

Laramie County School District 1

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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Generated on: 12/18/2018 8:08:02 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 - 02/01/2019															
Supper - ES	Total														
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
VEG Cold Corn & Peas 3/4 cup	3/4 Cup	127	0	0	3.74	1.42	20.2	674	15.09	7	5.97	24.56	0.74	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
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		585	57	813	7.47	2.70	566.3	2414	57.49	*33	35.02	80.57	14.39	5.41	0.00
% of Calories										*22.8%	24.0%	55.1%	22.1%	8.3%	0.0%
Nutrient Guideline		600-650		1230										<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 - 02/04/2019															
Supper - ES	Total														
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	0	55	0.00	0.00	600.0	0	2.4	15	3.0	19.0	0.0	0.00	0.00
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
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG Carrots, Baby 3/4C	3/4 Cup	39	0	72	2.22	0.40	22.2	6670	6.67	*N/A*	1.11	8.89	0.0	0.00	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
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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		660	26	845	8.30	7.00	1347.7	8163	30.73	*64	22.42	115.33	12.07	5.85	0.00
% of Calories										*38.5%	13.6%	69.9%	16.4%	8.0%	0.0%
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

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

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Laramie County School District 1

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/05/2019															
Supper - ES	Total														
BRKF Bagel, 16-17	1 Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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
COND Cheese, Shred Mozz 2 oz	2 oz	167	36	378	0.00	0.12	395.2	470	0.0	1	13.47	3.16	11.22	6.40	0.41
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Celery Sticks (1/4 cup)	1/4 cup	5	0	26	0.52	0.06	13.0	145	1.0	0	0.22	0.96	0.06	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
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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	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		659	52	1196	9.36	4.42	784.9	2443	73.21	*45	30.27	101.07	15.69	7.72	0.41
% of Calories										*27.2%	18.4%	61.3%	21.4%	10.5%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 02/06/2019															
Supper - ES	Total														
ENT Sand, Deli Sub, Hoagie	1 Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
VEG Cucumber Slices, 3/4 cup	3/4 Cup	17	0	2	0.57	0.32	18.1	119	3.18	2	0.74	4.12	0.12	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
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 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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		484	52	1062	4.52	1.40	437.6	1014	23.30	*36	27.33	70.55	9.47	2.23	0.00
% of Calories										*30.0%	22.6%	58.3%	17.6%	4.1%	0.0%
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

Supper - ES

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 - 02/07/2019															
Supper - ES	Total														
ENT Corn Dog, Mini, Supper	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
VEG Cherry Tomato Bites 1/4 c.	1/4 Cup	8	0	3	0.42	0.17	1.9	235	7.22	*N/A*	0.32	1.75	0.12	0.02	0.00
VEG Beans, Baked, Supper	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
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
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 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
Weighted Daily Average		642	46	1322	13.55	4.22	520.6	1773	49.62	*45	25.96	106.11	13.83	3.74	0.00
% of Calories										*28.3%	16.2%	66.1%	19.4%	5.2%	0.0%
Nutrient Guideline		600-650		1230										<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 - 02/08/2019															
Supper - ES	Total														
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
VEG Cold Corn 3/4 cup	3/4 Cup	136	0	0	1.36	0.49	0.0	136	8.17	7	4.09	28.6	1.36	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
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		595	57	813	5.10	1.77	546.0	1876	50.58	*33	33.14	84.62	15.01	5.41	0.00
% of Calories										*22.5%	22.3%	56.9%	22.7%	8.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Base Menu Spreadsheet

Supper - ES

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 - 02/11/2019															
Supper - ES	Total														
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	0	55	0.00	0.00	600.0	0	2.4	15	3.0	19.0	0.0	0.00	0.00
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
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG Carrots, Baby 3/4C	3/4 Cup	39	0	72	2.22	0.40	22.2	6670	6.67	*N/A*	1.11	8.89	0.0	0.00	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
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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		660	26	845	8.30	7.00	1347.7	8163	30.73	*64	22.42	115.33	12.07	5.85	0.00
% of Calories										*38.5%	13.6%	69.9%	16.4%	8.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 02/12/2019															
Supper - ES	Total														
BRKF Bagel, 16-17	1 Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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
COND Cheese, Shred Mozz 2 oz	2 oz	167	36	378	0.00	0.12	395.2	470	0.0	1	13.47	3.16	11.22	6.40	0.41
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Celery Sticks (1/4 cup)	1/4 cup	5	0	26	0.52	0.06	13.0	145	1.0	0	0.22	0.96	0.06	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
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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	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		659	52	1196	9.36	4.42	784.9	2443	73.21	*45	30.27	101.07	15.69	7.72	0.41
% of Calories										*27.2%	18.4%	61.3%	21.4%	10.5%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

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Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/13/2019															
Supper - ES	Total														
ENT Sand, Deli Sub, Hoagie	1 Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
VEG Cucumber Slices, 3/4 cup	3/4 Cup	17	0	2	0.57	0.32	18.1	119	3.18	2	0.74	4.12	0.12	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
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 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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		484	52	1062	4.52	1.40	437.6	1014	23.30	*36	27.33	70.55	9.47	2.23	0.00
% of Calories										*30.0%	22.6%	58.3%	17.6%	4.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 02/14/2019															
Supper - ES	Total														
ENT Corn Dog,Mini, Supper	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
VEG Cherry Tomato Bites 1/4 c.	1/4 Cup	8	0	3	0.42	0.17	1.9	235	7.22	*N/A*	0.32	1.75	0.12	0.02	0.00
VEG Beans, Baked, Supper	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
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
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 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
Weighted Daily Average		642	46	1322	13.55	4.22	520.6	1773	49.62	*45	25.96	106.11	13.83	3.74	0.00
% of Calories										*28.3%	16.2%	66.1%	19.4%	5.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/19/2019															
Supper - ES	Total														
BRKF Bagel, 16-17	1 Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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
COND Cheese, Shred Mozz 2 oz	2 oz	167	36	378	0.00	0.12	395.2	470	0.0	1	13.47	3.16	11.22	6.40	0.41
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Celery Sticks (1/4 cup)	1/4 cup	5	0	26	0.52	0.06	13.0	145	1.0	0	0.22	0.96	0.06	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
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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	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		659	52	1196	9.36	4.42	784.9	2443	73.21	*45	30.27	101.07	15.69	7.72	0.41
% of Calories										*27.2%	18.4%	61.3%	21.4%	10.5%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 02/20/2019															
Supper - ES	Total														
ENT Sand, Deli Sub, Hoagie	1 Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
VEG Cucumber Slices, 3/4 cup	3/4 Cup	17	0	2	0.57	0.32	18.1	119	3.18	2	0.74	4.12	0.12	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
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 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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		484	52	1062	4.52	1.40	437.6	1014	23.30	*36	27.33	70.55	9.47	2.23	0.00
% of Calories										*30.0%	22.6%	58.3%	17.6%	4.1%	0.0%
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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Laramie County School District 1

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Supper - ES

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 - 02/21/2019															
Supper - ES	Total														
ENT Corn Dog, Mini, Supper	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
VEG Cherry Tomato Bites 1/4 c.	1/4 Cup	8	0	3	0.42	0.17	1.9	235	7.22	*N/A*	0.32	1.75	0.12	0.02	0.00
VEG Beans, Baked, Supper	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
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
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 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
Weighted Daily Average		642	46	1322	13.55	4.22	520.6	1773	49.62	*45	25.96	106.11	13.83	3.74	0.00
% of Calories										*28.3%	16.2%	66.1%	19.4%	5.2%	0.0%
Nutrient Guideline		600-650		1230										<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 - 02/22/2019															
Supper - ES	Total														
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
VEG Cold Corn 3/4 cup	3/4 Cup	136	0	0	1.36	0.49	0.0	136	8.17	7	4.09	28.6	1.36	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
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		595	57	813	5.10	1.77	546.0	1876	50.58	*33	33.14	84.62	15.01	5.41	0.00
% of Calories										*22.5%	22.3%	56.9%	22.7%	8.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Supper - ES

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 - 02/25/2019															
Supper - ES	Total														
BRKF Yogurt, Peach 4oz 13-14	1 Each	90	0	55	0.00	0.00	600.0	0	2.4	15	3.0	19.0	0.0	0.00	0.00
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
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG Carrots, Baby 3/4C	3/4 Cup	39	0	72	2.22	0.40	22.2	6670	6.67	*N/A*	1.11	8.89	0.0	0.00	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
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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		660	26	845	8.30	7.00	1347.7	8163	30.73	*64	22.42	115.33	12.07	5.85	0.00
% of Calories										*38.5%	13.6%	69.9%	16.4%	8.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 02/26/2019															
Supper - ES	Total														
BRKF Bagel, 16-17	1 Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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
COND Cheese, Shred Mozz 2 oz	2 oz	167	36	378	0.00	0.12	395.2	470	0.0	1	13.47	3.16	11.22	6.40	0.41
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Celery Sticks (1/4 cup)	1/4 cup	5	0	26	0.52	0.06	13.0	145	1.0	0	0.22	0.96	0.06	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
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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	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		659	52	1196	9.36	4.42	784.9	2443	73.21	*45	30.27	101.07	15.69	7.72	0.41
% of Calories										*27.2%	18.4%	61.3%	21.4%	10.5%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/27/2019															
Supper - ES	Total														
ENT Sand, Deli Sub, Hoagie	1 Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
VEG Cucumber Slices, 3/4 cup	3/4 Cup	17	0	2	0.57	0.32	18.1	119	3.18	2	0.74	4.12	0.12	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
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 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 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 Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		484	52	1062	4.52	1.40	437.6	1014	23.30	*36	27.33	70.55	9.47	2.23	0.00
% of Calories										*30.0%	22.6%	58.3%	17.6%	4.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 02/28/2019															
Supper - ES	Total														
ENT Corn Dog,Mini, Supper	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
VEG Cherry Tomato Bites 1/4 c.	1/4 Cup	8	0	3	0.42	0.17	1.9	235	7.22	*N/A*	0.32	1.75	0.12	0.02	0.00
VEG Beans, Baked, Supper	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
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
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 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
Weighted Daily Average		642	46	1322	13.55	4.22	520.6	1773	49.62	*45	25.96	106.11	13.83	3.74	0.00
% of Calories										*28.3%	16.2%	66.1%	19.4%	5.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		605	47	1072	8.46	3.74	704.1	2865	46.41	*44	27.93	94.82	13.14	4.92	0.09
										*65.9%	18.5%	62.7%	19.5%	7.3%	0.1%

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Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	605		600 - 650		100%												
Cholesterol (mg)	47																
Sodium 1 (mg)	1072			1230													
Sodium 2 (mg)	1072			935					137								Correction Required - Sodium too High
Fiber (g)	8.46																
Iron (mg)	3.74																
Calcium (mg)	704.1																
Vitamin A (IU)	2865																
Sugars (g)	44	29.29%				Missing											
Vitamin C (mg)	46.41																
Protein (g)	27.93	18.46%															
Carbohydrate (g)	94.82	62.66%															
Total Fat (g)	13.14	19.54%															
Saturated Fat (g)	4.92	7.31%		<10.00%													
Trans Fat ¹ (g)	0.09	0.14%															

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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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