

Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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

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

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JHS Lunch 17-18

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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 - 10/02/2017															
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

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Oct 1, 2017 thru Oct 31, 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 - 10/02/2017															
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
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		786	74	1206	9.71	4.93	534.4	*1636	39.73	*40	35.58	104.94	26.21	7.36	*0.03
% of Calories										*20.4%	18.1%	53.4%	30.0%	8.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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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 - 10/03/2017															
JHS Lunch 17-18	Total														
ENT Turkey Pot Pie	1/2 cup	343	61	842	2.70	2.44	107.0	435	1.25	6	25.18	33.92	13.3	6.44	0.00
zSecondary Disclaimer	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Biscuit, Dough	1 Each	180	0	280	2.00	1.44	100.0	0	0.0	5	5.0	28.0	6.0	4.00	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese 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 Carrots Baby	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Patch Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00

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	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		570	47	868	7.39	3.31	506.7	*2371	37.99	*29	31.77	80.56	14.00	4.48	*0.04
% of Calories										*20.1%	22.3%	56.5%	22.1%	7.1%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Wed - 10/04/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/04/2017															
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

Oct 1, 2017 thru Oct 31, 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)
Thu - 10/05/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/05/2017															
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		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

Oct 1, 2017 thru Oct 31, 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 - 10/06/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/06/2017															
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
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		735	55	1047	13.04	4.51	608.9	*2149	102.50	*43	33.51	111.37	18.38	5.05	*0.04
% of Calories										*23.6%	18.2%	60.6%	22.5%	6.2%	*0.1%
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

Oct 1, 2017 thru Oct 31, 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 - 10/10/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/10/2017															
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
Weighted Daily Average		644	56	1169	7.78	3.34	469.9	*2052	44.51	*32	34.28	90.97	16.46	3.75	*0.03
% of Calories										*20.0%	21.3%	56.5%	23.0%	5.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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 - 10/11/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/11/2017															
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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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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 - 10/12/2017															
JHS Lunch 17-18	Total														
zSecondary Disclaimer	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*
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

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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 - 10/12/2017															
Weighted Daily Average		569	49	843	8.16	3.32	540.8	*1599	38.71	*28	32.65	78.28	14.22	3.92	*0.19
% of Calories										*19.8%	22.9%	55.0%	22.5%	6.2%	*0.3%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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 - 10/13/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/13/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/16/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/16/2017															
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

Oct 1, 2017 thru Oct 31, 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)
Tue - 10/17/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/17/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/18/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/18/2017															
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
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	

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

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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)
Thu - 10/19/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/19/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/20/2017															
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

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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 - 10/20/2017															
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	

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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 - 10/23/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/23/2017															
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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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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 - 10/24/2017															
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

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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	

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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 - 10/25/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/25/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/26/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/26/2017															
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

Oct 1, 2017 thru Oct 31, 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 - 10/27/2017															
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 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 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

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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 - 10/27/2017															
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	

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

Oct 1, 2017 thru Oct 31, 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 - 10/30/2017															
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

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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 - 10/30/2017															
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		682	64	1113	7.79	4.21	514.4	*1589	39.73	*31 *18.1%	33.89 19.9%	86.44 50.7%	23.06 30.4%	6.23 8.2%	*0.03 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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 - 10/31/2017															
JHS Lunch 17-18	Total														
ENT Turkey Pot Pie	1/2 cup	343	61	842	2.70	2.44	107.0	435	1.25	6	25.18	33.92	13.3	6.44	0.00
zSecondary Disclaimer	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Biscuit, Dough	1 Each	180	0	280	2.00	1.44	100.0	0	0.0	5	5.0	28.0	6.0	4.00	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
ENT Pizza, Cheese 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 Carrots Baby	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Patch Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00

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Laramie County School District 1

Oct 1, 2017 thru Oct 31, 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)
Weighted Daily Average		570	47	868	7.39	3.31	506.7	*2371	37.99	*29	31.77	80.56	14.00	4.48	*0.04
% of Calories										*20.1%	22.3%	56.5%	22.1%	7.1%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		663	54	981	8.98	3.75	565.0	*2292	50.06	*35 *48.0%	32.08 19.4%	94.52 57.0%	17.93 24.3%	5.21 7.1%	*0.04 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	663		600 - 700	100%				
Cholesterol (mg)	54							
Sodium (mg)	981		1360					
Fiber (g)	8.98							
Iron (mg)	3.75							
Calcium (mg)	565.0							
Vitamin A (IU)	2292				Missing			
Sugars (g)	35	21.32%			Missing			
Vitamin C (mg)	50.06							
Protein (g)	32.08	19.35%						
Carbohydrate (g)	94.52	57.04%						
Total Fat (g)	17.93	24.35%						
Saturated Fat (g)	5.21	7.08%	<10.00%					
Trans Fat ¹ (g)	0.04	0.06%			Missing			

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

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October 14, 2015