

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 1

Generated on: 11/30/2018 2:13:51 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/02/2019															
Afterschool Snacks	Total														
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
Raisins, Seedless	1/4 Cup	109	0	4	1.45	0.75	17.8	3	1.2	*N/A*	1.17	28.71	0.17	0.05	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
Weighted Daily Average		420	35	517	1.45	0.75	820.3	1205	4.80	*31	23.24	63.74	8.74	5.60	0.00
% of Calories										*29.5%	22.1%	60.7%	18.7%	12.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 01/03/2019															
Afterschool Snacks	Total														
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	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
Weighted Daily Average		370	15	425	3.00	1.08	700.0	1000	3.60	40	18.00	57.00	6.50	2.50	0.00
% of Calories										43.2%	19.5%	61.6%	15.8%	6.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 01/04/2019															
Afterschool Snacks	Total														
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
SNK Carrots, Baby 1/4C	1/4 CUP	15	0	27	0.83	0.15	8.3	2501	2.5	*N/A*	0.42	3.34	0.0	0.00	0.00
FRT Juice, Apple - Meadow Gold	Carton	60	0	5	0.00	0.00	0.0	0	3.6	14	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average		156	20	235	0.83	0.15	210.8	2704	6.10	*15	6.49	19.36	6.08	4.05	0.00
% of Calories										*38.6%	16.7%	49.8%	35.1%	23.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 01/07/2019															
Afterschool Snacks	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
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
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

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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 2

Generated on: 11/30/2018 2:13:51 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		396	30	601	2.00	0.72	620.2	1202	3.60	34	22.02	61.02	6.54	3.52	0.00
% of Calories										34.4%	22.3%	61.7%	14.9%	8.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 01/08/2019															
Afterschool Snacks	Total														
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	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
Weighted Daily Average		325	15	312	4.37	0.22	610.9	1098	11.97	*30	16.47	58.13	2.81	1.55	0.00
% of Calories										*37.0%	20.3%	71.6%	7.8%	4.3%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 01/09/2019															
Afterschool Snacks	Total														
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
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
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	49	20.00	77.00	10.50	4.50	0.00
% of Calories										38.4%	15.7%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 01/10/2019															
Afterschool Snacks	Total														
SNK Goldfish, Giant Graham	Pack	118	0	132	0.98	0.00	0.0	196	1.18	6	1.96	18.65	3.93	0.98	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
Weighted Daily Average		348	15	442	0.98	0.00	600.0	1196	4.78	36	17.96	51.64	6.42	2.48	0.00
% of Calories										41.3%	20.7%	59.4%	16.6%	6.4%	0.0%
Nutrient Guideline		550-650		1230										<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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 3

Generated on: 11/30/2018 2:13:51 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/11/2019															
Afterschool Snacks	Total														
BRKF Cereal, Cheerios	1 each	105	0	139	2.63	9.29	112.3	924	6.05	1	3.39	20.5	1.88	0.42	0.01
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
Weighted Daily Average		335	15	449	2.63	9.29	712.3	1924	9.65	31	19.38	53.50	4.38	1.92	0.01
% of Calories										37.2%	23.1%	63.8%	11.8%	5.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 01/14/2019															
Afterschool Snacks	Total														
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
Raisins, Seedless	1/4 Cup	109	0	4	1.45	0.75	17.8	3	1.2	*N/A*	1.17	28.71	0.17	0.05	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
Weighted Daily Average		420	35	517	1.45	0.75	820.3	1205	4.80	*31	23.24	63.74	8.74	5.60	0.00
% of Calories										*29.5%	22.1%	60.7%	18.7%	12.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 01/15/2019															
Afterschool Snacks	Total														
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	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
Weighted Daily Average		370	15	425	3.00	1.08	700.0	1000	3.60	40	18.00	57.00	6.50	2.50	0.00
% of Calories										43.2%	19.5%	61.6%	15.8%	6.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 01/16/2019															
Afterschool Snacks	Total														
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
SNK Carrots, Baby 1/4C	1/4 CUP	15	0	27	0.83	0.15	8.3	2501	2.5	*N/A*	0.42	3.34	0.0	0.00	0.00
FRT Juice, Apple - Meadow Gold	Carton	60	0	5	0.00	0.00	0.0	0	3.6	14	0.0	14.0	0.0	0.00	0.00

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 4

Generated on: 11/30/2018 2:13:51 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		156	20	235	0.83	0.15	210.8	2704	6.10	*15	6.49	19.36	6.08	4.05	0.00
% of Calories										*38.6%	16.7%	49.8%	35.1%	23.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 01/17/2019															
Afterschool Snacks	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
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
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
Weighted Daily Average		396	30	601	2.00	0.72	620.2	1202	3.60	34	22.02	61.02	6.54	3.52	0.00
% of Calories										34.4%	22.3%	61.7%	14.9%	8.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 01/18/2019															
Afterschool Snacks	Total														
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	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
Weighted Daily Average		325	15	312	4.37	0.22	610.9	1098	11.97	*30	16.47	58.13	2.81	1.55	0.00
% of Calories										*37.0%	20.3%	71.6%	7.8%	4.3%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 01/22/2019															
Afterschool Snacks	Total														
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
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
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	49	20.00	77.00	10.50	4.50	0.00
% of Calories										38.4%	15.7%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		550-650		1230										<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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 5

Generated on: 11/30/2018 2:13:51 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/23/2019															
Afterschool Snacks	Total														
SNK Goldfish, Giant Graham	Pack	118	0	132	0.98	0.00	0.0	196	1.18	6	1.96	18.65	3.93	0.98	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
Weighted Daily Average		348	15	442	0.98	0.00	600.0	1196	4.78	36	17.96	51.64	6.42	2.48	0.00
% of Calories										41.3%	20.7%	59.4%	16.6%	6.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 01/24/2019															
Afterschool Snacks	Total														
BRKF Cereal, Cheerios	1 each	105	0	139	2.63	9.29	112.3	924	6.05	1	3.39	20.5	1.88	0.42	0.01
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
Weighted Daily Average		335	15	449	2.63	9.29	712.3	1924	9.65	31	19.38	53.50	4.38	1.92	0.01
% of Calories										37.2%	23.1%	63.8%	11.8%	5.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 01/25/2019															
Afterschool Snacks	Total														
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
Raisins, Seedless	1/4 Cup	109	0	4	1.45	0.75	17.8	3	1.2	*N/A*	1.17	28.71	0.17	0.05	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
Weighted Daily Average		420	35	517	1.45	0.75	820.3	1205	4.80	*31	23.24	63.74	8.74	5.60	0.00
% of Calories										*29.5%	22.1%	60.7%	18.7%	12.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 01/28/2019															
Afterschool Snacks	Total														
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	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

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Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 6

Generated on: 11/30/2018 2:13:51 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		370	15	425	3.00	1.08	700.0	1000	3.60	40	18.00	57.00	6.50	2.50	0.00
% of Calories										43.2%	19.5%	61.6%	15.8%	6.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 01/29/2019															
Afterschool Snacks	Total														
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
SNK Carrots, Baby 1/4C	1/4 CUP	15	0	27	0.83	0.15	8.3	2501	2.5	*N/A*	0.42	3.34	0.0	0.00	0.00
FRT Juice, Apple - Meadow Gold	Carton	60	0	5	0.00	0.00	0.0	0	3.6	14	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average		156	20	235	0.83	0.15	210.8	2704	6.10	*15	6.49	19.36	6.08	4.05	0.00
% of Calories										*38.6%	16.7%	49.8%	35.1%	23.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 01/30/2019															
Afterschool Snacks	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
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
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
Weighted Daily Average		396	30	601	2.00	0.72	620.2	1202	3.60	34	22.02	61.02	6.54	3.52	0.00
% of Calories										34.4%	22.3%	61.7%	14.9%	8.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 01/31/2019															
Afterschool Snacks	Total														
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	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
Weighted Daily Average		325	15	312	4.37	0.22	610.9	1098	11.97	*30	16.47	58.13	2.81	1.55	0.00
% of Calories										*37.0%	20.3%	71.6%	7.8%	4.3%	0.0%
Nutrient Guideline		550-650		1230										<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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Afterschool Snacks

Portion Values - Detailed

Page 7

Generated on: 11/30/2018 2:13:51 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		352	21	431	2.58	1.48	608.4	1424	6.01	*32 *83.2%	17.78 20.2%	54.38 61.9%	6.41 16.4%	3.31 8.5%	0.00 0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	352		550 - 650	64%		198		Correction Required - Calories are Low
Cholesterol (mg)	21							
Sodium 1 (mg)	431		1230					
Sodium 2 (mg)	431		935					
Fiber (g)	2.58							
Iron (mg)	1.48							
Calcium (mg)	608.4							
Vitamin A (IU)	1424							
Sugars (g)	32	36.97%			Missing			
Vitamin C (mg)	6.01							
Protein (g)	17.78	20.23%						
Carbohydrate (g)	54.38	61.87%						
Total Fat (g)	6.41	16.41%						
Saturated Fat (g)	3.31	8.47%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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

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October 14, 2015