

Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

Page 1

Generated on: 1/18/2018 3:05:41 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/01/2018 | | | | | | | | | | | | | | | |
| Podar 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 - 03/02/2018 | | | | | | | | | | | | | | | |
| Podar 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 |

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

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Podar 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 ¹ (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 - 03/05/2018 | | | | | | | | | | | | | | | |
|------------------------------|---------|---------|----|-----|------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| 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 | |

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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Podar 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 ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/06/2018 | | | | | | | | | | | | | | | |
| 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 - 03/07/2018 | | | | | | | | | | | | | | | |
| 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 |

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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Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 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 - 03/08/2018 | | | | | | | | | | | | | | | |
|------------------------------|------------|---------|----|-----|------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| Podar 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 | |

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Generated on: 1/18/2018 3:05:41 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/09/2018 | | | | | | | | | | | | | | | |
| Podar 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 | |

| | | | | | | | | | | | | | | | |
|------------------------------|---------|-----|----|-----|------|------|-------|------|-------|-------|------|-------|------|------|-------|
| Mon - 03/12/2018 | | | | | | | | | | | | | | | |
| 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 |

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

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

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Generated on: 1/18/2018 3:05:41 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 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 | |

| Tue - 03/13/2018 | | | | | | | | | | | | | | | |
|------------------------------|---------|---------|----|-----|------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| 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

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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

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Generated on: 1/18/2018 3:05:41 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/14/2018 | | | | | | | | | | | | | | | |
| 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 | |

| | | | | | | | | | | | | | | | |
|------------------------------|---------|-----|----|-----|------|------|-------|------|-------|-------|------|-------|------|------|-------|
| Mon - 03/19/2018 | | | | | | | | | | | | | | | |
| Poder 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 |

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

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Podar 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 ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 | |

| Tue - 03/20/2018 | | | | | | | | | | | | | | | |
|------------------------------|---------|---------|----|-----|------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| Podar Academy Breakfast | | | | | | | | | | | | | | | |
| 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

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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

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 ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/21/2018 | | | | | | | | | | | | | | | |
| 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 - 03/22/2018 | | | | | | | | | | | | | | | |
| 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

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Podder Academy Breakfast

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 - 03/23/2018 | | | | | | | | | | | | | | | |
|------------------------------|---------|---------|----|-----|------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| Podder 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

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

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Generated on: 1/18/2018 3:05:41 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/26/2018 | | | | | | | | | | | | | | | |
| 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 ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/27/2018 | | | | | | | | | | | | | | | |
| 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

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Podar 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 ¹ (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 - 03/28/2018 | | | | | | | | | | | | | | | |
|------------------------------|---------|---------|----|-----|------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| 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 |
| 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 | |

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Laramie County School District 1

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

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Generated on: 1/18/2018 3:05:41 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/29/2018 | | | | | | | | | | | | | | | |
| 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 - 03/30/2018 | | | | | | | | | | | | | | | |
| 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 |

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

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

Page 14

Generated on: 1/18/2018 3:05:41 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 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 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|------|-------|-------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average | | 454 | 13 | 396 | 6.19 | 2.85 | 393.6 | *1417 | 42.24 | *44 | 14.41 | 86.80 | 6.33 | 2.02 | *0.00 |
| | | | | | | | | | | *86.5% | 12.7% | 76.6% | 12.6% | 4.0% | *0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 454 | | 450 - 500 | 100% | | | | |
| Cholesterol (mg) | 13 | | | | | | | |
| Sodium 1 (mg) | 396 | | 540 | | | | | |
| Sodium 2 (mg) | 396 | | 485 | | | | | |
| Fiber (g) | 6.19 | | | | | | | |
| Iron (mg) | 2.85 | | | | | | | |
| Calcium (mg) | 393.6 | | | | | | | |
| Vitamin A (IU) | 1417 | | | | Missing | | | |
| Sugars (g) | 44 | 38.42% | | | Missing | | | |
| Vitamin C (mg) | 42.24 | | | | | | | |
| Protein (g) | 14.41 | 12.71% | | | | | | |
| Carbohydrate (g) | 86.80 | 76.55% | | | | | | |
| Total Fat (g) | 6.33 | 12.56% | | | | | | |
| Saturated Fat (g) | 2.02 | 4.01% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | |

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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Office of the Assistant Secretary for Civil Rights
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October 14, 2015