

# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 1

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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 <sup>1</sup> (g)
Mon - 06/18/2018															
Summer Mobile															
	Total														
ENT Pizza, Cheese HS	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
Weighted Daily Average		2175	177	3694	26.49	12.40	2435.5	*10446	118.64	*90	127.09	290.24	59.40	18.11	*0.00
% of Calories										*16.6%	23.4%	53.4%	24.6%	7.5%	*0.0%
Nutrient Guideline		600-650		1230										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 2

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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 <sup>1</sup> (g)
Tue - 06/19/2018															
Summer Mobile															
	Total														
ENT Bean & ChsBurrito 15-16	1 Each	366	6	725	11.93	3.71	207.6	103	1.55	*3	15.71	57.11	7.68	3.07	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Cold Corn/Bean Salad 1 c.	1 Cup	266	0	352	16.91	4.25	72.8	193	14.22	*1	15.06	51.56	1.44	0.17	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND 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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		2108	124	3690	47.89	14.23	2100.5	*5344	131.60	*85	116.89	323.69	42.77	13.15	*0.00
% of Calories										*16.1%	22.2%	61.4%	18.3%	5.6%	*0.0%
Nutrient Guideline		600-650		1230										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 06/20/2018															
Summer Mobile															
	Total														
ENT Chicken Nugget, ES	5 Each	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	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
Weighted Daily Average		1851	138	3336	23.03	8.88	1900.3	*4848	134.20	*91	101.60	254.22	51.57	12.91	*0.00
% of Calories										*19.7%	22.0%	54.9%	25.1%	6.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 06/21/2018															
Summer Mobile															
	Total														
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
VEG Potato, Smiles	4 Each	131	0	181	2.01	0.36	0.0	0	2.42	0	2.01	20.14	4.53	0.50	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	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 Ketchup	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		1930	167	3320	26.43	9.11	2052.6	*4924	162.03	*87	108.31	266.45	51.63	15.23	*0.80
% of Calories										*18.0%	22.5%	55.2%	24.1%	7.1%	*0.4%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 5

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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 <sup>1</sup> (g)
Fri - 06/22/2018															
Summer Mobile															
	Total														
ENT Pizza, Cheese 4x6 Nardone	1/4 Pizza	310	30	360	3.00	2.70	450.0	500	9.0	6	22.0	30.0	12.0	6.00	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
FRT Frozen Fruit Cup, Org 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
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
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1823	148	2891	24.96	9.16	2350.0	10577	176.57	*97	108.21	255.22	45.52	15.91	0.00
% of Calories										*21.3%	23.7%	56.0%	22.5%	7.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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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 <sup>1</sup> (g)
Mon - 06/25/2018															
Summer Mobile															
	Total														
ENT BBQ Drumsticks, ES	1 Each	175	85	399	0.00	0.72	8.4	0	0.0	5	15.0	7.46	9.0	2.00	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 Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 Cold Corn & Peas 1/2 cup	1/2 Cup	77	0	1	3.93	0.86	12.0	406	9.28	*3	3.87	15.84	0.59	0.02	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
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
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
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 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 Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
Weighted Daily Average		1926	207	3273	25.41	9.11	1955.2	*9850	115.90	*92	109.91	267.45	50.96	16.11	*0.00
% of Calories										*19.2%	22.8%	55.5%	23.8%	7.5%	*0.0%
Nutrient Guideline		600-650		1230										<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

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Tue - 06/26/2018															
Summer Mobile															
	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
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Celery Sticks	1/2 Cup	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03	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
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
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
COND Ketchup	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 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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1760	158	3029	24.79	7.99	2003.1	*4932	132.53	*89	96.75	247.99	45.82	13.48	*0.00
% of Calories										*20.2%	22.0%	56.4%	23.4%	6.9%	*0.0%
Nutrient Guideline		600-650		1230										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Wed - 06/27/2018															
Summer Mobile															
	Total														
ENT Nachos, Super Elem	1/2 Cup	464	86	918	1.52	1.35	356.0	853	0.0	*0	21.04	30.1	29.3	15.86	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Cold Corn/Bean Salad 1 c.	1 Cup	266	0	352	16.91	4.25	72.8	193	14.22	*1	15.06	51.56	1.44	0.17	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		2201	204	3743	37.48	11.87	2248.8	*5994	128.85	*82	122.23	295.68	64.39	25.94	*0.00
% of Calories										*14.8%	22.2%	53.7%	26.3%	10.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Thu - 06/28/2018															
Summer Mobile															
	Total														
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 Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Patch Zucchini Sticks, Raw	1/2 Cup	13	0	6	0.77	0.28	12.2	153	13.7	2	0.93	2.38	0.24	0.06	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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1822	163	3017	26.41	8.93	2025.3	*5061	129.67	*85	113.77	251.25	44.36	11.47	*0.00
% of Calories										*18.8%	25.0%	55.1%	21.9%	5.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Fri - 06/29/2018															
Summer Mobile															
	Total														
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, 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 Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
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
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
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		2153	193	3691	25.96	11.86	2400.0	10877	174.77	*95	128.21	287.22	57.52	17.91	0.00
% of Calories										*17.7%	23.8%	53.4%	24.0%	7.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 11

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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 <sup>1</sup> (g)
Mon - 07/02/2018															
Summer Mobile															
	Total														
ENT Pizza, Cheese HS	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
Weighted Daily Average		2175	177	3694	26.49	12.40	2435.5	*10446	118.64	*90	127.09	290.24	59.40	18.11	*0.00
% of Calories										*16.6%	23.4%	53.4%	24.6%	7.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 12

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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 <sup>1</sup> (g)
Tue - 07/03/2018															
Summer Mobile															
	Total														
ENT Bean & ChsBurrito 15-16	1 Each	366	6	725	11.93	3.71	207.6	103	1.55	*3	15.71	57.11	7.68	3.07	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Cold Corn/Bean Salad 1 c.	1 Cup	266	0	352	16.91	4.25	72.8	193	14.22	*1	15.06	51.56	1.44	0.17	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND 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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		2108	124	3690	47.89	14.23	2100.5	*5344	131.60	*85	116.89	323.69	42.77	13.15	*0.00
% of Calories										*16.1%	22.2%	61.4%	18.3%	5.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 13

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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 <sup>1</sup> (g)
Thu - 07/05/2018															
Summer Mobile															
	Total														
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
VEG Potato, Smiles	4 Each	131	0	181	2.01	0.36	0.0	0	2.42	0	2.01	20.14	4.53	0.50	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	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 Ketchup	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		1930	167	3320	26.43	9.11	2052.6	*4924	162.03	*87	108.31	266.45	51.63	15.23	*0.80
% of Calories										*18.0%	22.5%	55.2%	24.1%	7.1%	*0.4%
Nutrient Guideline		600-650		1230										<10.00	

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

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 14

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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 <sup>1</sup> (g)
Fri - 07/06/2018															
Summer Mobile															
	Total														
ENT Pizza, Cheese 4x6 Nardone	1/4 Pizza	310	30	360	3.00	2.70	450.0	500	9.0	6	22.0	30.0	12.0	6.00	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
FRT Frozen Fruit Cup, Org 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
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
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1823	148	2891	24.96	9.16	2350.0	10577	176.57	*97	108.21	255.22	45.52	15.91	0.00
% of Calories										*21.3%	23.7%	56.0%	22.5%	7.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 15

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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 <sup>1</sup> (g)
Mon - 07/09/2018															
Summer Mobile															
	Total														
ENT BBQ Drumsticks, ES	1 Each	175	85	399	0.00	0.72	8.4	0	0.0	5	15.0	7.46	9.0	2.00	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 Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 Cold Corn & Peas 1/2 cup	1/2 Cup	77	0	1	3.93	0.86	12.0	406	9.28	*3	3.87	15.84	0.59	0.02	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
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
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
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 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 Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
Weighted Daily Average		1926	207	3273	25.41	9.11	1955.2	*9850	115.90	*92	109.91	267.45	50.96	16.11	*0.00
% of Calories										*19.2%	22.8%	55.5%	23.8%	7.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 16

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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 <sup>1</sup> (g)
Tue - 07/10/2018															
Summer Mobile															
	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
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Celery Sticks	1/2 Cup	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03	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
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
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
COND Ketchup	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 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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1760	158	3029	24.79	7.99	2003.1	*4932	132.53	*89	96.75	247.99	45.82	13.48	*0.00
% of Calories										*20.2%	22.0%	56.4%	23.4%	6.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 17

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 07/11/2018															
Summer Mobile															
	Total														
ENT Nachos, Super Elem	1/2 Cup	464	86	918	1.52	1.35	356.0	853	0.0	*0	21.04	30.1	29.3	15.86	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Cold Corn/Bean Salad 1 c.	1 Cup	266	0	352	16.91	4.25	72.8	193	14.22	*1	15.06	51.56	1.44	0.17	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		2201	204	3743	37.48	11.87	2248.8	*5994	128.85	*82	122.23	295.68	64.39	25.94	*0.00
% of Calories										*14.8%	22.2%	53.7%	26.3%	10.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 18

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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 <sup>1</sup> (g)
Thu - 07/12/2018															
Summer Mobile															
	Total														
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 Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Patch Zucchini Sticks, Raw	1/2 Cup	13	0	6	0.77	0.28	12.2	153	13.7	2	0.93	2.38	0.24	0.06	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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1822	163	3017	26.41	8.93	2025.3	*5061	129.67	*85	113.77	251.25	44.36	11.47	*0.00
% of Calories										*18.8%	25.0%	55.1%	21.9%	5.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 19

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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 <sup>1</sup> (g)
Fri - 07/13/2018															
Summer Mobile															
	Total														
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, 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 Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
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
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
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		2153	193	3691	25.96	11.86	2400.0	10877	174.77	*95	128.21	287.22	57.52	17.91	0.00
% of Calories										*17.7%	23.8%	53.4%	24.0%	7.5%	0.0%
Nutrient Guideline		600-650		1230										<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

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 20

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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 <sup>1</sup> (g)
Mon - 07/16/2018															
Summer Mobile															
	Total														
ENT Pizza, Cheese HS	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
Weighted Daily Average		2175	177	3694	26.49	12.40	2435.5	*10446	118.64	*90	127.09	290.24	59.40	18.11	*0.00
% of Calories										*16.6%	23.4%	53.4%	24.6%	7.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 21

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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 <sup>1</sup> (g)
Tue - 07/17/2018															
Summer Mobile															
	Total														
ENT Bean & ChsBurrito 15-16	1 Each	366	6	725	11.93	3.71	207.6	103	1.55	*3	15.71	57.11	7.68	3.07	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Cold Corn/Bean Salad 1 c.	1 Cup	266	0	352	16.91	4.25	72.8	193	14.22	*1	15.06	51.56	1.44	0.17	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND 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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		2108	124	3690	47.89	14.23	2100.5	*5344	131.60	*85	116.89	323.69	42.77	13.15	*0.00
% of Calories										*16.1%	22.2%	61.4%	18.3%	5.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Wed - 07/18/2018															
Summer Mobile															
	Total														
ENT Chicken Nugget, ES	5 Each	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	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
Weighted Daily Average		1851	138	3336	23.03	8.88	1900.3	*4848	134.20	*91	101.60	254.22	51.57	12.91	*0.00
% of Calories										*19.7%	22.0%	54.9%	25.1%	6.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 23

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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 <sup>1</sup> (g)
Thu - 07/19/2018															
Summer Mobile															
	Total														
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
VEG Potato, Smiles	4 Each	131	0	181	2.01	0.36	0.0	0	2.42	0	2.01	20.14	4.53	0.50	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	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 Ketchup	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		1930	167	3320	26.43	9.11	2052.6	*4924	162.03	*87	108.31	266.45	51.63	15.23	*0.80
% of Calories										*18.0%	22.5%	55.2%	24.1%	7.1%	*0.4%
Nutrient Guideline		600-650		1230										<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

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Fri - 07/20/2018															
Summer Mobile															
	Total														
ENT Pizza, Cheese 4x6 Nardone	1/4 Pizza	310	30	360	3.00	2.70	450.0	500	9.0	6	22.0	30.0	12.0	6.00	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
FRT Frozen Fruit Cup, Org 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
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
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1823	148	2891	24.96	9.16	2350.0	10577	176.57	*97	108.21	255.22	45.52	15.91	0.00
% of Calories										*21.3%	23.7%	56.0%	22.5%	7.9%	0.0%
Nutrient Guideline		600-650		1230										<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

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Mon - 07/23/2018															
Summer Mobile															
	Total														
ENT BBQ Drumsticks, ES	1 Each	175	85	399	0.00	0.72	8.4	0	0.0	5	15.0	7.46	9.0	2.00	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 Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 Cold Corn & Peas 1/2 cup	1/2 Cup	77	0	1	3.93	0.86	12.0	406	9.28	*3	3.87	15.84	0.59	0.02	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
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
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
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 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 Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
Weighted Daily Average		1926	207	3273	25.41	9.11	1955.2	*9850	115.90	*92	109.91	267.45	50.96	16.11	*0.00
% of Calories										*19.2%	22.8%	55.5%	23.8%	7.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Tue - 07/24/2018															
Summer Mobile															
	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
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Celery Sticks	1/2 Cup	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03	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
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
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
COND Ketchup	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 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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1760	158	3029	24.79	7.99	2003.1	*4932	132.53	*89	96.75	247.99	45.82	13.48	*0.00
% of Calories										*20.2%	22.0%	56.4%	23.4%	6.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Thu - 07/26/2018															
Summer Mobile															
	Total														
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 Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Patch Zucchini Sticks, Raw	1/2 Cup	13	0	6	0.77	0.28	12.2	153	13.7	2	0.93	2.38	0.24	0.06	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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1822	163	3017	26.41	8.93	2025.3	*5061	129.67	*85	113.77	251.25	44.36	11.47	*0.00
% of Calories										*18.8%	25.0%	55.1%	21.9%	5.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Fri - 07/27/2018															
Summer Mobile															
	Total														
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, 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 Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
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
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
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		2153	193	3691	25.96	11.86	2400.0	10877	174.77	*95	128.21	287.22	57.52	17.91	0.00
% of Calories										*17.7%	23.8%	53.4%	24.0%	7.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

Page 29

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 07/30/2018															
Summer Mobile															
	Total														
ENT Pizza, Cheese HS	1/8 Slice	320	25	500	3.00	2.70	300.2	500	6.0	4	20.01	35.02	11.01	4.00	0.00
ENT Pizza, Pepperoni HS	1/8 Slice	361	30	601	4.01	3.61	300.5	501	6.01	6	21.04	39.07	13.02	4.01	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
Weighted Daily Average		2175	177	3694	26.49	12.40	2435.5	*10446	118.64	*90	127.09	290.24	59.40	18.11	*0.00
% of Calories										*16.6%	23.4%	53.4%	24.6%	7.5%	*0.0%
Nutrient Guideline		600-650		1230										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Tue - 07/31/2018															
Summer Mobile															
	Total														
ENT Bean & ChsBurrito 15-16	1 Each	366	6	725	11.93	3.71	207.6	103	1.55	*3	15.71	57.11	7.68	3.07	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	0.00
VEG Cold Corn/Bean Salad 1 c.	1 Cup	266	0	352	16.91	4.25	72.8	193	14.22	*1	15.06	51.56	1.44	0.17	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND 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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		2108	124	3690	47.89	14.23	2100.5	*5344	131.60	*85	116.89	323.69	42.77	13.15	*0.00
% of Calories										*16.1%	22.2%	61.4%	18.3%	5.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Wed - 08/01/2018															
Summer Mobile															
	Total														
ENT Chicken Nugget, ES	5 Each	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	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
Weighted Daily Average		1851	138	3336	23.03	8.88	1900.3	*4848	134.20	*91	101.60	254.22	51.57	12.91	*0.00
% of Calories										*19.7%	22.0%	54.9%	25.1%	6.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Thu - 08/02/2018															
Summer Mobile															
	Total														
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
VEG Potato, Smiles	4 Each	131	0	181	2.01	0.36	0.0	0	2.42	0	2.01	20.14	4.53	0.50	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	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 Ketchup	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		1930	167	3320	26.43	9.11	2052.6	*4924	162.03	*87	108.31	266.45	51.63	15.23	*0.80
% of Calories										*18.0%	22.5%	55.2%	24.1%	7.1%	*0.4%
Nutrient Guideline		600-650		1230										<10.00	

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

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 <sup>1</sup> (g)
Fri - 08/03/2018															
Summer Mobile															
	Total														
ENT Pizza, Cheese 4x6 Nardone	1/4 Pizza	310	30	360	3.00	2.70	450.0	500	9.0	6	22.0	30.0	12.0	6.00	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	15	325	4.73	1.02	546.0	1270	41.11	*30	14.17	60.54	8.79	3.08	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	245	38	720	4.00	1.62	230.0	300	0.0	4	20.5	26.0	8.25	3.25	0.00
ENT Sand, Turkey on Wheat	1 Each	230	45	580	4.00	1.80	80.0	0	0.0	2	23.0	24.0	6.5	1.50	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 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
FRT Frozen Fruit Cup, Org 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
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
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
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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1823	148	2891	24.96	9.16	2350.0	10577	176.57	*97	108.21	255.22	45.52	15.91	0.00
% of Calories										*21.3%	23.7%	56.0%	22.5%	7.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	
Weighted Average		1972	165	3361	28.94	10.41	2154.6	*7390	141.64	*90	113.25	274.49	50.81	15.67	*0.10
										*40.9%	23.0%	55.7%	23.2%	7.2%	*0.0%

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# Laramie County School District 1

Jun 18, 2018 thru Aug 3, 2018

Base Menu Spreadsheet

Summer Mobile

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	1972		600 - 650		303%				1322								Correction Required - Calories too High
Cholesterol (mg)	165																
Sodium 1 (mg)	3361			1230					2131								Correction Required - Sodium too High
Sodium 2 (mg)	3361			935					2426								Correction Required - Sodium too High
Fiber (g)	28.94																
Iron (mg)	10.41																
Calcium (mg)	2154.6																
Vitamin A (IU)	7390					Missing											
Sugars (g)	90	18.18%				Missing											
Vitamin C (mg)	141.64																
Protein (g)	113.25	22.97%															
Carbohydrate (g)	274.49	55.68%															
Total Fat (g)	50.81	23.19%															
Saturated Fat (g)	15.67	7.15%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.10	0.04%				Missing											

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## USDA Nondiscrimination Statement

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

**October 14, 2015**