

# Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

Page 1

Generated on: 11/20/2017 7:54:59 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/08/2018															
Podar Academy Breakfast	Total														
BRKF Muffin, Apple Cinn, BC	1 each	260	45	240	2.00	1.44	60.0	100	0.0	20	5.0	42.0	9.0	1.50	0.00
BRKF Muffin, Banana, BC	1 each	250	35	200	2.00	1.44	40.0	0	1.2	21	4.0	43.0	7.0	1.00	0.00
BRKF Muffin, Blueberry, BC	1 each	250	35	180	2.00	1.44	40.0	100	1.2	19	4.0	41.0	8.0	1.00	0.00
BRKF Muffin, Choc Chip, BC	1 each	270	40	190	2.00	1.80	40.0	0	0.0	22	4.0	44.0	9.0	1.50	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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		459	26	409	5.60	2.87	384.6	*1319	41.16	*45	13.82	86.23	7.23	2.12	*0.00
% of Calories										*39.5%	12.0%	75.1%	14.2%	4.2%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

	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 - 01/09/2018															
Podar Academy Breakfast	Total														
BRKF Bagelful, Strawberry IW	1 Ea	180	5	160	2.99	1.80	20.0	100	2.4	6	5.99	31.94	2.99	1.50	0.00
BRKF Bread, Pumpkin, IW	1 EACH	270	0	220	2.00	1.44	100.0	1000	0.0	24	6.0	43.0	10.0	2.00	0.00
BRKF Bread, Blueberry, IW	1 EACH	270	0	190	2.00	1.44	100.0	100	0.0	24	6.0	43.0	9.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00

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

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

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

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# Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Podder Academy Breakfast

Portion Values - Detailed

Page 2

Generated on: 11/20/2017 7:54:59 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		459	11	402	6.21	2.95	394.1	*1581	47.42	*44	14.68	87.38	6.47	2.33	*0.00
% of Calories										*38.7%	12.8%	76.2%	12.7%	4.6%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Wed - 01/10/2018															
Poder Academy Breakfast	Total														
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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		441	10	442	5.98	2.73	369.9	*1444	42.72	*40	14.17	84.00	6.37	2.13	*0.00
% of Calories										*36.7%	12.9%	76.3%	13.0%	4.3%	*0.0%
Nutrient Guideline		450-500		540										<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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

Page 3

Generated on: 11/20/2017 7:54:59 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/11/2018															
Poder Academy Breakfast	Total														
BRKF Oatmeal Plain	1 Cup	202	0	1	5.51	2.45	28.1	0	0.0	*N/A*	8.78	34.46	3.59	0.63	*0.00
COND Brown Sugar & Cinn	Tablespoo	53	0	4	0.26	0.14	16.3	1	0.02	13	0.04	13.88	0.01	0.00	*0.00
FRT Raisins, Box	Box	128	0	4	1.50	0.00	0.0	0	1.2	25	1.5	34.0	0.25	0.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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		468	9	330	6.79	3.11	441.4	*1297	37.21	*47	15.62	91.97	5.22	1.49	*0.00
% of Calories										*39.9%	13.3%	78.5%	10.0%	2.9%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Fri - 01/12/2018															
Poder Academy Breakfast	Total														
BRKF Waffles, Mini Maple, IW	1 EACH	210	0	170	3.00	0.72	20.0	0	0.0	13	4.0	38.0	6.0	1.00	0.00
BRKF Waffles, Mini, BB, IW	1 EACH	210	0	170	3.00	0.72	20.0	0	0.0	12	4.0	37.0	6.0	1.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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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Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

Page 4

Generated on: 11/20/2017 7:54:59 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		441	10	396	6.38	2.59	377.9	*1444	42.72	*41	13.77	84.40	6.37	2.03	*0.00
% of Calories										*37.2%	12.5%	76.6%	13.0%	4.1%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Tue - 01/16/2018															
Podar Academy Breakfast	Total														
BRKF Bagelful, Strawberry IW	1 Ea	180	5	160	2.99	1.80	20.0	100	2.4	6	5.99	31.94	2.99	1.50	0.00
BRKF Bread, Pumpkin, IW	1 EACH	270	0	220	2.00	1.44	100.0	1000	0.0	24	6.0	43.0	10.0	2.00	0.00
BRKF Bread, Blueberry, IW	1 EACH	270	0	190	2.00	1.44	100.0	100	0.0	24	6.0	43.0	9.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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		459	11	402	6.21	2.95	394.1	*1581	47.42	*44	14.68	87.38	6.47	2.33	*0.00
% of Calories										*38.7%	12.8%	76.2%	12.7%	4.6%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

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

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Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/17/2018															
Poder Academy Breakfast	Total														
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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		441	10	442	5.98	2.73	369.9	*1444	42.72	*40	14.17	84.00	6.37	2.13	*0.00
% of Calories										*36.7%	12.9%	76.3%	13.0%	4.3%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Thu - 01/18/2018															
Poder Academy Breakfast	Total														
BRKF Oatmeal Plain	1 Cup	202	0	1	5.51	2.45	28.1	0	0.0	*N/A*	8.78	34.46	3.59	0.63	*0.00
COND Brown Sugar & Cinn	Tablespoon	53	0	4	0.26	0.14	16.3	1	0.02	13	0.04	13.88	0.01	0.00	*0.00
FRT Raisins, Box	Box	128	0	4	1.50	0.00	0.0	0	1.2	25	1.5	34.0	0.25	0.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00

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

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# Laramie County School District 1

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

Page 6

Generated on: 11/20/2017 7:54:59 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		468	9	330	6.79	3.11	441.4	*1297	37.21	*47	15.62	91.97	5.22	1.49	*0.00
% of Calories										*39.9%	13.3%	78.5%	10.0%	2.9%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Fri - 01/19/2018															
Poder Academy Breakfast	Total														
BRKF Waffles, Mini Maple, IW	1 EACH	210	0	170	3.00	0.72	20.0	0	0.0	13	4.0	38.0	6.0	1.00	0.00
BRKF Waffles, Mini, BB, IW	1 EACH	210	0	170	3.00	0.72	20.0	0	0.0	12	4.0	37.0	6.0	1.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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		441	10	396	6.38	2.59	377.9	*1444	42.72	*41	13.77	84.40	6.37	2.03	*0.00
% of Calories										*37.2%	12.5%	76.6%	13.0%	4.1%	*0.0%
Nutrient Guideline		450-500		540										<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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

Page 7

Generated on: 11/20/2017 7:54:59 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/22/2018															
Podar Academy Breakfast	Total														
BRKF Muffin, Apple Cinn, BC	1 each	260	45	240	2.00	1.44	60.0	100	0.0	20	5.0	42.0	9.0	1.50	0.00
BRKF Muffin, Banana, BC	1 each	250	35	200	2.00	1.44	40.0	0	1.2	21	4.0	43.0	7.0	1.00	0.00
BRKF Muffin, Blueberry, BC	1 each	250	35	180	2.00	1.44	40.0	100	1.2	19	4.0	41.0	8.0	1.00	0.00
BRKF Muffin, Choc Chip, BC	1 each	270	40	190	2.00	1.80	40.0	0	0.0	22	4.0	44.0	9.0	1.50	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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		459	26	409	5.60	2.87	384.6	*1319	41.16	*45	13.82	86.23	7.23	2.12	*0.00
% of Calories										*39.5%	12.0%	75.1%	14.2%	4.2%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

	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 - 01/23/2018															
Podar Academy Breakfast	Total														
BRKF Bagelful, Strawberry IW	1 Ea	180	5	160	2.99	1.80	20.0	100	2.4	6	5.99	31.94	2.99	1.50	0.00
BRKF Bread, Pumpkin, IW	1 EACH	270	0	220	2.00	1.44	100.0	1000	0.0	24	6.0	43.0	10.0	2.00	0.00
BRKF Bread, Blueberry, IW	1 EACH	270	0	190	2.00	1.44	100.0	100	0.0	24	6.0	43.0	9.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

Page 8

Generated on: 11/20/2017 7:54:59 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		459	11	402	6.21	2.95	394.1	*1581	47.42	*44	14.68	87.38	6.47	2.33	*0.00
% of Calories										*38.7%	12.8%	76.2%	12.7%	4.6%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Wed - 01/24/2018															
Poder Academy Breakfast	Total														
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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		441	10	442	5.98	2.73	369.9	*1444	42.72	*40	14.17	84.00	6.37	2.13	*0.00
% of Calories										*36.7%	12.9%	76.3%	13.0%	4.3%	*0.0%
Nutrient Guideline		450-500		540										<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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/25/2018															
Poder Academy Breakfast	Total														
BRKF Oatmeal Plain	1 Cup	202	0	1	5.51	2.45	28.1	0	0.0	*N/A*	8.78	34.46	3.59	0.63	*0.00
COND Brown Sugar & Cinn	Tablespoon	53	0	4	0.26	0.14	16.3	1	0.02	13	0.04	13.88	0.01	0.00	*0.00
FRT Raisins, Box	Box	128	0	4	1.50	0.00	0.0	0	1.2	25	1.5	34.0	0.25	0.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	52	0.00	0.00	300.0	0	0.0	15	3.0	19.0	0.0	0.00	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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		468	9	330	6.79	3.11	441.4	*1297	37.21	*47	15.62	91.97	5.22	1.49	*0.00
% of Calories										*39.9%	13.3%	78.5%	10.0%	2.9%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Fri - 01/26/2018															
Poder Academy Breakfast	Total														
BRKF Waffles, Mini Maple, IW	1 EACH	210	0	170	3.00	0.72	20.0	0	0.0	13	4.0	38.0	6.0	1.00	0.00
BRKF Waffles, Mini, BB, IW	1 EACH	210	0	170	3.00	0.72	20.0	0	0.0	12	4.0	37.0	6.0	1.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

Page 10

Generated on: 11/20/2017 7:54:59 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		441	10	396	6.38	2.59	377.9	*1444	42.72	*41	13.77	84.40	6.37	2.03	*0.00
% of Calories										*37.2%	12.5%	76.6%	13.0%	4.1%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Mon - 01/29/2018															
Podar Academy Breakfast	Total														
BRKF Muffin, Apple Cinn, BC	1 each	260	45	240	2.00	1.44	60.0	100	0.0	20	5.0	42.0	9.0	1.50	0.00
BRKF Muffin, Banana, BC	1 each	250	35	200	2.00	1.44	40.0	0	1.2	21	4.0	43.0	7.0	1.00	0.00
BRKF Muffin, Blueberry, BC	1 each	250	35	180	2.00	1.44	40.0	100	1.2	19	4.0	41.0	8.0	1.00	0.00
BRKF Muffin, Choc Chip, BC	1 each	270	40	190	2.00	1.80	40.0	0	0.0	22	4.0	44.0	9.0	1.50	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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		459	26	409	5.60	2.87	384.6	*1319	41.16	*45	13.82	86.23	7.23	2.12	*0.00
% of Calories										*39.5%	12.0%	75.1%	14.2%	4.2%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

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\* - 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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/30/2018															
Podar Academy Breakfast	Total														
BRKF Bagelful, Strawberry IW	1 Ea	180	5	160	2.99	1.80	20.0	100	2.4	6	5.99	31.94	2.99	1.50	0.00
BRKF Bread, Pumpkin, IW	1 EACH	270	0	220	2.00	1.44	100.0	1000	0.0	24	6.0	43.0	10.0	2.00	0.00
BRKF Bread, Blueberry, IW	1 EACH	270	0	190	2.00	1.44	100.0	100	0.0	24	6.0	43.0	9.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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		459	11	402	6.21	2.95	394.1	*1581	47.42	*44	14.68	87.38	6.47	2.33	*0.00
% of Calories										*38.7%	12.8%	76.2%	12.7%	4.6%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Wed - 01/31/2018															
Podar Academy Breakfast	Total														
BRKF Frudel, Ch/App	1 each	210	0	285	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.50	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	220	6.00	0.61	29.5	9	0.0	19	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	105	0	138	2.13	6.90	98.5	451	4.33	4	2.08	22.9	1.28	0.18	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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	5	0.00	0.00	0.0	0	19.8	11	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Podder Academy Breakfast

Portion Values - Detailed

Page 12

Generated on: 11/20/2017 7:54:59 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		441	10	442	5.98	2.73	369.9	*1444	42.72	*40	14.17	84.00	6.37	2.13	*0.00
% of Calories										*36.7%	12.9%	76.3%	13.0%	4.3%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Weighted Average		453	13	399	6.18	2.85	392.2	*1428	42.58	*43	14.41	86.67	6.34	2.04	*0.00
										*86.3%	12.7%	76.5%	12.6%	4.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	453		450 - 500	100%				
Cholesterol (mg)	13							
Sodium 1 (mg)	399		540					
Sodium 2 (mg)	399		485					
Fiber (g)	6.18							
Iron (mg)	2.85							
Calcium (mg)	392.2							
Vitamin A (IU)	1428				Missing			
Sugars (g)	43	38.34%			Missing			
Vitamin C (mg)	42.58							
Protein (g)	14.41	12.72%						
Carbohydrate (g)	86.67	76.52%						
Total Fat (g)	6.34	12.60%						
Saturated Fat (g)	2.04	4.06%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
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**October 14, 2015**