

Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Supper

Portion Values - Detailed

Page 1

Generated on: 3/28/2018 10:36:26 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018															
Supper															
	Total														
ENT Wrap, Crispy Chicken	1 Each	468	67	715	5.37	3.04	173.8	242	4.61	*3	32.46	45.72	17.02	4.30	0.00
ENT Corn Dog, Chx, HS Supper	Serving (2)	480	80	780	10.00	3.60	160.0	0	0.0	10	18.0	60.0	16.0	5.00	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Cucumber Slices	1/2 Cup	11	0	2	0.38	0.21	12.1	79	2.12	1	0.49	2.74	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 Juice, Apple - Meadow Gold	Carton	60	0	0	0.00	0.00	0.0	0	3.6	13	0.0	14.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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 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
Weighted Daily Average		758	80	1091	10.89	3.97	492.9	*5949	25.46	*44	33.98	112.20	16.76	4.80	*0.00
% of Calories										*23.3%	17.9%	59.2%	19.9%	5.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 05/02/2018															
Supper															
	Total														
ENT Wrap, Club	1 Each	337	68	913	3.34	2.45	177.9	316	5.4	*3	26.02	31.87	11.62	4.44	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG 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
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
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT 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, Orange - Meadow	Carton	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND 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 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

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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Supper

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 ¹ (g)
Weighted Daily Average		760	67	1239	11.75	4.19	590.7	*1831	68.68	*43	39.32	110.64	18.30	5.97	*0.43
% of Calories										*22.4%	20.7%	58.3%	21.7%	7.1%	*0.5%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 05/03/2018															
	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)
Supper	Total														
ENT Salad, Taco, Supper	1 Each	595	81	769	11.60	6.11	215.5	986	17.49	*0	32.09	61.09	24.27	10.70	*0.00
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
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 Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	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
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 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 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
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		863	77	1039	17.82	6.38	575.5	1353	36.29	*31	45.51	119.84	23.67	7.46	*0.00
% of Calories										*14.4%	21.1%	55.6%	24.7%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 05/07/2018															
	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)
Supper	Total														
ENT Fruit & Yogurt Plate Bagel	1 Each	337	30	551	2.00	0.72	522.7	405	0.0	20	16.11	47.02	9.61	5.57	0.00
VEG Carrots & Toms 1C	1 Cup	50	0	69	2.80	0.71	23.1	6222	21.19	*N/A*	1.64	11.38	0.27	0.04	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 Juice, Apple - Meadow Gold	Carton	60	0	0	0.00	0.00	0.0	0	3.6	13	0.0	14.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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

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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May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Supper

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 ¹ (g)
Weighted Daily Average		667	36	882	7.53	1.73	869.4	8164	67.19	*60	26.83	116.40	10.30	5.76	0.00
% of Calories										*35.8%	16.1%	69.8%	13.9%	7.8%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 05/08/2018															
Supper	Total														
ENT Wrap, Crispy Chicken	1 Each	468	67	715	5.37	3.04	173.8	242	4.61	*3	32.46	45.72	17.02	4.30	0.00
ENT Corn Dog, Chx, HS Supper	Serving (2)	480	80	780	10.00	3.60	160.0	0	0.0	10	18.0	60.0	16.0	5.00	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Cucumber Slices	1/2 Cup	11	0	2	0.38	0.21	12.1	79	2.12	1	0.49	2.74	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 Juice, Apple - Meadow Gold	Carton	60	0	0	0.00	0.00	0.0	0	3.6	13	0.0	14.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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 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
Weighted Daily Average		758	80	1091	10.89	3.97	492.9	*5949	25.46	*44	33.98	112.20	16.76	4.80	*0.00
% of Calories										*23.3%	17.9%	59.2%	19.9%	5.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Supper

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/09/2018															
Supper	Total														
ENT Wrap, Club	1 Each	337	68	913	3.34	2.45	177.9	316	5.4	*3	26.02	31.87	11.62	4.44	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG 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
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
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT 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, Orange - Meadow	Carton	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND 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 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		760	67	1239	11.75	4.19	590.7	*1831	68.68	*43	39.32	110.64	18.30	5.97	*0.43
% of Calories										*22.4%	20.7%	58.3%	21.7%	7.1%	*0.5%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 05/10/2018															
Supper	Total														
ENT Salad, Taco, Supper	1 Each	595	81	769	11.60	6.11	215.5	986	17.49	*0	32.09	61.09	24.27	10.70	*0.00
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
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 Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	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
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 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 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
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00

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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May 1, 2018 thru Jun 5, 2018

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Supper

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		863	77	1039	17.82	6.38	575.5	1353	36.29	*31	45.51	119.84	23.67	7.46	*0.00
% of Calories										*14.4%	21.1%	55.6%	24.7%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 05/14/2018															
Supper	Total														
ENT Fruit & Yogurt Plate Bagel	1 Each	337	30	551	2.00	0.72	522.7	405	0.0	20	16.11	47.02	9.61	5.57	0.00
VEG Carrots & Toms 1C	1 Cup	50	0	69	2.80	0.71	23.1	6222	21.19	*N/A*	1.64	11.38	0.27	0.04	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 Juice, Apple - Meadow Gold	Carton	60	0	0	0.00	0.00	0.0	0	3.6	13	0.0	14.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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		667	36	882	7.53	1.73	869.4	8164	67.19	*60	26.83	116.40	10.30	5.76	0.00
% of Calories										*35.8%	16.1%	69.8%	13.9%	7.8%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 05/15/2018															
Supper	Total														
ENT Wrap, Crispy Chicken	1 Each	468	67	715	5.37	3.04	173.8	242	4.61	*3	32.46	45.72	17.02	4.30	0.00
ENT Corn Dog, Chx, HS Supper	Serving (2)	480	80	780	10.00	3.60	160.0	0	0.0	10	18.0	60.0	16.0	5.00	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Cucumber Slices	1/2 Cup	11	0	2	0.38	0.21	12.1	79	2.12	1	0.49	2.74	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 Juice, Apple - Meadow Gold	Carton	60	0	0	0.00	0.00	0.0	0	3.6	13	0.0	14.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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 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
Weighted Daily Average		758	80	1091	10.89	3.97	492.9	*5949	25.46	*44	33.98	112.20	16.76	4.80	*0.00
% of Calories										*23.3%	17.9%	59.2%	19.9%	5.7%	*0.0%
Nutrient Guideline		750-850		1420										<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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Supper

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/16/2018															
Supper	Total														
ENT Wrap, Club	1 Each	337	68	913	3.34	2.45	177.9	316	5.4	*3	26.02	31.87	11.62	4.44	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG 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
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
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT 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, Orange - Meadow	Carton	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND 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 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		760	67	1239	11.75	4.19	590.7	*1831	68.68	*43	39.32	110.64	18.30	5.97	*0.43
% of Calories										*22.4%	20.7%	58.3%	21.7%	7.1%	*0.5%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 05/17/2018															
Supper	Total														
ENT Salad, Taco, Supper	1 Each	595	81	769	11.60	6.11	215.5	986	17.49	*0	32.09	61.09	24.27	10.70	*0.00
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
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 Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	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
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 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 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
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Supper

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		863	77	1039	17.82	6.38	575.5	1353	36.29	*31	45.51	119.84	23.67	7.46	*0.00
% of Calories										*14.4%	21.1%	55.6%	24.7%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 05/21/2018															
Supper	Total														
ENT Fruit & Yogurt Plate Bagel	1 Each	337	30	551	2.00	0.72	522.7	405	0.0	20	16.11	47.02	9.61	5.57	0.00
VEG Carrots & Toms 1C	1 Cup	50	0	69	2.80	0.71	23.1	6222	21.19	*N/A*	1.64	11.38	0.27	0.04	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 Juice, Apple - Meadow Gold	Carton	60	0	0	0.00	0.00	0.0	0	3.6	13	0.0	14.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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		667	36	882	7.53	1.73	869.4	8164	67.19	*60	26.83	116.40	10.30	5.76	0.00
% of Calories										*35.8%	16.1%	69.8%	13.9%	7.8%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 05/22/2018															
Supper	Total														
ENT Wrap, Crispy Chicken	1 Each	468	67	715	5.37	3.04	173.8	242	4.61	*3	32.46	45.72	17.02	4.30	0.00
ENT Corn Dog, Chx, HS Supper	Serving (2)	480	80	780	10.00	3.60	160.0	0	0.0	10	18.0	60.0	16.0	5.00	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Cucumber Slices	1/2 Cup	11	0	2	0.38	0.21	12.1	79	2.12	1	0.49	2.74	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 Juice, Apple - Meadow Gold	Carton	60	0	0	0.00	0.00	0.0	0	3.6	13	0.0	14.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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 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
Weighted Daily Average		758	80	1091	10.89	3.97	492.9	*5949	25.46	*44	33.98	112.20	16.76	4.80	*0.00
% of Calories										*23.3%	17.9%	59.2%	19.9%	5.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Supper

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/23/2018															
Supper	Total														
ENT Wrap, Club	1 Each	337	68	913	3.34	2.45	177.9	316	5.4	*3	26.02	31.87	11.62	4.44	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG 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
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
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT 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, Orange - Meadow	Carton	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND 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 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		760	67	1239	11.75	4.19	590.7	*1831	68.68	*43	39.32	110.64	18.30	5.97	*0.43
% of Calories										*22.4%	20.7%	58.3%	21.7%	7.1%	*0.5%
Nutrient Guideline		750-850		1420										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/24/2018															
Supper	Total														
ENT Salad, Taco, Supper	1 Each	595	81	769	11.60	6.11	215.5	986	17.49	*0	32.09	61.09	24.27	10.70	*0.00
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
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 Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	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
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 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 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
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Supper

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		863	77	1039	17.82	6.38	575.5	1353	36.29	*31	45.51	119.84	23.67	7.46	*0.00
% of Calories										*14.4%	21.1%	55.6%	24.7%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 05/29/2018															
Supper	Total														
ENT Wrap, Crispy Chicken	1 Each	468	67	715	5.37	3.04	173.8	242	4.61	*3	32.46	45.72	17.02	4.30	0.00
ENT Corn Dog, Chx, HS Supper	Serving (2)	480	80	780	10.00	3.60	160.0	0	0.0	10	18.0	60.0	16.0	5.00	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Cucumber Slices	1/2 Cup	11	0	2	0.38	0.21	12.1	79	2.12	1	0.49	2.74	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 Juice, Apple - Meadow Gold	Carton	60	0	0	0.00	0.00	0.0	0	3.6	13	0.0	14.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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 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
Weighted Daily Average		758	80	1091	10.89	3.97	492.9	*5949	25.46	*44	33.98	112.20	16.76	4.80	*0.00
% of Calories										*23.3%	17.9%	59.2%	19.9%	5.7%	*0.0%
Nutrient Guideline		750-850		1420										<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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Supper

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/30/2018															
Supper	Total														
ENT Wrap, Club	1 Each	337	68	913	3.34	2.45	177.9	316	5.4	*3	26.02	31.87	11.62	4.44	0.00
ENT Cheeseburger 2oz	1 Each	341	57	659	5.00	2.44	295.0	150	0.0	4	23.0	27.0	15.5	6.05	0.80
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG 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
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
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT 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, Orange - Meadow	Carton	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND 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 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		760	67	1239	11.75	4.19	590.7	*1831	68.68	*43	39.32	110.64	18.30	5.97	*0.43
% of Calories										*22.4%	20.7%	58.3%	21.7%	7.1%	*0.5%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 05/31/2018															
Supper	Total														
ENT Salad, Taco, Supper	1 Each	595	81	769	11.60	6.11	215.5	986	17.49	*0	32.09	61.09	24.27	10.70	*0.00
ENT Sand, Chicken Patty	1 Each	340	45	540	7.00	2.52	200.0	0	0.0	3	27.0	35.0	10.5	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	340	45	580	5.00	2.88	200.0	0	0.0	4	27.0	35.0	11.5	2.00	0.00
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 Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	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
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 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 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
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Supper

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		863	77	1039	17.82	6.38	575.5	1353	36.29	*31	45.51	119.84	23.67	7.46	*0.00
% of Calories										*14.4%	21.1%	55.6%	24.7%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 06/04/2018															
Supper	Total														
ENT Fruit & Yogurt Plate Bagel	1 Each	337	30	551	2.00	0.72	522.7	405	0.0	20	16.11	47.02	9.61	5.57	0.00
VEG Carrots & Toms 1C	1 Cup	50	0	69	2.80	0.71	23.1	6222	21.19	*N/A*	1.64	11.38	0.27	0.04	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 Juice, Apple - Meadow Gold	Carton	60	0	0	0.00	0.00	0.0	0	3.6	13	0.0	14.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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		667	36	882	7.53	1.73	869.4	8164	67.19	*60	26.83	116.40	10.30	5.76	0.00
% of Calories										*35.8%	16.1%	69.8%	13.9%	7.8%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 06/05/2018															
Supper	Total														
ENT Wrap, Crispy Chicken	1 Each	468	67	715	5.37	3.04	173.8	242	4.61	*3	32.46	45.72	17.02	4.30	0.00
ENT Corn Dog, Chx, HS Supper	Serving (2)	480	80	780	10.00	3.60	160.0	0	0.0	10	18.0	60.0	16.0	5.00	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Cucumber Slices	1/2 Cup	11	0	2	0.38	0.21	12.1	79	2.12	1	0.49	2.74	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 Juice, Apple - Meadow Gold	Carton	60	0	0	0.00	0.00	0.0	0	3.6	13	0.0	14.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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 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
Weighted Daily Average		758	80	1091	10.89	3.97	492.9	*5949	25.46	*44	33.98	112.20	16.76	4.80	*0.00
% of Calories										*23.3%	17.9%	59.2%	19.9%	5.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Supper

Portion Values - Detailed

Page 12

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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 Average		767	67	1073	12.16	4.18	613.3	*4213	47.32	*44 *51.2%	36.77 19.2%	114.56 59.8%	17.58 20.6%	5.95 7.0%	*0.11 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	767		750 - 850	100%				
Cholesterol (mg)	67							
Sodium 1 (mg)	1073		1420					
Sodium 2 (mg)	1073		1080					
Fiber (g)	12.16							
Iron (mg)	4.18							
Calcium (mg)	613.3							
Vitamin A (IU)	4213				Missing			
Sugars (g)	44	22.75%			Missing			
Vitamin C (mg)	47.32							
Protein (g)	36.77	19.18%						
Carbohydrate (g)	114.56	59.78%						
Total Fat (g)	17.58	20.64%						
Saturated Fat (g)	5.95	6.98%	<10.00%					
Trans Fat ¹ (g)	0.11	0.13%			Missing			

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

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October 14, 2015