

Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 1

Generated on: 2/12/2018 3:04:01 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) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 04/09/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Muffin, Blueberry, BC | 1 each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 19 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| BRKF 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 |
| 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 | | 470 | 31 | 347 | 5.23 | 1.90 | 337.7 | *1148 | 39.51 | *47 | 12.99 | 83.90 | 8.82 | 2.12 | *0.00 |
| % of Calories | | | | | | | | | | *40.3% | 11.1% | 71.4% | 16.9% | 4.1% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/10/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Bagel, 16-17 | 1 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 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 |
| 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 | | 451 | 19 | 453 | 6.15 | 1.51 | 344.6 | *1695 | 55.88 | *41 | 15.16 | 85.11 | 6.19 | 3.00 | *0.00 |
| % of Calories | | | | | | | | | | *36.6% | 13.4% | 75.5% | 12.4% | 6.0% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Universal Breakfast

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/11/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Frudel, Ch/App | 1 each | 210 | 0 | 285 | 2.00 | 1.08 | 0.0 | 0 | 0.0 | 11 | 5.0 | 36.5 | 6.0 | 1.50 | 0.00 |
| BRKF 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 |
| 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 | | 491 | 8 | 422 | 6.53 | 1.86 | 332.6 | *1538 | 56.28 | *47 | 14.40 | 92.27 | 7.78 | 2.55 | *0.00 |
| % of Calories | | | | | | | | | | *38.1% | 11.7% | 75.2% | 14.3% | 4.7% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|---------|---------|----|-----|------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| Thu - 04/12/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Cinnamon Rolls, Mini, IW | 1 each | 240 | 0 | 270 | 2.00 | 1.44 | 40.0 | 0 | 0.0 | 15 | 5.0 | 39.0 | 7.0 | 1.50 | 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 |
| 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 | | 489 | 6 | 372 | 6.45 | 2.08 | 280.9 | *1389 | 59.00 | *47 | 12.42 | 91.55 | 8.09 | 2.36 | *0.00 |
| % of Calories | | | | | | | | | | *38.7% | 10.2% | 75.0% | 14.9% | 4.3% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

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

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

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Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 04/13/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Waffles, Mini, BB, IW | 1 EACH | 210 | 0 | 170 | 3.00 | 0.72 | 20.0 | 0 | 0.0 | 12 | 4.0 | 37.0 | 6.0 | 1.00 | 0.00 |
| BRKF 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 |
| 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 | | 486 | 7 | 348 | 6.95 | 1.52 | 339.4 | *1547 | 57.25 | *47 | 13.54 | 93.38 | 7.19 | 1.79 | *0.00 |
| % of Calories | | | | | | | | | | *38.9% | 11.1% | 76.8% | 13.3% | 3.3% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------------------|---------|---------|----|-----|------|------|-------|-------|-------|--------|-------|--------|-------|--------|-------|
| Mon - 04/16/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Muffin, Choc Chip, BC | 1 each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 22 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| BRKF 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 |
| 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 | | 540 | 37 | 367 | 6.34 | 2.35 | 359.6 | *1607 | 59.98 | *56 | 13.72 | 100.61 | 9.48 | 2.18 | *0.00 |
| % of Calories | | | | | | | | | | *41.8% | 10.2% | 74.6% | 15.8% | 3.6% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

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

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/17/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Bagel, Blueberry, 16-17 | 1 Ea | 140 | 0 | 220 | 2.00 | 1.44 | 40.0 | 0 | 0.0 | 5 | 5.0 | 29.0 | 1.0 | 0.00 | 0.00 |
| COND Cream Cheese | Packet | 46 | 15 | 96 | 0.00 | 0.00 | 20.2 | 202 | 0.0 | 1 | 2.03 | 1.01 | 4.05 | 2.53 | 0.00 |
| 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 |
| 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 | | 466 | 19 | 460 | 6.15 | 2.05 | 374.6 | *1695 | 55.88 | *43 | 15.91 | 87.36 | 6.57 | 3.00 | *0.00 |
| % of Calories | | | | | | | | | | *36.7% | 13.7% | 75.0% | 12.7% | 5.8% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/18/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Bagelful, Strawberry IW | 1 Ea | 180 | 5 | 160 | 2.99 | 1.80 | 20.0 | 100 | 2.4 | 6 | 5.99 | 31.94 | 2.99 | 1.50 | 0.00 |
| BRKF 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 |
| 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 | | 462 | 11 | 343 | 6.90 | 2.32 | 344.4 | *1618 | 57.68 | *43 | 15.14 | 88.80 | 5.03 | 2.23 | *0.00 |
| % of Calories | | | | | | | | | | *37.1% | 13.1% | 76.9% | 9.8% | 4.3% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

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|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/19/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| 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 |
| 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 | | 475 | 9 | 318 | 5.89 | 1.47 | 566.0 | *1473 | 53.22 | *53 | 15.01 | 91.80 | 5.39 | 1.10 | *0.00 |
| % of Calories | | | | | | | | | | *44.7% | 12.6% | 77.3% | 10.2% | 2.1% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 04/20/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Waffles, Mini Maple, IW | 1 EACH | 210 | 0 | 170 | 3.00 | 0.72 | 20.0 | 0 | 0.0 | 13 | 4.0 | 38.0 | 6.0 | 1.00 | 0.00 |
| BRKF 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 |
| 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 | | 483 | 7 | 349 | 6.91 | 1.51 | 341.4 | *1544 | 56.14 | *48 | 13.57 | 93.17 | 7.26 | 1.84 | *0.00 |
| % of Calories | | | | | | | | | | *39.7% | 11.2% | 77.1% | 13.5% | 3.4% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <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

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 04/23/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| 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 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 |
| 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 | | 525 | 33 | 375 | 6.34 | 2.08 | 359.6 | *1607 | 60.88 | *56 | 13.72 | 99.86 | 7.97 | 1.81 | *0.00 |
| % of Calories | | | | | | | | | | *42.4% | 10.5% | 76.1% | 13.7% | 3.1% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/24/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Bagel, 16-17 | 1 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 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 |
| 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 | | 451 | 19 | 453 | 6.15 | 1.51 | 344.6 | *1695 | 55.88 | *41 | 15.16 | 85.11 | 6.19 | 3.00 | *0.00 |
| % of Calories | | | | | | | | | | *36.6% | 13.4% | 75.5% | 12.4% | 6.0% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/25/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Frudel, Ch/App | 1 each | 210 | 0 | 285 | 2.00 | 1.08 | 0.0 | 0 | 0.0 | 11 | 5.0 | 36.5 | 6.0 | 1.50 | 0.00 |
| BRKF 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 |
| 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 | | 491 | 8 | 422 | 6.53 | 1.86 | 332.6 | *1538 | 56.28 | *47 | 14.40 | 92.27 | 7.78 | 2.55 | *0.00 |
| % of Calories | | | | | | | | | | *38.1% | 11.7% | 75.2% | 14.3% | 4.7% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/26/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Crescent Roll, Choc, IW | 1 each | 230 | 0 | 270 | 2.00 | 1.44 | 20.0 | 0 | 0.0 | 10 | 6.0 | 37.0 | 8.0 | 1.50 | 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 |
| 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 | | 482 | 6 | 372 | 6.45 | 2.08 | 267.9 | *1389 | 59.00 | *44 | 13.07 | 90.25 | 8.74 | 2.36 | *0.00 |
| % of Calories | | | | | | | | | | *36.5% | 10.8% | 74.9% | 16.3% | 4.4% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 04/27/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Waffles, Mini, BB, IW | 1 EACH | 210 | 0 | 170 | 3.00 | 0.72 | 20.0 | 0 | 0.0 | 12 | 4.0 | 37.0 | 6.0 | 1.00 | 0.00 |
| BRKF 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 |
| 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 | | 486 | 7 | 348 | 6.95 | 1.52 | 339.4 | *1547 | 57.25 | *47 | 13.54 | 93.38 | 7.19 | 1.79 | *0.00 |
| % of Calories | | | | | | | | | | *38.9% | 11.1% | 76.8% | 13.3% | 3.3% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------------------|---------|---------|----|-----|------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| Mon - 04/30/2018 | | | | | | | | | | | | | | | |
| Universal Breakfast | Total | | | | | | | | | | | | | | |
| BRKF Muffin, Apple Cinn, BC | 1 each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 20 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| BRKF 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 |
| 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 | | 477 | 37 | 386 | 5.23 | 1.90 | 350.7 | *1148 | 38.73 | *48 | 13.64 | 84.55 | 9.46 | 2.45 | *0.00 |
| % of Calories | | | | | | | | | | *40.3% | 11.4% | 71.0% | 17.9% | 4.6% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|------|-------|-------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average | | 483 | 17 | 384 | 6.32 | 1.85 | 351.0 | *1511 | 54.93 | *47 | 14.09 | 90.83 | 7.45 | 2.26 | *0.00 |
| | | | | | | | | | | *88.1% | 11.7% | 75.3% | 13.9% | 4.2% | *0.0% |

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Laramie County School District 1

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

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| 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 | 483 | | 400 - 500 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 17 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 384 | | 540 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 384 | | 485 | | | | | | | | | | | | | | |
| Fiber (g) | 6.32 | | | | | | | | | | | | | | | | |
| Iron (mg) | 1.85 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 351.0 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 1511 | | | | Missing | | | | | | | | | | | | |
| Sugars (g) | 47 | 39.15% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 54.93 | | | | | | | | | | | | | | | | |
| Protein (g) | 14.09 | 11.67% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 90.83 | 75.27% | | | | | | | | | | | | | | | |
| Total Fat (g) | 7.45 | 13.88% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 2.26 | 4.21% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | | | | | | | | | | |

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

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October 14, 2015