

Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

Portion Values - Detailed

Page 1

Generated on: 5/3/2019 8:19:05 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/13/2019															
Summer Lunch Elementary	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
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 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
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 Zucchini Sticks, Raw	1/2 Cup	13	0	6	0.77	0.28	12.2	153	13.7	2	0.93	2.38	0.24	0.06	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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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		604	56	845	8.96	3.31	494.9	1844	42.43	*35	37.62	84.24	13.02	2.19	0.00
% of Calories										*23.3%	24.9%	55.8%	19.4%	3.3%	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

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 06/14/2019															
Summer Lunch Elementary	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 Carrots Baby	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 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 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 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
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
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		563	42	880	7.01	3.73	647.7	4410	74.76	*34	30.87	78.51	14.09	4.44	0.00
% of Calories										*24.3%	21.9%	55.7%	22.5%	7.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 06/17/2019															
Summer Lunch Elementary	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
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 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 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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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 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	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	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		905	63	1147	7.67	1.55	415.0	6109	41.38	*59	27.99	126.15	33.89	8.98	0.00
% of Calories										*26.3%	12.4%	55.8%	33.7%	8.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 06/18/2019															
Summer Lunch Elementary	Total														
ENT Beef Soft Taco 2each	2 Tacos	290	62	392	2.07	3.77	136.8	74	0.68	*2	20.7	28.76	9.54	2.81	*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 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 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
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 Canned Assstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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		659	74	1045	12.44	5.78	563.0	1759	43.83	*32	39.44	91.83	13.83	4.89	*0.00
% of Calories										*19.2%	23.9%	55.7%	18.9%	6.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Base Menu Spreadsheet

Summer Lunch Elementary

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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 - 06/19/2019															
Summer Lunch Elementary	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 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 Carrots Baby	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 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 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 Canned Assstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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		566	40	1005	6.91	4.77	724.7	5470	40.41	*37	28.96	81.62	13.58	5.14	0.00
% of Calories										*26.3%	20.5%	57.6%	21.6%	8.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Thu - 06/20/2019															
Summer Lunch Elementary	Total														
ENT Hamburger 2oz 15-16	1 Each	326	49	454	4.00	2.44	170.0	0	0.0	4	19.0	30.0	14.0	4.80	0.80
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 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
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
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 Peppers, Green	1/2 Cup	17	0	1	1.12	0.29	5.6	394	55.7	*N/A*	0.56	4.01	0.12	0.02	*N/A*
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
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
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 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
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		659	57	947	8.02	3.26	501.0	1715	50.92	*35	30.15	90.22	19.57	5.63	*0.72
% of Calories										*21.1%	18.3%	54.7%	26.7%	7.7%	*1.0%
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

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 06/21/2019															
Summer Lunch Elementary	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 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
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
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 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
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 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 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
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
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
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		611	31	1058	8.75	3.41	474.1	2245	86.19	*40	25.43	85.20	19.32	3.42	0.00
% of Calories										*26.0%	16.7%	55.8%	28.5%	5.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 06/24/2019															
Summer Lunch Elementary	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 Biscuit, Dough	1 Each	180	0	280	2.00	1.44	100.0	0	0.0	5	5.0	28.0	6.0	4.00	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 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 Cold Corn & Peas 1/2 cup	1/2 Cup	84	0	0	2.49	0.95	13.5	450	10.06	4	3.98	16.37	0.49	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
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
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		602	93	986	6.11	2.90	418.3	5021	38.65	*38	30.88	82.12	17.01	6.48	0.00
% of Calories										*25.2%	20.5%	54.6%	25.4%	9.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 06/25/2019															
Summer Lunch Elementary	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 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 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
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 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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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
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

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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		505	49	772	7.91	2.51	494.0	1742	42.58	*36	21.01	74.12	13.66	3.87	*0.00
% of Calories										*28.2%	16.6%	58.7%	24.3%	6.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 06/26/2019															
Summer Lunch Elementary	Total														
ENT Nachos, Super Elem	1/2 Cup	464	86	918	1.52	1.35	356.0	853	0.0	*2	21.04	30.1	29.3	15.86	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 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
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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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
Weighted Daily Average		707	84	1305	9.26	2.91	642.1	2024	36.12	*30	34.77	82.07	26.72	13.87	0.00
% of Calories										*17.1%	19.7%	46.4%	34.0%	17.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 06/27/2019															
Summer Lunch Elementary	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
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 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
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 Zucchini Sticks, Raw	1/2 Cup	13	0	6	0.77	0.28	12.2	153	13.7	2	0.93	2.38	0.24	0.06	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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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		604	56	845	8.96	3.31	494.9	1844	42.43	*35	37.62	84.24	13.02	2.19	0.00
% of Calories										*23.3%	24.9%	55.8%	19.4%	3.3%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 06/28/2019															
Summer Lunch Elementary	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 Carrots Baby	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 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 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 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
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
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		563	42	880	7.01	3.73	647.7	4410	74.76	*34	30.87	78.51	14.09	4.44	0.00
% of Calories										*24.3%	21.9%	55.7%	22.5%	7.1%	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

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 07/01/2019															
Summer Lunch Elementary	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
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 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 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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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 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	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	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		905	63	1147	7.67	1.55	415.0	6109	41.38	*59	27.99	126.15	33.89	8.98	0.00
% of Calories										*26.3%	12.4%	55.8%	33.7%	8.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 07/02/2019															
Summer Lunch Elementary	Total														
ENT Beef Soft Taco 2each	2 Tacos	290	62	392	2.07	3.77	136.8	74	0.68	*2	20.7	28.76	9.54	2.81	*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 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 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
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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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		659	74	1045	12.44	5.78	563.0	1759	43.83	*32	39.44	91.83	13.83	4.89	*0.00
% of Calories										*19.2%	23.9%	55.7%	18.9%	6.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 07/03/2019															
Summer Lunch Elementary	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 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 Carrots Baby	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 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 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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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		566	40	1005	6.91	4.77	724.7	5470	40.41	*37	28.96	81.62	13.58	5.14	0.00
% of Calories										*26.3%	20.5%	57.6%	21.6%	8.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Mon - 07/08/2019															
Summer Lunch Elementary	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 Biscuit, Dough	1 Each	180	0	280	2.00	1.44	100.0	0	0.0	5	5.0	28.0	6.0	4.00	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 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 Cold Corn & Peas 1/2 cup	1/2 Cup	84	0	0	2.49	0.95	13.5	450	10.06	4	3.98	16.37	0.49	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
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
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

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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		602	93	986	6.11	2.90	418.3	5021	38.65	*38	30.88	82.12	17.01	6.48	0.00
% of Calories										*25.2%	20.5%	54.6%	25.4%	9.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 07/09/2019															
Summer Lunch Elementary	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 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 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
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 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 Canned Assd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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
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		505	49	772	7.91	2.51	494.0	1742	42.58	*36	21.01	74.12	13.66	3.87	*0.00
% of Calories										*28.2%	16.6%	58.7%	24.3%	6.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

Portion Values - Detailed

Page 16

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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 - 07/10/2019															
Summer Lunch Elementary	Total														
ENT Nachos, Super Elem	1/2 Cup	464	86	918	1.52	1.35	356.0	853	0.0	*2	21.04	30.1	29.3	15.86	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 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
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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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
Weighted Daily Average		707	84	1305	9.26	2.91	642.1	2024	36.12	*30	34.77	82.07	26.72	13.87	0.00
% of Calories										*17.1%	19.7%	46.4%	34.0%	17.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 07/11/2019															
Summer Lunch Elementary	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
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 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
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 Zucchini Sticks, Raw	1/2 Cup	13	0	6	0.77	0.28	12.2	153	13.7	2	0.93	2.38	0.24	0.06	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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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		604	56	845	8.96	3.31	494.9	1844	42.43	*35	37.62	84.24	13.02	2.19	0.00
% of Calories										*23.3%	24.9%	55.8%	19.4%	3.3%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 07/12/2019															
Summer Lunch Elementary	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 Carrots Baby	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 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 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 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
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
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		563	42	880	7.01	3.73	647.7	4410	74.76	*34	30.87	78.51	14.09	4.44	0.00
% of Calories										*24.3%	21.9%	55.7%	22.5%	7.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 07/15/2019															
Summer Lunch Elementary	Total														
ENT Beef Soft Taco 2each	2 Tacos	290	62	392	2.07	3.77	136.8	74	0.68	*2	20.7	28.76	9.54	2.81	*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 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 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
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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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		659	74	1045	12.44	5.78	563.0	1759	43.83	*32	39.44	91.83	13.83	4.89	*0.00
% of Calories										*19.2%	23.9%	55.7%	18.9%	6.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

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 - 07/16/2019															
Summer Lunch Elementary	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
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 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 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 Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT 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
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 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	Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	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		905	63	1147	7.67	1.55	415.0	6109	41.38	*59	27.99	126.15	33.89	8.98	0.00
% of Calories										*26.3%	12.4%	55.8%	33.7%	8.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	
Weighted Average		647	60	995	8.42	3.45	540.7	3402	48.17	*38 *53.0%	31.57 19.5%	88.98 55.0%	18.42 25.6%	5.88 8.2%	*0.03 *0.0%

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Laramie County School District 1

Jun 13, 2019 thru Jul 16, 2019

Base Menu Spreadsheet

Summer Lunch Elementary

Portion Values - Detailed

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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)	
			Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	647		600 - 650	100%														
Cholesterol (mg)	60																	
Sodium 1 (mg)	995		1230															
Sodium 2 (mg)	995		935						60									Correction Required - Sodium too High
Fiber (g)	8.42																	
Iron (mg)	3.45																	
Calcium (mg)	540.7																	
Vitamin A (IU)	3402																	
Sugars (g)	38	23.56%				Missing												
Vitamin C (mg)	48.17																	
Protein (g)	31.57	19.53%																
Carbohydrate (g)	88.98	55.04%																
Total Fat (g)	18.42	25.64%																
Saturated Fat (g)	5.88	8.18%	<10.00%															
Trans Fat ¹ (g)	0.03	0.05%				Missing												

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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