

# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 1

Generated on: 9/24/2019 6:56:42 AM

|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/04/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2      | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2      | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 456         | 26          | 479       | 3.39      | 1.76      | 359.6      | 902        | 29.87      | *45        | 15.16     | 77.83    | 9.66      | 2.52      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *39.6%     | 13.3%     | 68.3%    | 19.1%     | 5.0%      | 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 2

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/05/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2      | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2      | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 454         | 34          | 613       | 3.68      | 2.08      | 389.0      | 939        | 30.87      | *42        | 16.31     | 72.94    | 11.09     | 3.89      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *36.7%     | 14.4%     | 64.3%    | 22.0%     | 7.7%      | 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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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/06/2019               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| HS Breakfast                   |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
|                                | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| BRKF Burrito, Sec Potato,19-20 | 1 Each       | 368         | 194         | 787       | 2.50      | 2.65      | 218.3     | 389        | 1.27       | *1         | 15.86     | 33.26    | 18.89     | 6.42      | 0.00                    |
| BRKF Burrito,Sec w/Bacon 19-20 | 1 Each       | 346         | 193         | 637       | 1.84      | 2.45      | 201.5     | 368        | 1.01       | *1         | 14.4      | 32.23    | 17.17     | 5.98      | 0.00                    |
| BRKF Sand, Egg Saus Biscuit    | 1 Each       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2     | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2     | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 448         | 72          | 589       | 3.35      | 2.12      | 372.5     | 970        | 30.25      | *38        | 16.33     | 69.07    | 11.95     | 3.80      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *33.9%     | 14.6%     | 61.7%    | 24.0%     | 7.6%      | 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

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 4

Generated on: 9/24/2019 6:56:43 AM

|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/07/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| HS Breakfast                   | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| BRKF Waffle, 3 Each            | Serving of   | 195         | 8           | 540       | 4.50      | 1.62      | 60.0       | 0          | 0.0        | 6          | 6.0       | 34.5     | 5.25      | 0.75      | 0.00                    |
| BRKF Sand, Egg Saus Pancakes   | 1 Each       | 364         | 137         | 655       | 1.98      | 2.24      | 145.8      | 345        | 0.02       | 5          | 15.63     | 30.03    | 21.15     | 6.78      | 0.00                    |
| BRKF Sand, Egg Saus Biscuit    | 1 Each       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2      | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2      | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 454         | 43          | 535       | 3.57      | 1.96      | 380.8      | 927        | 30.32      | *43        | 15.89     | 74.66    | 10.71     | 3.36      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *38.2%     | 14.0%     | 65.8%    | 21.2%     | 6.7%      | 0.0%                    |
| Nutrient Guideline             |              | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

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

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

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 5

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/08/2019               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| HS Breakfast                   |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
|                                | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| BRKF Burrito, Sec Potato,19-20 | 1 Each       | 368         | 194         | 787       | 2.50      | 2.65      | 218.3     | 389        | 1.27       | *1         | 15.86     | 33.26    | 18.89     | 6.42      | 0.00                    |
| BRKF Burrito,Sec w/Bacon 19-20 | 1 Each       | 346         | 193         | 637       | 1.84      | 2.45      | 201.5     | 368        | 1.01       | *1         | 14.4      | 32.23    | 17.17     | 5.98      | 0.00                    |
| BRKF Sand, Egg Saus Biscuit    | 1 Each       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2     | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2     | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 473         | 76          | 622       | 3.48      | 2.20      | 409.7     | 999        | 30.35      | *40        | 17.42     | 72.62    | 12.67     | 3.98      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *33.7%     | 14.7%     | 61.4%    | 24.1%     | 7.6%      | 0.0%                    |
| Nutrient Guideline             |              | 450-600     |             | 640       |           |           |           |            |            |            |           |          |           | <10.00    |                         |

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 6

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/11/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2      | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2      | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 456         | 26          | 479       | 3.39      | 1.76      | 359.6      | 902        | 29.87      | *45        | 15.16     | 77.83    | 9.66      | 2.52      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *39.6%     | 13.3%     | 68.3%    | 19.1%     | 5.0%      | 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

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 7

Generated on: 9/24/2019 6:56:43 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/12/2019               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2     | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2     | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 454         | 34          | 613       | 3.68      | 2.08      | 389.0     | 939        | 30.87      | *42        | 16.31     | 72.94    | 11.09     | 3.89      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *36.7%     | 14.4%     | 64.3%    | 22.0%     | 7.7%      | 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

Nov 1, 2019 thru Nov 30, 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/13/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| HS Breakfast                   |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
|                                | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| BRKF Burrito, Sec Potato,19-20 | 1 Each       | 368         | 194         | 787       | 2.50      | 2.65      | 218.3      | 389        | 1.27       | *1         | 15.86     | 33.26    | 18.89     | 6.42      | 0.00                    |
| BRKF Burrito,Sec w/Bacon 19-20 | 1 Each       | 346         | 193         | 637       | 1.84      | 2.45      | 201.5      | 368        | 1.01       | *1         | 14.4      | 32.23    | 17.17     | 5.98      | 0.00                    |
| BRKF Sand, Egg Saus Biscuit    | 1 Each       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2      | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2      | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 448         | 72          | 589       | 3.35      | 2.12      | 372.5      | 970        | 30.25      | *38        | 16.33     | 69.07    | 11.95     | 3.80      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *33.9%     | 14.6%     | 61.7%    | 24.0%     | 7.6%      | 0.0%                    |
| Nutrient Guideline             |              | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

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

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 9

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/14/2019               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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       | 364         | 137         | 655       | 1.98      | 2.24      | 145.8     | 345        | 0.02       | 5          | 15.63     | 30.03    | 21.15     | 6.78      | 0.00                    |
| BRKF Sand, Egg Saus Biscuit    | 1 Each       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2     | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2     | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 460         | 54          | 549       | 3.37      | 2.00      | 385.9     | 950        | 30.33      | *43        | 16.35     | 74.10    | 11.28     | 3.66      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *37.5%     | 14.2%     | 64.5%    | 22.1%     | 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

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 10

Generated on: 9/24/2019 6:56:43 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/15/2019               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| HS Breakfast                   |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
|                                | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| BRKF Burrito, Sec Potato,19-20 | 1 Each       | 368         | 194         | 787       | 2.50      | 2.65      | 218.3     | 389        | 1.27       | *1         | 15.86     | 33.26    | 18.89     | 6.42      | 0.00                    |
| BRKF Burrito,Sec w/Bacon 19-20 | 1 Each       | 346         | 193         | 637       | 1.84      | 2.45      | 201.5     | 368        | 1.01       | *1         | 14.4      | 32.23    | 17.17     | 5.98      | 0.00                    |
| BRKF Sand, Egg Saus Biscuit    | 1 Each       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2     | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2     | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 473         | 76          | 622       | 3.48      | 2.20      | 409.7     | 999        | 30.35      | *40        | 17.42     | 72.62    | 12.67     | 3.98      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *33.7%     | 14.7%     | 61.4%    | 24.1%     | 7.6%      | 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 11

Generated on: 9/24/2019 6:56:43 AM

|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/18/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2      | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2      | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 456         | 26          | 479       | 3.39      | 1.76      | 359.6      | 902        | 29.87      | *45        | 15.16     | 77.83    | 9.66      | 2.52      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *39.6%     | 13.3%     | 68.3%    | 19.1%     | 5.0%      | 0.0%                    |
| Nutrient Guideline             |              | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 12

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/19/2019               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2     | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2     | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 454         | 34          | 613       | 3.68      | 2.08      | 389.0     | 939        | 30.87      | *42        | 16.31     | 72.94    | 11.09     | 3.89      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *36.7%     | 14.4%     | 64.3%    | 22.0%     | 7.7%      | 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

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 13

Generated on: 9/24/2019 6:56:43 AM

|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/20/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| HS Breakfast                   |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
|                                | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| BRKF Burrito, Sec Potato,19-20 | 1 Each       | 368         | 194         | 787       | 2.50      | 2.65      | 218.3      | 389        | 1.27       | *1         | 15.86     | 33.26    | 18.89     | 6.42      | 0.00                    |
| BRKF Burrito,Sec w/Bacon 19-20 | 1 Each       | 346         | 193         | 637       | 1.84      | 2.45      | 201.5      | 368        | 1.01       | *1         | 14.4      | 32.23    | 17.17     | 5.98      | 0.00                    |
| BRKF Sand, Egg Saus Biscuit    | 1 Each       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2      | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2      | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 448         | 72          | 589       | 3.35      | 2.12      | 372.5      | 970        | 30.25      | *38        | 16.33     | 69.07    | 11.95     | 3.80      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *33.9%     | 14.6%     | 61.7%    | 24.0%     | 7.6%      | 0.0%                    |
| Nutrient Guideline             |              | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 14

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/21/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| HS Breakfast                   | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| BRKF Waffle, 3 Each            | Serving of   | 195         | 8           | 540       | 4.50      | 1.62      | 60.0       | 0          | 0.0        | 6          | 6.0       | 34.5     | 5.25      | 0.75      | 0.00                    |
| BRKF Sand, Egg Saus Pancakes   | 1 Each       | 364         | 137         | 655       | 1.98      | 2.24      | 145.8      | 345        | 0.02       | 5          | 15.63     | 30.03    | 21.15     | 6.78      | 0.00                    |
| BRKF Sand, Egg Saus Biscuit    | 1 Each       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2      | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2      | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 454         | 43          | 535       | 3.57      | 1.96      | 380.8      | 927        | 30.32      | *43        | 15.89     | 74.66    | 10.71     | 3.36      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *38.2%     | 14.0%     | 65.8%    | 21.2%     | 6.7%      | 0.0%                    |
| Nutrient Guideline             |              | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/22/2019               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| HS Breakfast                   |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
|                                | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| BRKF Burrito, Sec Potato,19-20 | 1 Each       | 368         | 194         | 787       | 2.50      | 2.65      | 218.3     | 389        | 1.27       | *1         | 15.86     | 33.26    | 18.89     | 6.42      | 0.00                    |
| BRKF Burrito,Sec w/Bacon 19-20 | 1 Each       | 346         | 193         | 637       | 1.84      | 2.45      | 201.5     | 368        | 1.01       | *1         | 14.4      | 32.23    | 17.17     | 5.98      | 0.00                    |
| BRKF Sand, Egg Saus Biscuit    | 1 Each       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2     | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2     | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 473         | 76          | 622       | 3.48      | 2.20      | 409.7     | 999        | 30.35      | *40        | 17.42     | 72.62    | 12.67     | 3.98      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *33.7%     | 14.7%     | 61.4%    | 24.1%     | 7.6%      | 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 16

Generated on: 9/24/2019 6:56:43 AM

|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/25/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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       | 392         | 131         | 717       | 2.00      | 1.90      | 206.2      | 345        | 0.02       | 6          | 17.33     | 30.98    | 23.19     | 10.12     | 0.00                    |
| BRKF Sand, Egg Saus Bun        | 1 Each       | 372         | 131         | 637       | 3.00      | 1.90      | 256.2      | 345        | 0.02       | 5          | 19.33     | 32.98    | 19.19     | 6.12      | 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         |              | 456         | 26          | 479       | 3.39      | 1.76      | 359.6      | 902        | 29.87      | *45        | 15.16     | 77.83    | 9.66      | 2.52      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *39.6%     | 13.3%     | 68.3%    | 19.1%     | 5.0%      | 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

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 17

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|                  | Portion Size                   | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |       |
|------------------|--------------------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Tue - 11/26/2019 |                                |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |       |
| 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      | 392         | 131       | 717       | 2.00      | 1.90       | 206.2      | 345        | 0.02       | 6         | 17.33    | 30.98     | 23.19     | 10.12                   | 0.00  |
|                  | BRKF Sand, Egg Saus Bun        | 1 Each      | 372         | 131       | 637       | 3.00      | 1.90       | 256.2      | 345        | 0.02       | 5         | 19.33    | 32.98     | 19.19     | 6.12                    | 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         |             | 454         | 34        | 613       | 3.68      | 2.08       | 389.0      | 939        | 30.87      | *42       | 16.31    | 72.94     | 11.09     | 3.89                    | 0.00  |
|                  | % of Calories                  |             |             |           |           |           |            |            |            |            | *36.7%    | 14.4%    | 64.3%     | 22.0%     | 7.7%                    | 0.0%  |
|                  | Nutrient Guideline             |             | 450-600     |           | 640       |           |            |            |            |            |           |          |           |           | <10.00                  |       |
|                  | Weighted Average               |             | 457         | 49        | 566       | 3.49      | 2.01       | 381.7      | 946        | 30.34      | *42       | 16.19    | 73.62     | 11.15     | 3.49                    | *0.00 |
|                  |                                |             |             |           |           |           |            |            |            |            | *82.3%    | 14.2%    | 64.4%     | 22.0%     | 6.9%                    | *0.0% |

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 18

Generated on: 9/24/2019 6:56:43 AM

| 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 <sup>1</sup> (g) | Error Messages (if any) |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|
|                            |          | % of Cals    | Weekly Target | % of Target | Miss Data | Shortfall | Overage   |           |            |            |            |           |          |           |           |                         |                         |
| Calories                   | 457      |              | 450 - 600     | 100%        |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Cholesterol (mg)           | 49       |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Sodium 1 (mg)              | 566      |              | 640           |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Sodium 2 (mg)              | 566      |              | 570           |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Fiber (g)                  | 3.49     |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Iron (mg)                  | 2.01     |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Calcium (mg)               | 381.7    |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Vitamin A (IU)             | 946      |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Sugars (g)                 | 42       | 36.58%       |               |             |           | Missing   |           |           |            |            |            |           |          |           |           |                         |                         |
| Vitamin C (mg)             | 30.34    |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Protein (g)                | 16.19    | 14.17%       |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Carbohydrate (g)           | 73.62    | 64.44%       |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Total Fat (g)              | 11.15    | 21.96%       |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Saturated Fat (g)          | 3.49     | 6.88%        | <10.00%       |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%        |               |             |           | Missing   |           |           |            |            |            |           |          |           |           |                         |                         |

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

## USDA Nondiscrimination Statement

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

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**October 14, 2015**