

Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

Page 1

Generated on: 12/19/2017 12:32:01 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/01/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| VEG Cherry Tomato Bites 1/2 c. | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 471 | 14.44 | *N/A* | 0.64 | 3.51 | 0.25 | 0.03 | 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 |
| 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 |
| 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 |
| 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 | | 856 | 38 | 1002 | 12.51 | 4.70 | 717.8 | *2190 | 53.84 | *53 | 38.93 | 119.91 | 25.69 | 7.13 | *0.01 |
| % of Calories | | | | | | | | | | *25.0% | 18.2% | 56.1% | 27.0% | 7.5% | *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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/02/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 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 |
| 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 |
| 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 | | 672 | 28 | 961 | 7.82 | 2.24 | 672.0 | *6623 | 68.08 | *43 | 28.16 | 99.10 | 17.96 | 5.45 | *0.00 |
| % of Calories | | | | | | | | | | *25.5% | 16.8% | 59.0% | 24.0% | 7.3% | *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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Vending Machine, Lunch

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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 02/05/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 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 |
| 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 |
| 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 |
| 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 | | 776 | 38 | 1096 | 9.93 | 2.85 | 702.7 | *6758 | 41.19 | *52 | 29.38 | 117.37 | 21.10 | 6.59 | *0.00 |
| % of Calories | | | | | | | | | | *27.0% | 15.1% | 60.5% | 24.5% | 7.6% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/06/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 Cherry Tomato Bites 1/2 c. | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 471 | 14.44 | *N/A* | 0.64 | 3.51 | 0.25 | 0.03 | 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 |
| 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 |
| 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 | | 781 | 38 | 1051 | 9.72 | 3.06 | 680.6 | *6938 | 53.62 | *52 | 29.57 | 118.95 | 21.24 | 6.60 | *0.00 |
| % of Calories | | | | | | | | | | *26.4% | 15.1% | 60.9% | 24.5% | 7.6% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/07/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 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 |
| 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 |
| 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 |
| 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 | | 824 | 38 | 993 | 11.53 | 3.50 | 684.2 | *1949 | 45.58 | *55 | 32.46 | 127.36 | 21.66 | 6.61 | *0.00 |
| % of Calories | | | | | | | | | | *26.9% | 15.7% | 61.8% | 23.7% | 7.2% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

Page 6

Generated on: 12/19/2017 12:32:01 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/08/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| VEG Cherry Tomato Bites 1/2 c. | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 471 | 14.44 | *N/A* | 0.64 | 3.51 | 0.25 | 0.03 | 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 |
| 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 |
| 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 |
| 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 | | 856 | 38 | 1002 | 12.51 | 4.70 | 717.8 | *2190 | 53.84 | *53 | 38.93 | 119.91 | 25.69 | 7.13 | *0.01 |
| % of Calories | | | | | | | | | | *25.0% | 18.2% | 56.1% | 27.0% | 7.5% | *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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

Page 7

Generated on: 12/19/2017 12:32:01 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/09/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 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 |
| 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 |
| 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 | | 672 | 28 | 961 | 7.82 | 2.24 | 672.0 | *6623 | 68.08 | *43 | 28.16 | 99.10 | 17.96 | 5.45 | *0.00 |
| % of Calories | | | | | | | | | | *25.5% | 16.8% | 59.0% | 24.0% | 7.3% | *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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Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

Page 8

Generated on: 12/19/2017 12:32:02 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/13/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 Cherry Tomato Bites 1/2 c. | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 471 | 14.44 | *N/A* | 0.64 | 3.51 | 0.25 | 0.03 | 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 |
| 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 |
| 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 | | 781 | 38 | 1051 | 9.72 | 3.06 | 680.6 | *6938 | 53.62 | *52 | 29.57 | 118.95 | 21.24 | 6.60 | *0.00 |
| % of Calories | | | | | | | | | | *26.4% | 15.1% | 60.9% | 24.5% | 7.6% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

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 - 02/14/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 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 |
| 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 |
| 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 |
| 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 | | 824 | 38 | 993 | 11.53 | 3.50 | 684.2 | *1949 | 45.58 | *55 | 32.46 | 127.36 | 21.66 | 6.61 | *0.00 |
| % of Calories | | | | | | | | | | *26.9% | 15.7% | 61.8% | 23.7% | 7.2% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Base Menu Spreadsheet

Vending Machine, Lunch

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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/15/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| VEG Cherry Tomato Bites 1/2 c. | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 471 | 14.44 | *N/A* | 0.64 | 3.51 | 0.25 | 0.03 | 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 |
| 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 |
| 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 |
| 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 | | 856 | 38 | 1002 | 12.51 | 4.70 | 717.8 | *2190 | 53.84 | *53 | 38.93 | 119.91 | 25.69 | 7.13 | *0.01 |
| % of Calories | | | | | | | | | | *25.0% | 18.2% | 56.1% | 27.0% | 7.5% | *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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Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

Page 11

Generated on: 12/19/2017 12:32:02 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/16/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 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 |
| 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 |
| 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 | | 672 | 28 | 961 | 7.82 | 2.24 | 672.0 | *6623 | 68.08 | *43 | 28.16 | 99.10 | 17.96 | 5.45 | *0.00 |
| % of Calories | | | | | | | | | | *25.5% | 16.8% | 59.0% | 24.0% | 7.3% | *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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Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/20/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 Cherry Tomato Bites 1/2 c. | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 471 | 14.44 | *N/A* | 0.64 | 3.51 | 0.25 | 0.03 | 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 |
| 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 |
| 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 | | 781 | 38 | 1051 | 9.72 | 3.06 | 680.6 | *6938 | 53.62 | *52 | 29.57 | 118.95 | 21.24 | 6.60 | *0.00 |
| % of Calories | | | | | | | | | | *26.4% | 15.1% | 60.9% | 24.5% | 7.6% | *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.

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Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

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 - 02/21/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 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 |
| 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 |
| 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 |
| 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 | | 824 | 38 | 993 | 11.53 | 3.50 | 684.2 | *1949 | 45.58 | *55 | 32.46 | 127.36 | 21.66 | 6.61 | *0.00 |
| % of Calories | | | | | | | | | | *26.9% | 15.7% | 61.8% | 23.7% | 7.2% | *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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Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/22/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| VEG Cherry Tomato Bites 1/2 c. | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 471 | 14.44 | *N/A* | 0.64 | 3.51 | 0.25 | 0.03 | 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 |
| 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 |
| 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 |
| 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 | | 856 | 38 | 1002 | 12.51 | 4.70 | 717.8 | *2190 | 53.84 | *53 | 38.93 | 119.91 | 25.69 | 7.13 | *0.01 |
| % of Calories | | | | | | | | | | *25.0% | 18.2% | 56.1% | 27.0% | 7.5% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/23/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 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 |
| 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 |
| 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 | | 672 | 28 | 961 | 7.82 | 2.24 | 672.0 | *6623 | 68.08 | *43 | 28.16 | 99.10 | 17.96 | 5.45 | *0.00 |
| % of Calories | | | | | | | | | | *25.5% | 16.8% | 59.0% | 24.0% | 7.3% | *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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 02/26/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 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 |
| 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 |
| 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 |
| 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 | | 776 | 38 | 1096 | 9.93 | 2.85 | 702.7 | *6758 | 41.19 | *52 | 29.38 | 117.37 | 21.10 | 6.59 | *0.00 |
| % of Calories | | | | | | | | | | *27.0% | 15.1% | 60.5% | 24.5% | 7.6% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/27/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 Cherry Tomato Bites 1/2 c. | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 471 | 14.44 | *N/A* | 0.64 | 3.51 | 0.25 | 0.03 | 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 |
| 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 |
| 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 | | 781 | 38 | 1051 | 9.72 | 3.06 | 680.6 | *6938 | 53.62 | *52 | 29.57 | 118.95 | 21.24 | 6.60 | *0.00 |
| % of Calories | | | | | | | | | | *26.4% | 15.1% | 60.9% | 24.5% | 7.6% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

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 - 02/28/2018 | | | | | | | | | | | | | | | |
| Vending Machine, Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Deli Sub, Hoagie | Each | 244 | 42 | 662 | 2.00 | 0.83 | 115.0 | 150 | 3.99 | *5 | 18.57 | 30.33 | 5.97 | 2.24 | 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 |
| SNK Cheese, Mozzarella String | 1 Each | 81 | 15 | 192 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 1 | 7.09 | 1.01 | 5.06 | 3.04 | 0.00 |
| GRAIN Goldfish Crackers | Pack | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| BRKF Yog Parfait Grnla&Graham | 1 Each | 453 | 5 | 321 | 5.16 | 2.03 | 629.1 | 65 | 18.72 | 47 | 10.66 | 87.45 | 6.46 | 0.02 | *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 |
| 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 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 |
| 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 |
| 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 |
| 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 | | 824 | 38 | 993 | 11.53 | 3.50 | 684.2 | *1949 | 45.58 | *55 | 32.46 | 127.36 | 21.66 | 6.61 | *0.00 |
| % of Calories | | | | | | | | | | *26.9% | 15.7% | 61.8% | 23.7% | 7.2% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|------|-------|------|-------|-------|-------|--------|-------|--------|-------|------|-------|
| Weighted Average | | 783 | 36 | 1012 | 10.34 | 3.32 | 690.2 | *4684 | 53.71 | *51 | 31.96 | 116.45 | 21.58 | 6.46 | *0.00 |
| | | | | | | | | | | *58.7% | 16.3% | 59.5% | 24.8% | 7.4% | *0.0% |

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Laramie County School District 1

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

| Nutrient | Menu AVG | 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) | Error Messages (if any) |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | | | | | | | | | | |
| Calories | 783 | | 750 - 850 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 36 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1012 | | 1420 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1012 | | 1080 | | | | | | | | | | | | | | |
| Fiber (g) | 10.34 | | | | | | | | | | | | | | | | |
| Iron (mg) | 3.32 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 690.2 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 4684 | | | | Missing | | | | | | | | | | | | |
| Sugars (g) | 51 | 26.07% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 53.71 | | | | | | | | | | | | | | | | |
| Protein (g) | 31.96 | 16.33% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 116.45 | 59.52% | | | | | | | | | | | | | | | |
| Total Fat (g) | 21.58 | 24.82% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.46 | 7.43% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | | | | | | | | | | |

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

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USDA Nondiscrimination Statement

For all other FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.

This institution is an equal opportunity provider.

October 14, 2015