

# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/29/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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

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

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Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 2

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/30/2017															
Vending Machine, Breakfast															
	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 3

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/31/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 4

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/01/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
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Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

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Tue - 09/05/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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
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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
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
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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Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 6

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/06/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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

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

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 7

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/07/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 8

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/08/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 9

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/11/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 10

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/12/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 11

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/13/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 12

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/14/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 13

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/15/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 14

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/18/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 15

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/19/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 16

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/20/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 17

Generated on: 4/20/2017 9:25:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/21/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 18

Generated on: 4/20/2017 9:25:51 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/22/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/25/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 20

Generated on: 4/20/2017 9:25:51 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/26/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 21

Generated on: 4/20/2017 9:25:51 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/27/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 22

Generated on: 4/20/2017 9:25:51 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/28/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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

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

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# Laramie County School District 1

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 23

Generated on: 4/20/2017 9:25:51 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/29/2017															
Vending Machine, Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	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
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
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	3	52	0.00	0.00	300.0	0	1.2	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 UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
BRKF Muffin, Blueberry, BC	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, 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, 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
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
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		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
% of Calories										*34.9%	12.6%	66.4%	21.4%	5.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	
Weighted Average		541	14	443	6.73	1.79	368.1	*1723	59.33	*47	17.09	89.81	12.85	3.13	*0.00
										*78.6%	12.6%	66.4%	21.4%	5.2%	*0.0%

\*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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Vending Machine, Breakfast

Portion Values - Detailed

Page 24

Generated on: 4/20/2017 9:25:51 AM

Nutrient	Menu AVG	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 <sup>1</sup> (g)	Error Messages (if any)
Calories	541		450 - 600		100%												
Cholesterol (mg)	14																
Sodium (mg)	443		640														
Fiber (g)	6.73																
Iron (mg)	1.79																
Calcium (mg)	368.1																
Vitamin A (IU)	1723					Missing											
Sugars (g)	47	34.92%				Missing											
Vitamin C (mg)	59.33																
Protein (g)	17.09	12.63%															
Carbohydrate (g)	89.81	66.39%															
Total Fat (g)	12.85	21.37%															
Saturated Fat (g)	3.13	5.21%	<10.00%														
Trans Fat <sup>1</sup> (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

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

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

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**October 14, 2015**