

# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

Page 1

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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 <sup>1</sup> (g)
Wed - 01/02/2019															
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	

	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 <sup>1</sup> (g)
Thu - 01/03/2019															
Supper - ES	Total														
ENT Sand, Sun Wise, Grape	EACH	310	0	250	5.00	5.40	20.0	0	0.0	14	10.0	33.0	17.0	2.00	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
GRAIN Graham Crackers	Pack	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	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 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
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		763	26	713	13.27	8.30	601.9	2230	54.84	*46	36.33	95.06	29.41	6.76	0.01
% of Calories										*24.0%	19.1%	49.8%	34.7%	8.0%	0.0%
Nutrient Guideline		600-650		1230										<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 <sup>1</sup> (g)
Fri - 01/04/2019															
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

\*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

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 <sup>1</sup> (g)
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	

Mon - 01/07/2019															
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 - 01/08/2019															
Supper - ES	Total														
ENT Rip Stick, Cheese, Supper	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
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
Weighted Daily Average		577	40	898	6.09	4.20	651.7	2284	75.91	*30	33.21	79.10	13.60	4.18	0.00
% of Calories										*20.6%	23.0%	54.9%	21.2%	6.5%	0.0%
Nutrient Guideline		600-650		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

Supper - ES

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/09/2019															
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 - 01/10/2019															
Supper - ES	Total														
ENT Sand, Sun Wise, Grape	EACH	310	0	250	5.00	5.40	20.0	0	0.0	14	10.0	33.0	17.0	2.00	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
GRAIN Graham Crackers	Pack	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	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 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
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		763	26	713	13.27	8.30	601.9	2230	54.84	*46	36.33	95.06	29.41	6.76	0.01
% of Calories										*24.0%	19.1%	49.8%	34.7%	8.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 01/11/2019															
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

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Jan 1, 2019 thru Jan 31, 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 <sup>1</sup> (g)
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	

Mon - 01/14/2019															
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 - 01/15/2019															
Supper - ES	Total														
ENT Rip Stick, Cheese, Supper	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
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
Weighted Daily Average		577	40	898	6.09	4.20	651.7	2284	75.91	*30	33.21	79.10	13.60	4.18	0.00
% of Calories										*20.6%	23.0%	54.9%	21.2%	6.5%	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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/16/2019															
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 - 01/17/2019															
Supper - ES	Total														
ENT Sand, Sun Wise, Grape	EACH	310	0	250	5.00	5.40	20.0	0	0.0	14	10.0	33.0	17.0	2.00	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
GRAIN Graham Crackers	Pack	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	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 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
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		763	26	713	13.27	8.30	601.9	2230	54.84	*46	36.33	95.06	29.41	6.76	0.01
% of Calories										*24.0%	19.1%	49.8%	34.7%	8.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 01/18/2019															
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

\*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

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 <sup>1</sup> (g)
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	

Tue - 01/22/2019															
	Total														
Supper - ES	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, Cheese, Supper	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 Broccoli Bites 1/2 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
VEG Celery Sticks (1/4 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 Fresh Assorted: 1/2 cup	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 - 1% White	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 Choc	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free															
Weighted Daily Average		577	40	898	6.09	4.20	651.7	2284	75.91	*30	33.21	79.10	13.60	4.18	0.00
% of Calories										*20.6%	23.0%	54.9%	21.2%	6.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 01/23/2019															
	Total														
Supper - ES	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
ENT Sand, Deli Sub, Hoagie	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
VEG Cucumber Slices, 3/4 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 Canned Asstd: 1/2 cup	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 - 1% White	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 Choc	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 Mayonnaise, Light	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 Mustard Packets	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free															
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  
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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 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 <sup>1</sup> (g)
Thu - 01/24/2019															
Supper - ES	Total														
ENT Sand, Sun Wise, Grape	EACH	310	0	250	5.00	5.40	20.0	0	0.0	14	10.0	33.0	17.0	2.00	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
GRAIN Graham Crackers	Pack	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	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 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
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		763	26	713	13.27	8.30	601.9	2230	54.84	*46	36.33	95.06	29.41	6.76	0.01
% of Calories										*24.0%	19.1%	49.8%	34.7%	8.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 01/25/2019															
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	

Mon - 01/28/2019															
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

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 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 <sup>1</sup> (g)
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 - 01/29/2019															
Supper - ES	Total														
ENT Rip Stick, Cheese, Supper	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
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
Weighted Daily Average		577	40	898	6.09	4.20	651.7	2284	75.91	*30	33.21	79.10	13.60	4.18	0.00
% of Calories										*20.6%	23.0%	54.9%	21.2%	6.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 01/30/2019															
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	

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Supper - ES

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 <sup>1</sup> (g)
Thu - 01/31/2019															
Supper - ES															
ENT Sand, Sun Wise, Grape	Total EACH	310	0	250	5.00	5.40	20.0	0	0.0	14	10.0	33.0	17.0	2.00	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
GRAIN Graham Crackers	Pack	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	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 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
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		763	26	713	13.27	8.30	601.9	2230	54.84	*46	36.33	95.06	29.41	6.76	0.01
% of Calories										*24.0%	19.1%	49.8%	34.7%	8.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		612	41	869	8.00	4.62	672.0	2834	48.41	*41	31.36	86.32	16.31	4.80	0.00
										*59.7%	20.5%	56.4%	24.0%	7.1%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	612		600 - 650	100%				
Cholesterol (mg)	41							
Sodium 1 (mg)	869		1230					
Sodium 2 (mg)	869		935					
Fiber (g)	8.00							
Iron (mg)	4.62							
Calcium (mg)	672.0							
Vitamin A (IU)	2834							
Sugars (g)	41	26.54%			Missing			
Vitamin C (mg)	48.41							
Protein (g)	31.36	20.48%						
Carbohydrate (g)	86.32	56.38%						
Total Fat (g)	16.31	23.97%						
Saturated Fat (g)	4.80	7.06%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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## USDA Nondiscrimination Statement

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

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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](mailto:program.intake@usda.gov).

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**October 14, 2015**