

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 1

Generated on: 5/3/2019 8:21:19 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 ¹ (g)
Thu - 06/13/2019															
Universal Breakfast	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, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	19	4.0	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	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
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		1006	25	917	11.68	3.54	960.6	2797	81.76	*105	34.93	175.17	16.75	5.79	0.00
% of Calories										*41.7%	13.9%	69.6%	15.0%	5.2%	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 - 06/14/2019															
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 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
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		922	35	1018	7.68	2.71	988.3	2985	81.75	*94	36.96	161.70	13.80	5.07	0.00
% of Calories										*40.8%	16.0%	70.2%	13.5%	4.9%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 2

Generated on: 5/3/2019 8:21:19 AM

	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 - 06/17/2019															
Universal Breakfast	Total														
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 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		892	35	873	7.68	1.99	1568.3	3015	81.75	*99	37.96	161.70	10.30	3.57	0.00
% of Calories										*44.4%	17.0%	72.5%	10.4%	3.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 06/18/2019															
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	19	4.0	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	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
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		1076	25	867	11.68	3.54	1040.6	7797	81.76	*119	34.93	182.67	20.75	6.54	0.00
% of Calories										*44.2%	13.0%	67.9%	17.4%	5.5%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 3

Generated on: 5/3/2019 8:21:20 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 ¹ (g)
Wed - 06/19/2019															
Universal Breakfast	Total														
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 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
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		972	55	988	8.68	3.07	968.3	2985	81.75	*101	36.96	169.70	15.80	6.57	0.00
% of Calories										*41.6%	15.2%	69.9%	14.6%	6.1%	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)
Thu - 06/20/2019															
Universal Breakfast	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, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	19	4.0	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	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
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		1006	25	917	11.68	3.54	960.6	2797	81.76	*105	34.93	175.17	16.75	5.79	0.00
% of Calories										*41.7%	13.9%	69.6%	15.0%	5.2%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 4

Generated on: 5/3/2019 8:21:20 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 ¹ (g)
Fri - 06/21/2019															
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 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
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		922	35	1018	7.68	2.71	988.3	2985	81.75	*94	36.96	161.70	13.80	5.07	0.00
% of Calories										*40.8%	16.0%	70.2%	13.5%	4.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Mon - 06/24/2019															
Universal Breakfast	Total														
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 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		892	35	873	7.68	1.99	1568.3	3015	81.75	*99	37.96	161.70	10.30	3.57	0.00
% of Calories										*44.4%	17.0%	72.5%	10.4%	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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 5

Generated on: 5/3/2019 8:21:20 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 ¹ (g)
Tue - 06/25/2019															
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	19	4.0	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	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
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		1076	25	867	11.68	3.54	1040.6	7797	81.76	*119	34.93	182.67	20.75	6.54	0.00
% of Calories										*44.2%	13.0%	67.9%	17.4%	5.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 06/26/2019															
Universal Breakfast	Total														
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 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
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		972	55	988	8.68	3.07	968.3	2985	81.75	*101	36.96	169.70	15.80	6.57	0.00
% of Calories										*41.6%	15.2%	69.9%	14.6%	6.1%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 6

Generated on: 5/3/2019 8:21:20 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 ¹ (g)
Thu - 06/27/2019															
Universal Breakfast	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, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	19	4.0	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	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
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		1006	25	917	11.68	3.54	960.6	2797	81.76	*105	34.93	175.17	16.75	5.79	0.00
% of Calories										*41.7%	13.9%	69.6%	15.0%	5.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 06/28/2019															
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 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
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		922	35	1018	7.68	2.71	988.3	2985	81.75	*94	36.96	161.70	13.80	5.07	0.00
% of Calories										*40.8%	16.0%	70.2%	13.5%	4.9%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 7

Generated on: 5/3/2019 8:21:20 AM

	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															
Universal Breakfast	Total														
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 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		892	35	873	7.68	1.99	1568.3	3015	81.75	*99	37.96	161.70	10.30	3.57	0.00
% of Calories										*44.4%	17.0%	72.5%	10.4%	3.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

	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)
Tue - 07/02/2019															
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	19	4.0	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	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
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		1076	25	867	11.68	3.54	1040.6	7797	81.76	*119	34.93	182.67	20.75	6.54	0.00
% of Calories										*44.2%	13.0%	67.9%	17.4%	5.5%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 8

Generated on: 5/3/2019 8:21:20 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 ¹ (g)
Wed - 07/03/2019															
Universal Breakfast	Total														
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 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
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		972	55	988	8.68	3.07	968.3	2985	81.75	*101	36.96	169.70	15.80	6.57	0.00
% of Calories										*41.6%	15.2%	69.9%	14.6%	6.1%	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)
Mon - 07/08/2019															
Universal Breakfast	Total														
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 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		892	35	873	7.68	1.99	1568.3	3015	81.75	*99	37.96	161.70	10.30	3.57	0.00
% of Calories										*44.4%	17.0%	72.5%	10.4%	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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 9

Generated on: 5/3/2019 8:21:20 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 ¹ (g)
Tue - 07/09/2019															
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	19	4.0	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	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
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		1076	25	867	11.68	3.54	1040.6	7797	81.76	*119	34.93	182.67	20.75	6.54	0.00
% of Calories										*44.2%	13.0%	67.9%	17.4%	5.5%	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 - 07/10/2019															
Universal Breakfast	Total														
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 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
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		972	55	988	8.68	3.07	968.3	2985	81.75	*101	36.96	169.70	15.80	6.57	0.00
% of Calories										*41.6%	15.2%	69.9%	14.6%	6.1%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 10

Generated on: 5/3/2019 8:21:20 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 ¹ (g)
Thu - 07/11/2019															
Universal Breakfast	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, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	19	4.0	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	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
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		1006	25	917	11.68	3.54	960.6	2797	81.76	*105	34.93	175.17	16.75	5.79	0.00
% of Calories										*41.7%	13.9%	69.6%	15.0%	5.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 07/12/2019															
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 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
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		922	35	1018	7.68	2.71	988.3	2985	81.75	*94	36.96	161.70	13.80	5.07	0.00
% of Calories										*40.8%	16.0%	70.2%	13.5%	4.9%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 11

Generated on: 5/3/2019 8:21:20 AM

	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 - 07/15/2019															
Universal Breakfast	Total														
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 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		892	35	873	7.68	1.99	1568.3	3015	81.75	*99	37.96	161.70	10.30	3.57	0.00
% of Calories										*44.4%	17.0%	72.5%	10.4%	3.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 07/16/2019															
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	19	4.0	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	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
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		1076	25	867	11.68	3.54	1040.6	7797	81.76	*119	34.93	182.67	20.75	6.54	0.00
% of Calories										*44.2%	13.0%	67.9%	17.4%	5.5%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 12

Generated on: 5/3/2019 8:21:20 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 ¹ (g)
Wed - 07/17/2019															
Universal Breakfast	Total														
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 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
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		972	55	988	8.68	3.07	968.3	2985	81.75	*101	36.96	169.70	15.80	6.57	0.00
% of Calories										*41.6%	15.2%	69.9%	14.6%	6.1%	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)
Thu - 07/18/2019															
Universal Breakfast	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, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	19	4.0	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	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
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		1006	25	917	11.68	3.54	960.6	2797	81.76	*105	34.93	175.17	16.75	5.79	0.00
% of Calories										*41.7%	13.9%	69.6%	15.0%	5.2%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Laramie County School District 1

Jun 13, 2019 thru Jul 19, 2019

Base Menu Spreadsheet

Universal Breakfast

Portion Values - Detailed

Page 13

Generated on: 5/3/2019 8:21:20 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 ¹ (g)
Fri - 07/19/2019															
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 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
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		922	35	1018	7.68	2.71	988.3	2985	81.75	*94	36.96	161.70	13.80	5.07	0.00
% of Calories										*40.8%	16.0%	70.2%	13.5%	4.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		974	35	933	9.48	2.97	1105.2	3916	81.76	*104	36.35	170.19	15.48	5.51	0.00
										*95.7%	14.9%	69.9%	14.3%	5.1%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	974		400 - 500	195%			474	Correction Required - Calories too High
Cholesterol (mg)	35							
Sodium 1 (mg)	933		540				393	Correction Required - Sodium too High
Sodium 2 (mg)	933		485				448	Correction Required - Sodium too High
Fiber (g)	9.48							
Iron (mg)	2.97							
Calcium (mg)	1105.2							
Vitamin A (IU)	3916							
Sugars (g)	104	42.54%			Missing			
Vitamin C (mg)	81.76							
Protein (g)	36.35	14.93%						
Carbohydrate (g)	170.19	69.93%						
Total Fat (g)	15.48	14.31%						
Saturated Fat (g)	5.51	5.09%	<10.00%					
Trans Fat ¹ (g)	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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

USDA Nondiscrimination Statement

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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

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

This institution is an equal opportunity provider.

October 14, 2015