

Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Supper

Portion Values - Detailed

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Generated on: 9/11/2017 1:24:15 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/02/2017															
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 - 10/03/2017															
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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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)
Wed - 10/04/2017															
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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/05/2017															
Supper	Total														
ENT Salad, Taco, Supper	1 Each	606	81	848	11.60	6.11	215.5	975	21.9	*2	32.09	62.87	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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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		868	77	1075	17.82	6.38	575.5	1348	38.33	*32	45.51	120.66	23.67	7.46	*0.00
% of Calories										*14.7%	21.0%	55.6%	24.5%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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 - 10/11/2017															
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 - 10/12/2017															
Supper	Total														
ENT Salad, Taco, Supper	1 Each	606	81	848	11.60	6.11	215.5	975	21.9	*2	32.09	62.87	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

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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		868	77	1075	17.82	6.38	575.5	1348	38.33	*32	45.51	120.66	23.67	7.46	*0.00
% of Calories										*14.7%	21.0%	55.6%	24.5%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 10/16/2017															
	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
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 - 10/17/2017															
	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 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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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)
Wed - 10/18/2017															
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 - 10/19/2017															
Supper	Total														
ENT Salad, Taco, Supper	1 Each	606	81	848	11.60	6.11	215.5	975	21.9	*2	32.09	62.87	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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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		868	77	1075	17.82	6.38	575.5	1348	38.33	*32	45.51	120.66	23.67	7.46	*0.00
% of Calories										*14.7%	21.0%	55.6%	24.5%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 10/23/2017															
	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
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 - 10/24/2017															
	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 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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Supper

Portion Values - Detailed

Page 8

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/25/2017															
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 - 10/26/2017															
Supper	Total														
ENT Salad, Taco, Supper	1 Each	606	81	848	11.60	6.11	215.5	975	21.9	*2	32.09	62.87	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

Oct 1, 2017 thru Oct 31, 2017

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		868	77	1075	17.82	6.38	575.5	1348	38.33	*32	45.51	120.66	23.67	7.46	*0.00
% of Calories										*14.7%	21.0%	55.6%	24.5%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 10/30/2017															
	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
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 - 10/31/2017															
	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 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

Oct 1, 2017 thru Oct 31, 2017

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)
Weighted Average		763	66	1073	11.93	4.06	623.9	*4419	48.47	*45 *52.6%	36.26 19.0%	114.81 60.2%	17.23 20.3%	5.93 7.0%	*0.10 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	763		750 - 850	100%				
Cholesterol (mg)	66							
Sodium (mg)	1073		1420					
Fiber (g)	11.93							
Iron (mg)	4.06							
Calcium (mg)	623.9							
Vitamin A (IU)	4419				Missing			
Sugars (g)	45	23.36%			Missing			
Vitamin C (mg)	48.47							
Protein (g)	36.26	19.01%						
Carbohydrate (g)	114.81	60.19%						
Total Fat (g)	17.23	20.32%						
Saturated Fat (g)	5.93	6.99%	<10.00%					
Trans Fat ¹ (g)	0.10	0.12%			Missing			

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- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
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October 14, 2015