

Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Elem Lunch

Portion Values - Detailed

Page 1

Generated on: 9/24/2019 6:52:01 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 - 11/04/2019															
Elem Lunch	Total														
ENT Sand, Smoked Turkey	1 Each	300	53	494	3.00	2.78	166.9	53	1.92	*9	24.04	35.16	6.26	1.06	0.00
ENT Bean & ChsBurrito, 19-20	1 Each	402	6	947	10.82	4.45	263.3	102	1.55	*0	15.88	64.64	7.68	3.07	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Corn, steamed 1/2C offer 2	1/2 Cup	92	0	0	0.92	0.33	0.0	92	5.5	5	2.75	19.24	0.92	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
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND BBQ, Packets 1 oz.	1 Each	45	0	210	0.00	0.36	20.0	100	1.2	9	0.0	10.0	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		584	52	946	6.99	3.67	479.8	1400	40.36	*41	31.75	92.48	8.65	1.88	0.00
% of Calories										*28.3%	21.7%	63.3%	13.3%	2.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 11/05/2019															
Elem Lunch	Total														
BRKF Pancake, IW Maple WG	Package	220	0	130	3.00	0.72	40.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
BRKF French Toast Sticks 17-18	3 Each	270	10	290	2.00	1.08	60.0	0	0.0	11	7.0	43.0	8.0	1.00	0.00
BRKF Sausage Patty, Pork (2)	2 Each	242	54	346	0.00	0.00	26.0	112	0.0	0	12.0	2.0	22.0	7.60	0.00
VEG Hash Brown Patty	1 Each	121	0	273	1.01	0.00	0.0	0	1.22	0	1.01	15.19	6.08	1.01	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	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
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 Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Elem Lunch

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		848	64	990	5.97	1.35	318.9	3092	36.96	*54	25.02	115.27	34.06	9.30	0.00
% of Calories										*25.5%	11.8%	54.4%	36.2%	9.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 11/06/2019															
Elem Lunch															
	Total														
ENT Nachos, Super Elem,NEW BF	1/3 Cup	328	54	646	1.29	0.91	239.6	569	0.0	*1	14.11	20.34	21.74	11.38	0.19
ENT Munchable w/ Goldfish	1 EACH	258	52	631	1.00	0.97	222.5	202	0.0	1	19.98	16.03	13.23	5.25	0.00
GRAIN Graham Crackers	Package	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Beans, Refried Beans	1/2 Cup	178	3	483	9.82	2.11	76.9	63	1.55	*0	9.96	28.51	2.0	0.91	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Diced	1/4 Cup	13	0	5	0.66	0.27	3.0	372	11.4	*N/A*	0.51	2.77	0.2	0.03	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
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	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		567	60	1031	7.07	2.13	547.8	1718	31.92	*27	27.16	66.78	21.43	10.70	0.16
% of Calories										*19.3%	19.2%	47.1%	34.0%	17.0%	0.2%
Nutrient Guideline		600-650		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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Base Menu Spreadsheet

Elem Lunch

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 - 11/07/2019															
Elem Lunch	Total														
ENT Cheese Dunkers Beacon St	2 Each	300	30	500	2.00	2.16	400.0	400	0.0	4	18.0	30.0	12.0	5.00	0.00
VEG Marinara	1/4 Cup	31	0	216	1.35	2.25	18.0	43	0.9	4	0.9	6.3	0.23	0.00	0.00
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 1	1 Each	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.37	*0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
VEG Patch Broccoli Bites	1/2 Cup	11	0	11	0.85	0.24	15.3	203	29.08	1	0.92	2.16	0.12	0.01	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
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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		566	45	911	6.35	4.27	680.1	1984	52.95	*33	27.75	77.63	16.19	6.83	*0.00
% of Calories										*23.1%	19.6%	54.9%	25.8%	10.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Elem Lunch

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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 - 11/08/2019															
Elem Lunch	Total														
ENT Korean BBQ Drums, ES	1 Each	187	90	423	0.15	0.87	2.9	15	0.15	5	16.15	8.35	10.15	2.53	0.00
GRAIN Fried Rice	1 cup	170	0	354	2.72	1.00	12.1	2251	3.86	*1	4.68	28.87	4.26	0.47	0.00
DSSRT Cookie, Fortune	1 EACH	20	0	0	0.00	0.00	0.0	0	0.0	2	0.7	4.0	0.0	0.00	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	20	333	4.73	1.02	846.0	1270	41.11	*29	13.15	61.55	9.81	4.09	0.00
GRAIN Graham Crackers	Package	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
VEG Patch Carrots Shred	1/2 cup	19	0	32	1.31	0.14	15.4	7864	2.76	*N/A*	0.44	4.48	0.11	0.02	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
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	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		668	63	853	8.74	3.02	752.3	4587	64.12	*51	31.44	101.82	16.03	4.14	0.00
% of Calories										*30.4%	18.8%	61.0%	21.6%	5.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Mon - 11/11/2019															
Elem Lunch	Total														
ENT Pizza, Personal 5" WG Chs	1 Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
VEG Carrots, Baby 1/2C offer 2	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Cherry Tomato Bites 1/2 c.	1/2 Cup	16	0	7	0.83	0.34	3.8	471	14.44	*N/A*	0.64	3.51	0.25	0.03	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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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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	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		579	40	931	6.66	2.44	737.0	5176	56.85	*30	30.66	79.78	14.53	7.62	0.00
% of Calories										*20.9%	21.2%	55.1%	22.6%	11.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 11/12/2019															
Elem Lunch	Total														
ENT Corn Dog, Mini, Chicken, K-8	6 Each	275	41	417	5.09	1.83	152.7	0	0.0	5	10.18	30.54	12.21	3.56	0.00
ENT Bean & Chs Burrito, 19-20	1 Each	402	6	947	10.82	4.45	263.3	102	1.55	*0	15.88	64.64	7.68	3.07	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	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
VEG Beans, Baked 1/2C offer 2	1/2 Cup	149	0	585	5.32	1.91	42.5	0	0.0	13	6.38	30.83	1.06	0.00	0.00
VEG Carrots, Baby 1/2C offer 2	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
COND Ketchup	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	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
SNK Fruit Snacks, Birthday	Pack	130	0	55	9.00	0.00	0.0	0	60.0	15	0.0	38.0	0.0	0.00	0.00
Weighted Daily Average		692	30	1447	15.45	5.21	567.7	3321	41.38	*46	28.26	119.63	11.40	3.53	0.00
% of Calories										*26.3%	16.3%	69.1%	14.8%	4.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Elem Lunch

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)
Wed - 11/13/2019															
Elem Lunch	Total														
ENT Rotini w/ Meatballs, 19-20	1 CUP	319	48	742	4.60	6.35	64.7	88	1.83	*10	16.8	32.65	13.98	4.31	0.70
GRAIN Breadstick Bake Crafters	1 Each	70	0	65	1.00	0.72	0.0	0	0.0	1	2.0	14.0	1.0	0.00	0.00
ENT Chicken Tenders	3 Each	170	30	271	1.00	1.45	20.1	0	0.0	2	13.06	8.03	8.03	1.51	0.00
GRAIN Breadstick Bake Crafters	1 Each	70	0	65	1.00	0.72	0.0	0	0.0	1	2.0	14.0	1.0	0.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Celery Sticks	1/2 Cup	10	0	57	1.11	0.26	26.1	87	4.56	*N/A*	0.49	2.38	0.09	0.02	*N/A*
VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	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
COND BBQ, Packets 1 oz.	1 Each	45	0	210	0.00	0.36	20.0	100	1.2	9	0.0	10.0	0.0	0.00	0.00
COND Ketchup	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	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		596	52	1035	7.73	6.52	397.4	1836	44.03	*42	27.65	87.49	15.30	4.11	*0.53
% of Calories										*28.1%	18.5%	58.7%	23.1%	6.2%	*0.8%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Elem Lunch

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 - 11/14/2019															
Elem Lunch	Total														
ENT Chili, 3/4 Cup, NEW BEEF	3/4 Cup	221	29	501	8.56	3.39	88.3	1042	9.29	*5	14.75	22.88	8.62	3.10	*0.48
GRAIN Cinnamon Roll 2 OZ	1 Each	221	9	288	1.35	1.51	16.0	101	0.04	*15	3.97	38.85	5.6	1.40	*0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	0.00
VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	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
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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		655	46	1023	12.26	5.26	428.5	2674	49.14	*48	28.02	102.27	15.60	4.86	*0.45
% of Calories										*29.5%	17.1%	62.5%	21.4%	6.7%	*0.6%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Elem Lunch

Portion Values - Detailed

Page 8

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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 - 11/15/2019															
Elem Lunch															
	Total														
ENT Beef Soft Taco 1, 19-20	1 Each	220	73	357	1.08	3.82	89.8	87	0.8	*0	19.29	16.89	7.34	2.62	*0.00
COND Cheese, Shredded, 1 Tbsp	1 TBSP	28	6	46	0.00	0.00	50.6	76	0.0	0	1.77	0.25	2.28	1.27	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	20	333	4.73	1.02	846.0	1270	41.11	*29	13.15	61.55	9.81	4.09	0.00
GRAIN Graham Crackers	Package	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Mexicali Corn	1/2 CUP	113	0	22	1.21	0.42	2.7	273	11.33	*5	2.91	20.43	2.75	0.74	*0.00
VEG Tomatoes, Diced	1/4 Cup	13	0	5	0.66	0.27	3.0	372	11.4	*N/A*	0.51	2.77	0.2	0.03	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	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
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	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
FRT Frozen Fruit Cup, Orng Pn	1 Each	70	0	10	3.00	0.36	80.0	500	60.0	16	0.0	19.0	0.0	0.00	0.00
Weighted Daily Average		644	64	691	8.82	3.96	751.0	2566	117.32	*57	29.55	105.18	12.41	4.57	*0.00
% of Calories										*35.3%	18.4%	65.4%	17.4%	6.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Elem Lunch

Portion Values - Detailed

Page 9

Generated on: 9/24/2019 6:52:01 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)
Mon - 11/18/2019															
Elem Lunch	Total														
ENT BBQ Drumsticks, ES	1 Each	185	90	429	0.00	0.72	8.4	0	0.0	5	16.0	7.46	10.0	2.50	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.74	*0.00
ENT Bean & ChsBurrito, 19-20	1 Each	402	6	947	10.82	4.45	263.3	102	1.55	*0	15.88	64.64	7.68	3.07	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Potatoes, Mini Roasted	3.29 oz.	102	0	183	0.00	0.81	10.2	0	0.0	0	3.05	17.27	2.03	0.00	0.00
VEG Carrots, Baby 1/2C offer 2	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	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
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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		622	67	1117	8.07	3.86	418.4	3002	40.76	*33	28.11	95.60	13.32	3.44	*0.00
% of Calories										*21.1%	18.1%	61.5%	19.3%	5.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 11/19/2019															
Elem Lunch	Total														
BRKF Pancake, IW Maple WG	Package	220	0	130	3.00	0.72	40.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
BRKF French Toast Sticks 17-18	3 Each	270	10	290	2.00	1.08	60.0	0	0.0	11	7.0	43.0	8.0	1.00	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
VEG Hash Brown Patty	1 Each	121	0	273	1.01	0.00	0.0	0	1.22	0	1.01	15.19	6.08	1.01	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	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
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 Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Elem Lunch

Portion Values - Detailed

Page 10

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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		730	38	821	5.97	1.35	306.2	3038	36.96	*54	19.15	114.29	23.30	5.58	0.00
% of Calories										*29.6%	10.5%	62.7%	28.7%	6.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 11/20/2019															
Elem Lunch	Total														
ENT Turkey Gravy Jennio	3/8 cup	130	55	450	0.00	0.72	0.0	0	0.0	0	16.0	2.0	6.0	2.00	0.00
VEG Mashed Potatoes	1/2 Cup	76	0	105	0.95	0.34	19.1	5	28.65	*1	1.91	16.24	0.95	0.00	0.00
GRAIN Roll, Sara Lee Offer 1	1 EACH	110	0	170	3.00	1.08	60.0	0	0.0	3	6.0	19.0	1.0	0.00	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Carrots Shred	serving	38	0	65	2.62	0.28	30.9	15727	5.52	*N/A*	0.87	8.96	0.22	0.04	0.00
VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
VEG Patch Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	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
SAUCE Cranberry, Whole Berry	1/4 Cup	94	0	9	0.85	0.00	0.0	0	0.0	19	0.0	23.01	0.0	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	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
DSSRT Pumpkin Crunch Filling	1 Each	72	51	113	1.30	0.52	40.3	4253	1.54	*11	2.55	13.15	1.39	0.39	*0.00
DSSRT Crisp Topping /w oatsEA	1 EACH	121	0	62	0.48	0.43	29.3	177	0.07	*15	1.3	20.0	4.13	1.63	*0.00
DSSRT Whipped Topping, Frozen	2 Tbsp	40	0	0	0.00	0.00	0.0	0	0.0	2	0.0	3.24	3.24	3.24	0.00
Weighted Daily Average		676	92	1071	7.39	3.23	392.0	8182	48.90	*53	33.73	101.67	14.92	5.63	*0.00
% of Calories										*31.2%	20.0%	60.1%	19.8%	7.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Elem Lunch

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 - 11/21/2019															
Elem Lunch	Total														
ENT Rip Stick, Cheese	1 EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	280	25	540	3.00	1.80	200.0	400	3.6	3	16.0	27.0	12.0	5.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
VEG Patch Broccoli Bites	1/2 Cup	11	0	11	0.85	0.24	15.3	203	29.08	1	0.92	2.16	0.12	0.01	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
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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		512	38	802	5.14	3.18	532.8	1870	45.85	*29	28.06	68.27	13.86	4.77	0.00
% of Calories										*23.0%	21.9%	53.4%	24.4%	8.4%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Elem Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/22/2019															
Elem Lunch	Total														
ENT Sand, Chicken Patty	1 Each	360	45	490	6.00	2.52	150.0	0	0.0	4	26.0	39.0	11.0	1.50	0.00
VEG Potato, Smiles	4 Each	129	0	185	1.61	0.29	0.0	0	1.93	0	1.61	20.14	4.83	0.81	0.00
ENT Fruit & Yogurt Plate Grnla	1 Each	372	20	333	4.73	1.02	846.0	1270	41.11	*29	13.15	61.55	9.81	4.09	0.00
GRAIN Graham Crackers	Package	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
ENT Sand, Turkey & Ch on Wheat	1 Each	285	38	695	4.00	1.62	230.0	300	0.0	6	22.5	32.0	8.25	3.00	0.00
ENT Sand, Turkey on Wheat	1 Each	270	45	570	4.00	1.80	80.0	0	0.0	4	25.0	30.0	6.5	1.00	0.00
VEG Beans, Baked 1/2C offer 2	1/2 Cup	149	0	585	5.32	1.91	42.5	0	0.0	13	6.38	30.83	1.06	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	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
COND Ketchup	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	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		704	44	1016	10.59	3.21	663.0	1776	55.20	*46	32.36	110.96	15.40	3.24	0.00
% of Calories										*26.3%	18.4%	63.1%	19.7%	4.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Elem Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/25/2019															
Elem Lunch	Total														
ENT Chicken Nugget, ES	5 Each	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Bean & ChsBurrito, 19-20	1 Each	402	6	947	10.82	4.45	263.3	102	1.55	*0	15.88	64.64	7.68	3.07	0.00
VEG Corn, steamed 1/2C offer 2	1/2 Cup	92	0	0	0.92	0.33	0.0	92	5.5	5	2.75	19.24	0.92	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
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND BBQ, Packets 1 oz.	1 Each	45	0	210	0.00	0.36	20.0	100	1.2	9	0.0	10.0	0.0	0.00	0.00
COND Ketchup	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Dressing, Ranch Red Fat	1 Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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		598	23	1008	8.30	3.59	391.6	1377	38.13	*33	23.84	87.51	16.72	3.37	0.00
% of Calories										*22.0%	15.9%	58.5%	25.2%	5.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 11/26/2019															
Elem Lunch	Total														
ENT Pizza, Cheese K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
VEG Green Beans 1/2 C offer 2	1/2 Cup	30	0	330	2.32	0.01	23.3	228	4.23	*1	1.18	4.82	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
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	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
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		561	41	750	7.05	3.21	687.6	1734	40.56	*40	27.15	81.55	14.79	7.14	0.00
% of Calories										*28.4%	19.4%	58.2%	23.7%	11.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		635	50	967	8.15	3.50	532.5	2902	49.49	*42	28.22	94.60	16.35	5.34	*0.07
										*59.7%	17.8%	59.6%	23.2%	7.6%	*0.1%

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Elem Lunch

Portion Values - Detailed

Page 14

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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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	635		600 - 650	100%											
Cholesterol (mg)	50														
Sodium 1 (mg)	967		1230												
Sodium 2 (mg)	967		935						32	Correction Required - Sodium too High					
Fiber (g)	8.15														
Iron (mg)	3.50														
Calcium (mg)	532.5														
Vitamin A (IU)	2902														
Sugars (g)	42	26.54%			Missing										
Vitamin C (mg)	49.49														
Protein (g)	28.22	17.76%													
Carbohydrate (g)	94.60	59.56%													
Total Fat (g)	16.35	23.16%													
Saturated Fat (g)	5.34	7.56%	<10.00%												
Trans Fat ¹ (g)	0.07	0.10%			Missing										

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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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