

Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

Portion Values - Detailed

Page 1

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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)
Thu - 06/13/2019															
Summer Food Brkfst	Total														
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1593	40	1608	20.81	10.04	1816.2	3568	87.28	*143	51.83	288.50	28.08	8.50	0.00
% of Calories										*36.0%	13.0%	72.5%	15.9%	4.8%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 06/14/2019															
Summer Food Brkfst	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, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00

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

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

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		1623	40	1608	20.81	10.40	1856.2	3568	87.28	*147	51.83	291.00	29.08	8.75	0.00
% of Calories										*36.3%	12.8%	71.7%	16.1%	4.9%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Mon - 06/17/2019															
Summer Food Brkfst	Total														
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1692	60	1737	19.81	10.03	1836.2	3613	87.28	*161	52.82	299.74	33.06	10.25	0.00
% of Calories										*38.1%	12.5%	70.9%	17.6%	5.5%	0.0%
Nutrient Guideline		350-500		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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Laramie County School District 1

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Base Menu Spreadsheet

Summer Food Brkfst

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)
Tue - 06/18/2019															
Summer Food Brkfst	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, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1663	40	1558	20.81	10.04	1896.2	8568	87.28	*157	51.83	296.00	32.08	9.25	0.00
% of Calories										*37.8%	12.5%	71.2%	17.4%	5.0%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 06/19/2019															
Summer Food Brkfst	Total														
BRKF Waffle, 2 Each	Serving of	130	5	360	3.00	1.08	40.0	0	0.0	4	4.0	23.0	3.5	0.50	0.00
BRKF Sausage Patty, Pork	1 Each	121	27	173	0.00	0.00	13.0	56	0.0	0	6.0	1.0	11.0	3.80	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	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	12	8.0	13.0	0.0	0.00	0.00

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Base Menu Spreadsheet

Summer Food Brkfst

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		1743	72	1891	21.81	10.04	1869.2	3624	87.28	*158	56.83	304.77	36.58	11.55	0.00
% of Calories										*36.3%	13.0%	69.9%	18.9%	6.0%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 06/20/2019															
Summer Food Brkfst	Total														
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1593	40	1608	20.81	10.04	1816.2	3568	87.28	*143	51.83	288.50	28.08	8.50	0.00
% of Calories										*36.0%	13.0%	72.5%	15.9%	4.8%	0.0%
Nutrient Guideline		350-500		540										<10.00	

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Summer Food Brkfst

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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 - 06/21/2019															
Summer Food Brkfst	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, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1623	40	1608	20.81	10.40	1856.2	3568	87.28	*147	51.83	291.00	29.08	8.75	0.00
% of Calories										*36.3%	12.8%	71.7%	16.1%	4.9%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Mon - 06/24/2019															
Summer Food Brkfst	Total														
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		1692	60	1737	19.81	10.03	1836.2	3613	87.28	*161	52.82	299.74	33.06	10.25	0.00
% of Calories										*38.1%	12.5%	70.9%	17.6%	5.5%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 06/25/2019															
Summer Food Brkfst	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, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1663	40	1558	20.81	10.04	1896.2	8568	87.28	*157	51.83	296.00	32.08	9.25	0.00
% of Calories										*37.8%	12.5%	71.2%	17.4%	5.0%	0.0%
Nutrient Guideline		350-500		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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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

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 - 06/26/2019															
Summer Food Brkfst	Total														
BRKF Waffle, 2 Each	Serving of	130	5	360	3.00	1.08	40.0	0	0.0	4	4.0	23.0	3.5	0.50	0.00
BRKF Sausage Patty, Pork	1 Each	121	27	173	0.00	0.00	13.0	56	0.0	0	6.0	1.0	11.0	3.80	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1743	72	1891	21.81	10.04	1869.2	3624	87.28	*158	56.83	304.77	36.58	11.55	0.00
% of Calories										*36.3%	13.0%	69.9%	18.9%	6.0%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 06/27/2019															
Summer Food Brkfst	Total														
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		1593	40	1608	20.81	10.04	1816.2	3568	87.28	*143	51.83	288.50	28.08	8.50	0.00
% of Calories										*36.0%	13.0%	72.5%	15.9%	4.8%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 06/28/2019															
Summer Food Brkfst	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, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1623	40	1608	20.81	10.40	1856.2	3568	87.28	*147	51.83	291.00	29.08	8.75	0.00
% of Calories										*36.3%	12.8%	71.7%	16.1%	4.9%	0.0%
Nutrient Guideline		350-500		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

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/01/2019															
Summer Food Brkfst	Total														
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1692	60	1737	19.81	10.03	1836.2	3613	87.28	*161	52.82	299.74	33.06	10.25	0.00
% of Calories										*38.1%	12.5%	70.9%	17.6%	5.5%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 07/02/2019															
Summer Food Brkfst	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, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00

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

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		1663	40	1558	20.81	10.04	1896.2	8568	87.28	*157	51.83	296.00	32.08	9.25	0.00
% of Calories										*37.8%	12.5%	71.2%	17.4%	5.0%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 07/03/2019															
Summer Food Brkfst	Total														
BRKF Waffle, 2 Each	Serving of	130	5	360	3.00	1.08	40.0	0	0.0	4	4.0	23.0	3.5	0.50	0.00
BRKF Sausage Patty, Pork	1 Each	121	27	173	0.00	0.00	13.0	56	0.0	0	6.0	1.0	11.0	3.80	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1743	72	1891	21.81	10.04	1869.2	3624	87.28	*158	56.83	304.77	36.58	11.55	0.00
% of Calories										*36.3%	13.0%	69.9%	18.9%	6.0%	0.0%
Nutrient Guideline		350-500		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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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

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 - 07/08/2019															
Summer Food Brkfst	Total														
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1692	60	1737	19.81	10.03	1836.2	3613	87.28	*161	52.82	299.74	33.06	10.25	0.00
% of Calories										*38.1%	12.5%	70.9%	17.6%	5.5%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 07/09/2019															
Summer Food Brkfst	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, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		1663	40	1558	20.81	10.04	1896.2	8568	87.28	*157	51.83	296.00	32.08	9.25	0.00
% of Calories										*37.8%	12.5%	71.2%	17.4%	5.0%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 07/10/2019															
Summer Food Brkfst	Total														
BRKF Waffle, 2 Each	Serving of	130	5	360	3.00	1.08	40.0	0	0.0	4	4.0	23.0	3.5	0.50	0.00
BRKF Sausage Patty, Pork	1 Each	121	27	173	0.00	0.00	13.0	56	0.0	0	6.0	1.0	11.0	3.80	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1743	72	1891	21.81	10.04	1869.2	3624	87.28	*158	56.83	304.77	36.58	11.55	0.00
% of Calories										*36.3%	13.0%	69.9%	18.9%	6.0%	0.0%
Nutrient Guideline		350-500		540										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

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)
Thu - 07/11/2019															
Summer Food Brkfst	Total														
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1593	40	1608	20.81	10.04	1816.2	3568	87.28	*143	51.83	288.50	28.08	8.50	0.00
% of Calories										*36.0%	13.0%	72.5%	15.9%	4.8%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 07/12/2019															
Summer Food Brkfst	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, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		1623	40	1608	20.81	10.40	1856.2	3568	87.28	*147	51.83	291.00	29.08	8.75	0.00
% of Calories										*36.3%	12.8%	71.7%	16.1%	4.9%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Mon - 07/15/2019															
Summer Food Brkfst	Total														
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1692	60	1737	19.81	10.03	1836.2	3613	87.28	*161	52.82	299.74	33.06	10.25	0.00
% of Calories										*38.1%	12.5%	70.9%	17.6%	5.5%	0.0%
Nutrient Guideline		350-500		540										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

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 - 07/16/2019															
Summer Food Brkfst	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, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	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 YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	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	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	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	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1663	40	1558	20.81	10.04	1896.2	8568	87.28	*157	51.83	296.00	32.08	9.25	0.00
% of Calories										*37.8%	12.5%	71.2%	17.4%	5.0%	0.0%
Nutrient Guideline		350-500		540										<10.00	
Weighted Average		1664	51	1677	20.76	10.10	1855.9	4725	87.28	*154	52.97	296.17	31.84	9.67	0.00
										*83.2%	12.7%	71.2%	17.2%	5.2%	0.0%

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Food Brkfst

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	1664		350 - 500		333%				1164								Correction Required - Calories too High
Cholesterol (mg)	51																
Sodium 1 (mg)	1677			540					1137								Correction Required - Sodium too High
Sodium 2 (mg)	1677			485					1192								Correction Required - Sodium too High
Fiber (g)	20.76																
Iron (mg)	10.10																
Calcium (mg)	1855.9																
Vitamin A (IU)	4725																
Sugars (g)	154	36.98%				Missing											
Vitamin C (mg)	87.28																
Protein (g)	52.97	12.73%															
Carbohydrate (g)	296.17	71.20%															
Total Fat (g)	31.84	17.22%															
Saturated Fat (g)	9.67	5.23%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%															

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October 14, 2015