

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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Generated on: 11/30/2018 2:12:18 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/02/2019															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	388	194	707	3.50	2.65	218.3	389	1.27	*3	16.86	34.26	19.89	6.42	0.00
BRKF Burrito, Sec with Bacon	1 Each	366	193	557	2.84	2.45	201.5	368	1.01	*3	15.4	33.23	18.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	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
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 Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		450	72	566	3.59	2.15	372.8	968	30.25	*38	16.58	69.27	11.91	3.69	0.00
% of Calories										*34.2%	14.7%	61.5%	23.8%	7.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

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 ¹ (g)
Thu - 01/03/2019															
HS Breakfast	Total														
BRKF Pizza, Sausage	Slice	290	173	771	1.17	2.33	142.1	369	0.18	*2	13.43	25.6	14.38	5.51	*0.05
BRKF Sand, Egg Saus Pancakes	1 Each	303	140	572	1.98	2.96	152.8	289	0.02	5	15.63	29.03	14.15	3.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		450	54	536	3.37	2.12	387.1	941	30.33	*43	16.35	73.94	10.14	3.20	*0.00
% of Calories										*38.3%	14.5%	65.7%	20.3%	6.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/04/2019															
HS Breakfast	Total														
BRKF Burrito, Sec Potato	1 Each	388	194	707	3.50	2.65	218.3	389	1.27	*3	16.86	34.26	19.89	6.42	0.00
BRKF Burrito, Sec with Bacon	1 Each	366	193	557	2.84	2.45	201.5	368	1.01	*3	15.4	33.23	18.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	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
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 Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		475	76	596	3.74	2.24	410.1	995	30.35	*40	17.69	72.83	12.53	3.82	0.00
% of Calories										*34.0%	14.9%	61.4%	23.7%	7.2%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Base Menu Spreadsheet

HS Breakfast

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 - 01/07/2019															
HS Breakfast	Total														
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 Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		458	27	475	3.39	1.79	360.0	899	29.87	*46	15.16	79.31	9.29	2.37	0.00
% of Calories										*40.4%	13.2%	69.2%	18.2%	4.7%	0.0%
Nutrient Guideline		450-600		640										<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

HS Breakfast

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 ¹ (g)
Tue - 01/08/2019															
HS Breakfast	Total														
BRKF Biscuits & Gravy	1 Each	290	11	884	2.78	2.24	120.2	25	0.3	*6	9.15	35.5	12.95	6.67	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Straw	1 Each	300	0	280	4.00	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		449	34	606	3.68	2.14	389.6	935	30.87	*42	16.31	72.86	10.51	3.66	0.00
% of Calories										*37.1%	14.5%	64.9%	21.1%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

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 ¹ (g)
Wed - 01/09/2019															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	388	194	707	3.50	2.65	218.3	389	1.27	*3	16.86	34.26	19.89	6.42	0.00
BRKF Burrito, Sec with Bacon	1 Each	366	193	557	2.84	2.45	201.5	368	1.01	*3	15.4	33.23	18.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	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
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 Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		450	72	566	3.59	2.15	372.8	968	30.25	*38	16.58	69.27	11.91	3.69	0.00
% of Calories										*34.2%	14.7%	61.5%	23.8%	7.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

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 ¹ (g)
Thu - 01/10/2019															
HS Breakfast	Total														
BRKF Waffle, 3 Each	Serving of	2	0	5	0.04	0.02	0.6	0	0.0	0	0.06	0.34	0.05	0.01	0.00
BRKF Sand, Egg Saus Pancakes	1 Each	303	140	572	1.98	2.96	152.8	289	0.02	5	15.63	29.03	14.15	3.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		432	43	488	3.30	1.97	378.3	918	30.32	*43	15.52	72.37	9.25	2.86	0.00
% of Calories										*39.8%	14.4%	67.0%	19.3%	6.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 8

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/11/2019															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	388	194	707	3.50	2.65	218.3	389	1.27	*3	16.86	34.26	19.89	6.42	0.00
BRKF Burrito, Sec with Bacon	1 Each	366	193	557	2.84	2.45	201.5	368	1.01	*3	15.4	33.23	18.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	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
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 Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		475	76	596	3.74	2.24	410.1	995	30.35	*40	17.69	72.83	12.53	3.82	0.00
% of Calories										*34.0%	14.9%	61.4%	23.7%	7.2%	0.0%
Nutrient Guideline		450-600		640										<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

HS Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/14/2019															
HS Breakfast	Total														
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 Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		458	27	475	3.39	1.79	360.0	899	29.87	*46	15.16	79.31	9.29	2.37	0.00
% of Calories										*40.4%	13.2%	69.2%	18.2%	4.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

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 ¹ (g)
Tue - 01/15/2019															
HS Breakfast															
	Total														
BRKF Biscuits & Gravy	1 Each	290	11	884	2.78	2.24	120.2	25	0.3	*6	9.15	35.5	12.95	6.67	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Straw	1 Each	300	0	280	4.00	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		449	34	606	3.68	2.14	389.6	935	30.87	*42	16.31	72.86	10.51	3.66	0.00
% of Calories										*37.1%	14.5%	64.9%	21.1%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

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 ¹ (g)
Wed - 01/16/2019															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	388	194	707	3.50	2.65	218.3	389	1.27	*3	16.86	34.26	19.89	6.42	0.00
BRKF Burrito, Sec with Bacon	1 Each	366	193	557	2.84	2.45	201.5	368	1.01	*3	15.4	33.23	18.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	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
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 Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		450	72	566	3.59	2.15	372.8	968	30.25	*38	16.58	69.27	11.91	3.69	0.00
% of Calories										*34.2%	14.7%	61.5%	23.8%	7.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

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 ¹ (g)
Thu - 01/17/2019															
HS Breakfast	Total														
BRKF Pizza, Sausage	Slice	290	173	771	1.17	2.33	142.1	369	0.18	*2	13.43	25.6	14.38	5.51	*0.05
BRKF Sand, Egg Saus Pancakes	1 Each	303	140	572	1.98	2.96	152.8	289	0.02	5	15.63	29.03	14.15	3.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		450	54	536	3.37	2.12	387.1	941	30.33	*43	16.35	73.94	10.14	3.20	*0.00
% of Calories										*38.3%	14.5%	65.7%	20.3%	6.4%	*0.0%
Nutrient Guideline		450-600		640										<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

HS Breakfast

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 ¹ (g)
Tue - 01/22/2019															
HS Breakfast															
	Total														
BRKF Biscuits & Gravy	1 Each	290	11	884	2.78	2.24	120.2	25	0.3	*6	9.15	35.5	12.95	6.67	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Straw	1 Each	300	0	280	4.00	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		449	34	606	3.68	2.14	389.6	935	30.87	*42	16.31	72.86	10.51	3.66	0.00
% of Calories										*37.1%	14.5%	64.9%	21.1%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

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 ¹ (g)
Wed - 01/23/2019															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	388	194	707	3.50	2.65	218.3	389	1.27	*3	16.86	34.26	19.89	6.42	0.00
BRKF Burrito, Sec with Bacon	1 Each	366	193	557	2.84	2.45	201.5	368	1.01	*3	15.4	33.23	18.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	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
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 Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		450	72	566	3.59	2.15	372.8	968	30.25	*38	16.58	69.27	11.91	3.69	0.00
% of Calories										*34.2%	14.7%	61.5%	23.8%	7.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

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 ¹ (g)
Thu - 01/24/2019															
HS Breakfast	Total														
BRKF Waffle, 3 Each	Serving of	2	0	5	0.04	0.02	0.6	0	0.0	0	0.06	0.34	0.05	0.01	0.00
BRKF Sand, Egg Saus Pancakes	1 Each	303	140	572	1.98	2.96	152.8	289	0.02	5	15.63	29.03	14.15	3.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		432	43	488	3.30	1.97	378.3	918	30.32	*43	15.52	72.37	9.25	2.86	0.00
% of Calories										*39.8%	14.4%	67.0%	19.3%	6.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/25/2019															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	388	194	707	3.50	2.65	218.3	389	1.27	*3	16.86	34.26	19.89	6.42	0.00
BRKF Burrito, Sec with Bacon	1 Each	366	193	557	2.84	2.45	201.5	368	1.01	*3	15.4	33.23	18.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	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
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 Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		475	76	596	3.74	2.24	410.1	995	30.35	*40	17.69	72.83	12.53	3.82	0.00
% of Calories										*34.0%	14.9%	61.4%	23.7%	7.2%	0.0%
Nutrient Guideline		450-600		640										<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

HS Breakfast

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 ¹ (g)
Mon - 01/28/2019															
HS Breakfast	Total														
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 Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		458	27	475	3.39	1.79	360.0	899	29.87	*46	15.16	79.31	9.29	2.37	0.00
% of Calories										*40.4%	13.2%	69.2%	18.2%	4.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

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 ¹ (g)
Tue - 01/29/2019															
HS Breakfast	Total														
BRKF Biscuits & Gravy	1 Each	290	11	884	2.78	2.24	120.2	25	0.3	*6	9.15	35.5	12.95	6.67	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Straw	1 Each	300	0	280	4.00	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		449	34	606	3.68	2.14	389.6	935	30.87	*42	16.31	72.86	10.51	3.66	0.00
% of Calories										*37.1%	14.5%	64.9%	21.1%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/30/2019															
HS Breakfast															
	Total														
BRKF Burrito, Sec Potato	1 Each	388	194	707	3.50	2.65	218.3	389	1.27	*3	16.86	34.26	19.89	6.42	0.00
BRKF Burrito, Sec with Bacon	1 Each	366	193	557	2.84	2.45	201.5	368	1.01	*3	15.4	33.23	18.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	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
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 Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		450	72	566	3.59	2.15	372.8	968	30.25	*38	16.58	69.27	11.91	3.69	0.00
% of Calories										*34.2%	14.7%	61.5%	23.8%	7.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 20

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/31/2019															
HS Breakfast	Total														
BRKF Pizza, Sausage	Slice	290	173	771	1.17	2.33	142.1	369	0.18	*2	13.43	25.6	14.38	5.51	*0.05
BRKF Sand, Egg Saus Pancakes	1 Each	303	140	572	1.98	2.96	152.8	289	0.02	5	15.63	29.03	14.15	3.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	331	134	634	2.00	2.62	213.2	289	0.02	6	17.33	29.98	16.19	7.32	0.00
BRKF Sand, Egg Saus Bun	1 Each	311	134	554	3.00	2.62	263.2	289	0.02	5	19.33	31.98	12.19	3.32	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
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 GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	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*
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	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		450	54	536	3.37	2.12	387.1	941	30.33	*43	16.35	73.94	10.14	3.20	*0.00
% of Calories										*38.3%	14.5%	65.7%	20.3%	6.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	
Weighted Average		453	53	553	3.54	2.08	382.5	946	30.35	*42	16.34	73.04	10.80	3.35	*0.00
										*82.9%	14.4%	64.5%	21.5%	6.7%	*0.0%

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

HS Breakfast

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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	453		450 - 600	100%													
Cholesterol (mg)	53																
Sodium 1 (mg)	553		640														
Sodium 2 (mg)	553		570														
Fiber (g)	3.54																
Iron (mg)	2.08																
Calcium (mg)	382.5																
Vitamin A (IU)	946																
Sugars (g)	42	36.83%				Missing											
Vitamin C (mg)	30.35																
Protein (g)	16.34	14.43%															
Carbohydrate (g)	73.04	64.50%															
Total Fat (g)	10.80	21.45%															
Saturated Fat (g)	3.35	6.65%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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October 14, 2015