

# Laramie County School District 1

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 1

Generated on: 1/23/2018 8:13:39 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/01/2018															
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 <sup>1</sup> (g)
Fri - 03/02/2018															
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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Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 2

Generated on: 1/23/2018 8:13:39 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/05/2018															
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 <sup>1</sup> (g)
Tue - 03/06/2018															
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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Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 3

Generated on: 1/23/2018 8:13:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/07/2018															
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 <sup>1</sup> (g)
Thu - 03/08/2018															
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	

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Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 4

Generated on: 1/23/2018 8:13:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/09/2018															
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		501	7	423	6.20	2.06	339.4	*1547	57.25	*46	15.04	93.38	8.69	2.17	*0.00
% of Calories										*36.6%	12.0%	74.5%	15.6%	3.9%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Mon - 03/12/2018															
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		523	36	343	6.34	2.35	318.9	*1540	59.82	*54	12.63	97.90	9.48	2.18	*0.00
% of Calories										*41.2%	9.7%	74.8%	16.3%	3.8%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

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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 <sup>1</sup> (g)
Tue - 03/13/2018															
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 <sup>1</sup> (g)
Wed - 03/14/2018															
Universal Breakfast	Total														
BRKF Bread, Banana, IW	1 EACH	280	0	220	2.00	1.08	80.0	5000	0.0	25	5.0	44.0	10.0	2.00	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		537	7	388	6.15	1.78	389.4	*5292	55.88	*57	14.39	97.84	10.28	2.60	*0.00
% of Calories										*42.5%	10.7%	72.9%	17.2%	4.4%	*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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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 6

Generated on: 1/23/2018 8:13:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/15/2018															
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	

Mon - 03/19/2018															
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	

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# Laramie County School District 1

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 7

Generated on: 1/23/2018 8:13:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/20/2018															
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	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/21/2018															
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	

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# Laramie County School District 1

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 8

Generated on: 1/23/2018 8:13:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/22/2018															
Universal Breakfast	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF 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		521	19	353	7.10	2.31	267.9	*1389	59.00	*52	12.42	96.75	9.39	3.33	*0.00
% of Calories										*39.8%	9.5%	74.3%	16.2%	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 <sup>1</sup> (g)
Fri - 03/23/2018															
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	

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# Laramie County School District 1

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 9

Generated on: 1/23/2018 8:13:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/26/2018															
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 <sup>1</sup> (g)
Tue - 03/27/2018															
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	

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# Laramie County School District 1

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 10

Generated on: 1/23/2018 8:13:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/28/2018															
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		443	11	345	6.21	2.17	339.4	*1287	45.97	*42	14.75	82.48	5.48	2.38	*0.00
% of Calories										*37.7%	13.3%	74.5%	11.1%	4.8%	*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 <sup>1</sup> (g)
Thu - 03/29/2018															
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	

\*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

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 11

Generated on: 1/23/2018 8:13:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/30/2018															
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	

Weighted Average		485	16	381	6.26	1.83	371.8	*1679	54.35	*48	14.22	91.08	7.46	2.25	*0.00
										*89.5%	11.7%	75.2%	13.8%	4.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	485		400 - 500	100%				
Cholesterol (mg)	16							
Sodium 1 (mg)	381		540					
Sodium 2 (mg)	381		485					
Fiber (g)	6.26							
Iron (mg)	1.83							
Calcium (mg)	371.8							
Vitamin A (IU)	1679				Missing			
Sugars (g)	48	39.79%			Missing			
Vitamin C (mg)	54.35							
Protein (g)	14.22	11.74%						
Carbohydrate (g)	91.08	75.16%						
Total Fat (g)	7.46	13.85%						
Saturated Fat (g)	2.25	4.18%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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

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

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

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**October 14, 2015**