 7.7% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 34

Generated on: 4/20/2017 9:05:31 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/21/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| ENT Tamale Pie | 1 each | 389 | 85 | 666 | 3.58 | 4.01 | 262.1 | 741 | 5.79 | *6 | 22.95 | 40.27 | 15.7 | 5.91 | *0.00 |
| 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 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 | 489 | 81 | 645 | 2.90 | 3.61 | 173.7 | 687 | 11.77 | *2 | 24.66 | 41.36 | 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 Peppers, Green | 1/2 Cup | 17 | 0 | 1 | 1.12 | 0.29 | 5.6 | 394 | 55.7 | *N/A* | 0.56 | 4.01 | 0.12 | 0.02 | *N/A* |
| 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 Tomatoes, Diced | 1/2 Cup | 22 | 0 | 9 | 1.15 | 0.47 | 5.2 | 653 | 20.03 | *N/A* | 0.89 | 4.87 | 0.35 | 0.05 | 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, Picante Mild 1/8 c | 1/8 Cup | 9 | 0 | 180 | 0.00 | 0.00 | 0.0 | 94 | 3.4 | 1 | 0.0 | 1.89 | 0.0 | 0.00 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/21/2017 | | | | | | | | | | | | | | | |
| 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 | | 629 | 61 | 879 | 7.72 | 3.87 | 544.0 | *2850 | 46.14 | *28 | 32.64 | 87.51 | 16.73 | 5.38 | *0.01 |
| % of Calories | | | | | | | | | | *18.1% | 20.8% | 55.6% | 23.9% | 7.7% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 36

Generated on: 4/20/2017 9:05:31 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 - 09/22/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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, Crispy Chicken 14 | 1 Each | 292 | 66 | 466 | 3.09 | 1.85 | 86.4 | 507 | 9.29 | *1 | 27.77 | 18.3 | 12.39 | 2.78 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.76 | *0.00 |
| ENT Salad Shaker, Spicy Chx | 1 Each | 330 | 76 | 809 | 2.52 | 1.88 | 85.9 | 3280 | 3.12 | *1 | 25.26 | 22.76 | 15.48 | 3.25 | *0.00 |
| GRAIN Roll, WG 1oz offer 1 | 1 Each | 81 | 5 | 137 | 0.58 | 0.77 | 4.0 | 12 | 0.0 | *1 | 2.03 | 13.43 | 2.03 | 0.38 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 260 | 30 | 860 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 6 | 18.0 | 28.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Tots, Oven | 2.25 oz. | 156 | 0 | 228 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 1.04 | 17.65 | 9.35 | 1.56 | 0.00 |
| VEG Onion Rings, Oven | 5 Each | 203 | 0 | 234 | 3.05 | 1.10 | 101.6 | 0 | 2.44 | 5 | 3.05 | 28.44 | 8.13 | 1.52 | 0.00 |
| VEG Potatoes, Wedges, Oven | 3 oz. | 110 | 0 | 23 | 1.84 | 0.66 | 0.0 | 5 | 4.41 | 1 | 1.84 | 18.39 | 2.76 | 0.92 | 0.00 |
| VEG Patch Leafy Greens | 1/2 CUP | 5 | 0 | 11 | 0.55 | 0.39 | 15.9 | 817 | 4.0 | *N/A* | 0.57 | 0.88 | 0.04 | 0.01 | 0.00 |
| VEG Patch Snap Peas | 1/2 Cup | 39 | 0 | 4 | 2.41 | 1.93 | 39.9 | 1008 | 55.66 | *N/A* | 2.6 | 7.0 | 0.19 | 0.04 | *N/A* |
| VEG Patch Celery Sticks | 1/2 Cup | 10 | 0 | 57 | 1.11 | 0.26 | 26.1 | 87 | 4.56 | *N/A* | 0.49 | 2.38 | 0.09 | 0.02 | *N/A* |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| FRT Canned Asstd: 1/2 cup | 1/2 Cup | 55 | 0 | 4 | 1.35 | 0.33 | 9.7 | *333 | 13.4 | *5 | 0.47 | 14.31 | 0.1 | 0.00 | *0.00 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 54 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |

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

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/22/2017 | | | | | | | | | | | | | | | |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind | 1 Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |
| COND Guacamole, Spicy | 3/4 oz | 32 | 0 | 83 | 0.72 | 0.00 | 0.0 | 72 | 2.59 | 0 | 0.0 | 1.44 | 2.88 | 0.36 | 0.00 |
| COND BBQ, Packets .75 oz. | 1 Each | 35 | 0 | 220 | 0.00 | 0.13 | 3.9 | 28 | 1.43 | 8 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |
| COND Peppers, Jalapeno, 1/8 c. | 1/8 Cup | 4 | 0 | 253 | 0.39 | 0.28 | 3.5 | 257 | 1.51 | 0 | 0.14 | 0.72 | 0.14 | 0.01 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK - Skim White | Carton | 90 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| 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 | | 675 | 45 | 965 | 10.81 | 3.67 | 681.5 | *2220 | 101.27 | *43 | 31.20 | 98.51 | 18.07 | 5.96 | *0.14 |
| % of Calories | | | | | | | | | | *25.4% | 18.5% | 58.4% | 24.1% | 7.9% | *0.2% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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Generated on: 4/20/2017 9:05:31 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 - 09/25/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| ENT Corn Dog,Mini, Chicken,K-8 | 6 Each | 275 | 41 | 417 | 5.09 | 1.83 | 152.7 | 0 | 0.0 | 5 | 10.18 | 30.54 | 12.21 | 3.56 | 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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, Picante Mild 1/8 c | 1/8 Cup | 9 | 0 | 180 | 0.00 | 0.00 | 0.0 | 94 | 3.4 | 1 | 0.0 | 1.89 | 0.0 | 0.00 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK - Skim White | Carton | 90 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/25/2017 | | | | | | | | | | | | | | | |
| 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 | | 662 | 56 | 996 | 10.11 | 3.31 | 526.5 | *1606 | 38.79 | *39 | 27.81 | 97.79 | 18.56 | 5.46 | *0.05 |
| % of Calories | | | | | | | | | | *23.4% | 16.8% | 59.1% | 25.2% | 7.4% | *0.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

Page 40

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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 - 09/26/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 | 489 | 81 | 645 | 2.90 | 3.61 | 173.7 | 687 | 11.77 | *2 | 24.66 | 41.36 | 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 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 Patch Cherry Tom Bites | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 468 | 14.35 | *N/A* | 0.64 | 3.49 | 0.25 | 0.03 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| FRT Canned Asstd: 1/2 cup | 1/2 Cup | 55 | 0 | 4 | 1.35 | 0.33 | 9.7 | *333 | 13.4 | *5 | 0.47 | 14.31 | 0.1 | 0.00 | *0.00 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 54 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind | 1 Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| 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 |

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

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 601 | 50 | 914 | 8.30 | 3.47 | 569.0 | *1955 | 43.76 | *28 | 32.00 | 82.49 | 16.72 | 6.11 | *0.01 |
| % of Calories | | | | | | | | | | *18.7% | 21.3% | 54.9% | 25.0% | 9.2% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/27/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | Total | | | | | | | | | | | | | | |
| BRKF Pancake, IW Maple WG | Package | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 14 | 4.0 | 41.0 | 7.0 | 0.50 | 0.00 |
| BRKF French Toast Sticks, WG | 4 Each | 280 | 0 | 200 | 2.00 | 2.00 | 235.0 | 431 | 0.0 | 8 | 6.0 | 35.0 | 12.0 | 2.00 | 0.00 |
| ENT Sausage Patty, Trky 1oz | 1 Each | 60 | 30 | 80 | 0.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 6.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| BRKF Yogurt, 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Wed - 09/27/2017 | | | | | | | | | | | | | | | |
| 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 | | 683 | 47 | 851 | 7.31 | 2.92 | 590.9 | *3047 | 39.95 | *43 *25.0% | 26.55 15.6% | 103.42 60.6% | 18.68 24.6% | 3.95 5.2% | *0.01 *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/28/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| ENT Chicken Enchiladas 13-14 | 2 Each | 424 | 62 | 818 | 9.37 | 7.02 | 381.6 | 3388 | 7.44 | *3 | 24.0 | 46.77 | 16.15 | 7.22 | *0.10 |
| 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 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 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 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 |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/28/2017 | | | | | | | | | | | | | | | |
| COND Salsa, Picante Mild | 1/8 c | 9 | 0 | 180 | 0.00 | 0.00 | 0.0 | 94 | 3.4 | 1 | 0.0 | 1.89 | 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 | | 605 | 48 | 877 | 9.55 | 4.24 | 552.8 | *2862 | 45.88 | *29 | 31.68 | 86.83 | 14.80 | 4.61 | *0.06 |
| % of Calories | | | | | | | | | | *19.0% | 21.0% | 57.4% | 22.0% | 6.9% | *0.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/29/2017 | | | | | | | | | | | | | | | |
| JHS Lunch 17-18 | | | | | | | | | | | | | | | |
| zBAR Asian - For Web Menu | Total day | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| ENT Asian Chx, No BreadCHXONL | 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,CHX ONL | 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 | 178 | 44 | 267 | 0.00 | 1.07 | 19.8 | 0 | 1.19 | 1 | 12.84 | 2.96 | 11.85 | 4.94 | 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 |
| GRAIN Pasta, Spaghetti, 1 CUP | 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 K-8 16/17 | 1/10 Slice | 256 | 20 | 400 | 2.40 | 2.16 | 240.1 | 400 | 4.8 | 3 | 16.01 | 28.02 | 8.81 | 3.20 | 0.00 |
| ENT Pizza, Pepperoni K-8 16/17 | 1/10 Slice | 288 | 24 | 481 | 3.21 | 2.88 | 240.4 | 401 | 4.81 | 5 | 16.83 | 31.25 | 10.42 | 3.21 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Ham & Cheese | EACH | 270 | 25 | 590 | 3.00 | 1.80 | 250.0 | 300 | 0.0 | 2 | 22.0 | 28.0 | 8.0 | 4.00 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 300 | 40 | 560 | 2.00 | 1.80 | 200.0 | 400 | 3.6 | 2 | 19.0 | 30.0 | 11.0 | 4.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 0.00 |
| ENT Salad, Crispy Chicken 14 | 1 Each | 292 | 66 | 466 | 3.09 | 1.85 | 86.4 | 507 | 9.29 | *1 | 27.77 | 18.3 | 12.39 | 2.78 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.76 | *0.00 |
| ENT Salad Shaker, Spicy Chx | 1 Each | 330 | 76 | 809 | 2.52 | 1.88 | 85.9 | 3280 | 3.12 | *1 | 25.26 | 22.76 | 15.48 | 3.25 | *0.00 |
| GRAIN Roll, WG 1oz offer 1 | 1 Each | 81 | 5 | 137 | 0.58 | 0.77 | 4.0 | 12 | 0.0 | *1 | 2.03 | 13.43 | 2.03 | 0.38 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 260 | 30 | 860 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 6 | 18.0 | 28.0 | 10.0 | 5.00 | 0.00 |
| VEG Onion Rings, Oven | 5 Each | 203 | 0 | 234 | 3.05 | 1.10 | 101.6 | 0 | 2.44 | 5 | 3.05 | 28.44 | 8.13 | 1.52 | 0.00 |
| VEG Patch Leafy Greens | 1/2 CUP | 5 | 0 | 11 | 0.55 | 0.39 | 15.9 | 817 | 4.0 | *N/A* | 0.57 | 0.88 | 0.04 | 0.01 | 0.00 |
| VEG Patch Edamame | 1/2 CUP | 104 | 0 | 5 | 4.45 | 1.94 | 53.9 | 255 | 5.22 | 2 | 10.19 | 7.63 | 4.45 | 0.53 | 0.01 |
| VEG Patch Mushrooms | 1/2 Cup | 11 | 0 | 2 | 0.49 | 0.24 | 1.5 | 0 | 1.02 | 1 | 1.5 | 1.58 | 0.16 | 0.02 | 0.00 |
| VEG Patch Carrots Shred | 1/2 cup | 19 | 0 | 32 | 1.31 | 0.14 | 15.4 | 7864 | 2.76 | *N/A* | 0.44 | 4.48 | 0.11 | 0.02 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| FRT Canned Asstd: 1/2 cup | 1/2 Cup | 55 | 0 | 4 | 1.35 | 0.33 | 9.7 | *333 | 13.4 | *5 | 0.47 | 14.31 | 0.1 | 0.00 | *0.00 |

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

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

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

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

Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

JHS Lunch 17-18

Portion Values - Detailed

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Generated on: 4/20/2017 9:05:31 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) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/29/2017 | | | | | | | | | | | | | | | |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 54 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind | 1 Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK - Skim White | Carton | 90 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| GRAIN Bread, Banana | 1 EACH | 171 | 19 | 285 | 0.98 | 0.96 | 58.7 | 196 | 2.16 | *13 | 2.49 | 30.76 | 4.32 | 1.85 | *0.00 |
| Weighted Daily Average | | 790 | 65 | 1126 | 9.55 | 4.54 | 628.8 | *2897 | 45.22 | *44 | 36.20 | 118.99 | 19.28 | 6.51 | *0.04 |
| % of Calories | | | | | | | | | | *22.1% | 18.3% | 60.2% | 22.0% | 7.4% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|------|-------|-------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Weighted Average | | 666 | 53 | 969 | 8.99 | 3.72 | 574.4 | *2311 | 47.93 | *36 *48.3% | 31.74 19.1% | 95.82 57.6% | 17.77 24.0% | 5.11 6.9% | *0.04 *0.1% |
|------------------|--|-----|----|-----|------|------|-------|-------|-------|---------------|----------------|----------------|----------------|--------------|----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 666 | | 600 - 700 | 100% | | | | |
| Cholesterol (mg) | 53 | | | | | | | |
| Sodium (mg) | 969 | | 1360 | | | | | |
| Fiber (g) | 8.99 | | | | | | | |
| Iron (mg) | 3.72 | | | | | | | |
| Calcium (mg) | 574.4 | | | | | | | |
| Vitamin A (IU) | 2311 | | | | Missing | | | |
| Sugars (g) | 36 | 21.47% | | | Missing | | | |
| Vitamin C (mg) | 47.93 | | | | | | | |
| Protein (g) | 31.74 | 19.07% | | | | | | |
| Carbohydrate (g) | 95.82 | 57.56% | | | | | | |
| Total Fat (g) | 17.77 | 24.02% | | | | | | |
| Saturated Fat (g) | 5.11 | 6.91% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.04 | 0.06% | | | Missing | | | |

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October 14, 2015