

Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 1

Generated on: 9/24/2019 6:52:56 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 ¹ (g) |
|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|

**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) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/04/2019 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| ENT Sand, Smoked Turkey | 1 Each | 300 | 53 | 494 | 3.00 | 2.78 | 166.9 | 53 | 1.92 | *9 | 24.04 | 35.16 | 6.26 | 1.06 | 0.00 |
| zSecondary Disclaimer | day | *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* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Beef/Bean Burrito,19-20 | Each | 451 | 34 | 1010 | 10.86 | 5.49 | 270.8 | 135 | 1.85 | *0 | 22.42 | 64.98 | 9.7 | 3.87 | *0.00 |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Southwest | 1 Each | 121 | 45 | 574 | 0.97 | 0.73 | 15.0 | 314 | 5.11 | *2 | 18.14 | 7.31 | 2.66 | 1.01 | 0.00 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Salad Shaker, Apple Balsam | 1 Each | 355 | 56 | 527 | 3.65 | 1.83 | 96.0 | 2081 | 9.27 | *19 | 18.19 | 26.83 | 20.12 | 3.95 | *0.11 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Tots, Oven | 3 oz. | 177 | 0 | 239 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 2.08 | 19.73 | 9.35 | 1.56 | 0.00 |
| VEG Corn, steamed 1/2C offer 2 | 1/2 Cup | 92 | 0 | 0 | 0.92 | 0.33 | 0.0 | 92 | 5.5 | 5 | 2.75 | 19.24 | 0.92 | 0.00 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 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 BBQ, Packets 1 oz. | 1 Each | 45 | 0 | 210 | 0.00 | 0.36 | 20.0 | 100 | 1.2 | 9 | 0.0 | 10.0 | 0.0 | 0.00 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |

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

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|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/04/2019 | | | | | | | | | | | | | | | |
| 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 | | 735 | 52 | 1064 | 9.20 | 3.75 | 581.7 | 1868 | 55.14 | *45 | 34.62 | 109.24 | 17.10 | 4.89 | *0.04 |
| % of Calories | | | | | | | | | | *24.3% | 18.9% | 59.5% | 21.0% | 6.0% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/05/2019 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| BRKF Pancake, IW Maple WG | Package | 220 | 0 | 130 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 12 | 4.0 | 39.0 | 6.0 | 0.50 | 0.00 |
| BRKF Frnch Tst Sticks,HS 17-18 | 5 Each | 450 | 17 | 483 | 3.33 | 1.80 | 100.0 | 0 | 0.0 | 18 | 11.67 | 71.67 | 13.33 | 1.67 | 0.00 |
| BRKF Sausage Patty, Pork (2) | 2 Each | 242 | 54 | 346 | 0.00 | 0.00 | 26.0 | 112 | 0.0 | 0 | 12.0 | 2.0 | 22.0 | 7.60 | 0.00 |
| zSecondary Disclaimer | day | *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* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| BRKF Burrito, 10" 19-20 | 1 Each | 448 | 194 | 947 | 2.50 | 3.55 | 278.3 | 389 | 1.27 | *1 | 17.86 | 46.26 | 20.39 | 6.92 | 0.00 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Taco 2 Grain | 1 Each | 478 | 81 | 566 | 2.90 | 3.61 | 173.7 | 698 | 7.37 | *0 | 24.66 | 39.58 | 23.74 | 10.58 | *0.00 |
| ENT Salad Shaker, Fiesta | 1 Each | 280 | 86 | 676 | 2.78 | 3.54 | 155.0 | 610 | 8.42 | *3 | 23.12 | 18.59 | 12.02 | 4.74 | *0.00 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Tots, Oven | 2.25 oz. | 177 | 0 | 239 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 2.08 | 19.73 | 9.35 | 1.56 | 0.00 |
| VEG Hash Brown Patty | 1 Each | 121 | 0 | 273 | 1.01 | 0.00 | 0.0 | 0 | 1.22 | 0 | 1.01 | 15.19 | 6.08 | 1.01 | 0.00 |
| VEG Carrots, Baby 1/2C offer 2 | 1/2 Cup | 29 | 0 | 54 | 1.67 | 0.30 | 16.7 | 5003 | 5.0 | *N/A* | 0.83 | 6.67 | 0.0 | 0.00 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 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 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |

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|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/05/2019 | | | | | | | | | | | | | | | |
| 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 | | 849 | 64 | 1125 | 7.59 | 2.51 | 509.4 | 2977 | 41.26 | *48 | 31.47 | 115.68 | 29.57 | 8.06 | *0.01 |
| % of Calories | | | | | | | | | | *22.8% | 14.8% | 54.5% | 31.4% | 8.5% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/06/2019 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| ENT Nachos, Super, HS | 1/2 Cup | 679 | 86 | 1079 | 3.25 | 2.05 | 388.3 | 993 | 0.82 | *2 | 24.15 | 56.31 | 40.01 | 20.43 | 0.00 |
| zSecondary Disclaimer | day | *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* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Chicken Caesar | 1 Each | 212 | 62 | 347 | 1.13 | 0.86 | 86.6 | 446 | 9.29 | *1 | 16.84 | 5.52 | 13.95 | 3.37 | *0.06 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Salad Shaker, Asian | 1 Each | 240 | 51 | 343 | 1.93 | 1.25 | 32.3 | 2632 | 10.63 | *11 | 16.33 | 17.81 | 11.9 | 2.12 | *0.06 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Tots, Oven | 2.25 oz. | 177 | 0 | 239 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 2.08 | 19.73 | 9.35 | 1.56 | 0.00 |
| VEG Beans, Refried Beans | 1/2 Cup | 178 | 3 | 483 | 9.82 | 2.11 | 76.9 | 63 | 1.55 | *0 | 9.96 | 28.51 | 2.0 | 0.91 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Tomatoes, Diced | 1/4 Cup | 13 | 0 | 5 | 0.66 | 0.27 | 3.0 | 372 | 11.4 | *N/A* | 0.51 | 2.77 | 0.2 | 0.03 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 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 Peppers, Jalapeno 1/16 c. | 1/16 Cup | 2 | 0 | 126 | 0.20 | 0.14 | 1.7 | 129 | 0.76 | 0 | 0.07 | 0.36 | 0.07 | 0.01 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |

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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 7

Generated on: 9/24/2019 6:52:56 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/06/2019 | | | | | | | | | | | | | | | |
| 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 | | 870 | 71 | 1329 | 10.55 | 3.46 | 686.7 | 2313 | 53.93 | *37 | 35.48 | 108.91 | 32.47 | 14.51 | *0.04 |
| % of Calories | | | | | | | | | | *16.9% | 16.3% | 50.1% | 33.6% | 15.0% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/07/2019 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| zBAR Potato Bar - For Web Menu | day | *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* |
| ENT Baked Potato | 1 Each | 164 | 0 | 13 | 4.47 | 1.73 | 25.6 | 4 | 41.96 | 2 | 4.37 | 37.25 | 0.19 | 0.05 | 0.00 |
| VEG Mashed Potatoes | 1/2 Cup | 76 | 0 | 105 | 0.95 | 0.34 | 19.1 | 5 | 28.65 | *1 | 1.91 | 16.24 | 0.95 | 0.00 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| VEG Broccoli, Steamed 1/2 cup | 1/2 Cup | 23 | 0 | 18 | 1.81 | 0.00 | 18.1 | 90 | 27.13 | 1 | 1.81 | 3.62 | 0.0 | 0.00 | 0.00 |
| COND Cheese, Shredded 2 oz | 2 oz | 220 | 50 | 360 | 0.00 | 0.00 | 400.0 | 600 | 0.0 | 0 | 14.0 | 2.0 | 18.0 | 10.00 | 0.00 |
| ENT Chili, 3/4 Cup | 3/4 Cup | 177 | 37 | 418 | 7.88 | 3.39 | 82.8 | 1042 | 9.29 | *5 | 14.71 | 22.2 | 3.18 | 1.13 | *0.00 |
| ENT Turkey Gravy Jennio | 3/8 cup | 130 | 55 | 450 | 0.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 16.0 | 2.0 | 6.0 | 2.00 | 0.00 |
| ENT Pork, Shredded BBQ | 1/2 Cup | 198 | 44 | 240 | 1.00 | 1.00 | 34.0 | 110 | 5.0 | 16 | 17.0 | 18.0 | 6.0 | 2.10 | 0.00 |
| SAUCE Jalapeno Cheese | 1/2 CUP | 237 | 62 | 868 | 0.00 | 0.00 | 446.2 | 855 | 0.0 | 2 | 15.38 | 4.4 | 17.58 | 10.11 | 0.00 |
| COND Green Onions | 1 Tbsp | 2 | 0 | 0 | 0.20 | 0.09 | 4.3 | 61 | 1.13 | 0 | 0.2 | 0.41 | 0.0 | 0.00 | 0.00 |
| COND Bacon, Chopped | 1 Tbsp | 35 | 8 | 125 | 0.00 | 0.18 | 0.0 | 0 | 0.0 | 1 | 2.0 | 0.5 | 2.5 | 1.00 | 0.00 |
| COND Cheese, Shredded, 1 Tbsp | 1 TBSP | 28 | 6 | 46 | 0.00 | 0.00 | 50.6 | 76 | 0.0 | 0 | 1.77 | 0.25 | 2.28 | 1.27 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |
| zSecondary Disclaimer | day | *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* |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Chef | 1 Each | 132 | 97 | 240 | 0.70 | 1.01 | 81.4 | 370 | 2.92 | *0 | 15.88 | 2.26 | 6.75 | 2.61 | 0.03 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Salad Shaker, Garden | 1 Each | 196 | 60 | 392 | 2.50 | 1.23 | 55.6 | 2552 | 6.97 | *1 | 16.69 | 15.51 | 7.53 | 1.60 | 0.06 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Wedges, Oven | 3 oz. | 110 | 0 | 23 | 1.84 | 0.66 | 0.0 | 5 | 4.41 | 1 | 1.84 | 18.39 | 2.76 | 0.92 | 0.00 |
| VEG Patch Leafy Greens | 1/2 CUP | 5 | 0 | 11 | 0.55 | 0.39 | 15.9 | 817 | 4.0 | *N/A* | 0.57 | 0.88 | 0.04 | 0.01 | 0.00 |
| VEG Patch Broccoli Bites | 1/2 Cup | 11 | 0 | 11 | 0.85 | 0.24 | 15.3 | 203 | 29.08 | 1 | 0.92 | 2.16 | 0.12 | 0.01 | 0.00 |
| VEG Patch Cherry Tom Bites | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 468 | 14.35 | *N/A* | 0.64 | 3.49 | 0.25 | 0.03 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 9

Generated on: 9/24/2019 6:52:56 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/07/2019 | | | | | | | | | | | | | | | |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| 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 | | 694 | 53 | 929 | 9.33 | 3.98 | 583.8 | 2272 | 76.03 | *40 | 32.93 | 103.15 | 16.76 | 6.17 | *0.01 |
| % of Calories | | | | | | | | | | *22.8% | 19.0% | 59.5% | 21.7% | 8.0% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/08/2019 | | | | | | | | | | | | | | | |
| HS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| ENT Korean BBQ Drums,JH/HS | 2 Each | 374 | 180 | 846 | 0.30 | 1.74 | 5.7 | 29 | 0.3 | 11 | 32.3 | 16.7 | 20.3 | 5.06 | 0.00 |
| GRAIN Fried Rice | 1 cup | 170 | 0 | 354 | 2.72 | 1.00 | 12.1 | 2251 | 3.86 | *1 | 4.68 | 28.87 | 4.26 | 0.47 | 0.00 |
| GRAIN Roll, WG 1oz offer 1 | 1 Each | 81 | 5 | 137 | 0.58 | 0.77 | 4.0 | 12 | 0.0 | *1 | 2.03 | 13.43 | 2.03 | 0.37 | *0.00 |
| DSSRT Cookie, Fortune | 1 EACH | 20 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.7 | 4.0 | 0.0 | 0.00 | 0.00 |
| zSecondary Disclaimer | day | *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* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Crispy Chicken 14 | 1 Each | 212 | 36 | 327 | 2.09 | 1.86 | 86.5 | 507 | 9.29 | *2 | 15.83 | 11.33 | 10.43 | 2.79 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Salad Shaker, Spicy Chx | 1 Each | 330 | 61 | 763 | 2.52 | 1.87 | 85.9 | 3279 | 3.12 | *4 | 22.18 | 18.17 | 18.51 | 4.01 | *0.00 |
| GRAIN Roll, WG 1oz offer 1 | 1 Each | 81 | 5 | 137 | 0.58 | 0.77 | 4.0 | 12 | 0.0 | *1 | 2.03 | 13.43 | 2.03 | 0.37 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Onion Rings, Oven | 5 Each | 203 | 0 | 203 | 3.05 | 1.10 | 101.6 | 0 | 2.44 | 5 | 3.05 | 28.44 | 8.13 | 1.52 | 0.00 |
| VEG Patch Leafy Greens | 1/2 CUP | 5 | 0 | 11 | 0.55 | 0.39 | 15.9 | 817 | 4.0 | *N/A* | 0.57 | 0.88 | 0.04 | 0.01 | 0.00 |
| VEG Patch Edamame | 1/2 CUP | 104 | 0 | 5 | 4.45 | 1.94 | 53.9 | 255 | 5.22 | 2 | 10.19 | 7.63 | 4.45 | 0.53 | 0.01 |
| VEG Patch Carrots Shred | 1/2 cup | 19 | 0 | 32 | 1.31 | 0.14 | 15.4 | 7864 | 2.76 | *N/A* | 0.44 | 4.48 | 0.11 | 0.02 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 11

Generated on: 9/24/2019 6:52:56 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 ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/08/2019 | | | | | | | | | | | | | | | |
| 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 | | 760 | 76 | 1087 | 9.65 | 4.07 | 626.1 | 4305 | 53.24 | *42 | 39.09 | 102.21 | 21.61 | 6.43 | *0.04 |
| % of Calories | | | | | | | | | | *21.9% | 20.6% | 53.8% | 25.6% | 7.6% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| Mon - 11/11/2019 | | | | | | | | | | | | | | | |
|--------------------------------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| HS Lunch | Total day | *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* |
| MANAGER'S Choice Entree | 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* |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS | 1/8 Slice | 320 | 25 | 500 | 3.00 | 2.70 | 300.2 | 500 | 6.0 | 4 | 20.01 | 35.02 | 11.01 | 4.00 | 0.00 |
| ENT Pizza, Pepperoni HS | 1/8 Slice | 361 | 30 | 601 | 4.01 | 3.61 | 300.5 | 501 | 6.01 | 6 | 21.04 | 39.07 | 13.02 | 4.01 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Wedges, Oven | 3 oz. | 110 | 0 | 23 | 1.84 | 0.66 | 0.0 | 5 | 4.41 | 1 | 1.84 | 18.39 | 2.76 | 0.92 | 0.00 |
| MANAGER'S Choice Vegetable | 1/2 Cup | *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* |
| MANAGER'S Choice Vegetable | 1/2 Cup | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK - Skim White | Carton | 90 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 12

Generated on: 9/24/2019 6:52:56 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 ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 683 | 53 | 865 | 8.89 | 3.63 | 550.6 | 1748 | 51.80 | *40 | 33.62 | 98.22 | 16.64 | 4.89 | 0.31 |
| % of Calories | | | | | | | | | | *23.7% | 19.7% | 57.5% | 21.9% | 6.5% | 0.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 13

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/12/2019 | | | | | | | | | | | | | | | |
| HS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| ENT Corn Dog, Mini,Chicken, HS | Serving (8) | 366 | 54 | 556 | 6.79 | 2.44 | 203.6 | 0 | 0.0 | 7 | 13.57 | 40.71 | 16.29 | 4.75 | 0.00 |
| VEG Potatoes, Tots, Oven | 3 oz. | 177 | 0 | 239 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 2.08 | 19.73 | 9.35 | 1.56 | 0.00 |
| zSecondary Disclaimer | day | *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* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Beef/Bean Burrito,19-20 | Each | 451 | 34 | 1010 | 10.86 | 5.49 | 270.8 | 135 | 1.85 | *0 | 22.42 | 64.98 | 9.7 | 3.87 | *0.00 |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | 1 Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | 1 EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Southwest | 1 Each | 121 | 45 | 574 | 0.97 | 0.73 | 15.0 | 314 | 5.11 | *2 | 18.14 | 7.31 | 2.66 | 1.01 | 0.00 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Salad Shaker, Apple Balsam | 1 Each | 355 | 56 | 527 | 3.65 | 1.83 | 96.0 | 2081 | 9.27 | *19 | 18.19 | 26.83 | 20.12 | 3.95 | *0.11 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Tots, Oven | 2.25 oz. | 177 | 0 | 239 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 2.08 | 19.73 | 9.35 | 1.56 | 0.00 |
| VEG Beans, Baked 1/2C offer 2 | 1/2 Cup | 149 | 0 | 585 | 5.32 | 1.91 | 42.5 | 0 | 0.0 | 13 | 6.38 | 30.83 | 1.06 | 0.00 | 0.00 |
| VEG Carrots, Baby 1/2C offer 2 | 1/2 Cup | 29 | 0 | 54 | 1.67 | 0.30 | 16.7 | 5003 | 5.0 | *N/A* | 0.83 | 6.67 | 0.0 | 0.00 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Salsa Packets | Packet | 4 | 0 | 140 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 14

Generated on: 9/24/2019 6:52:56 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Tue - 11/12/2019 | | | | | | | | | | | | | | | |
| 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 % of Calories | | 848 | 54 | 1442 | 13.50 | 4.17 | 589.9 | 2361 | 49.37 | *48 *22.5% | 32.82 15.5% | 122.99 58.0% | 24.94 26.5% | 6.77 7.2% | *0.05 *0.1% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

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Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/13/2019 | | | | | | | | | | | | | | | |
| HS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| ENT Sand, Meatball Sub-Sec | 1 Each | 399 | 68 | 891 | 4.74 | 2.60 | 277.9 | 225 | 4.1 | 5 | 24.5 | 32.47 | 20.12 | 8.00 | 0.70 |
| VEG Potatoes, Wedges, Oven | 3 oz. | 110 | 0 | 23 | 1.84 | 0.66 | 0.0 | 5 | 4.41 | 1 | 1.84 | 18.39 | 2.76 | 0.92 | 0.00 |
| zSecondary Disclaimer | day | *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* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Chef | 1 Each | 132 | 97 | 240 | 0.70 | 1.01 | 81.4 | 370 | 2.92 | *0 | 15.88 | 2.26 | 6.75 | 2.61 | 0.03 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Salad Shaker, Garden | 1 Each | 196 | 60 | 392 | 2.50 | 1.23 | 55.6 | 2552 | 6.97 | *1 | 16.69 | 15.51 | 7.53 | 1.60 | 0.06 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Wedges, Oven | 3 oz. | 110 | 0 | 23 | 1.84 | 0.66 | 0.0 | 5 | 4.41 | 1 | 1.84 | 18.39 | 2.76 | 0.92 | 0.00 |
| VEG Patch Leafy Greens | 1/2 CUP | 5 | 0 | 11 | 0.55 | 0.39 | 15.9 | 817 | 4.0 | *N/A* | 0.57 | 0.88 | 0.04 | 0.01 | 0.00 |
| VEG Patch Celery Sticks | 1/2 Cup | 10 | 0 | 57 | 1.11 | 0.26 | 26.1 | 87 | 4.56 | *N/A* | 0.49 | 2.38 | 0.09 | 0.02 | *N/A* |
| VEG Patch Cherry Tom Bites | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 468 | 14.35 | *N/A* | 0.64 | 3.49 | 0.25 | 0.03 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 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 |

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 Lunch

Portion Values - Detailed

Page 16

Generated on: 9/24/2019 6:52:56 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/13/2019 | | | | | | | | | | | | | | | |
| 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 | | 706 | 63 | 1026 | 8.95 | 3.71 | 597.7 | 1836 | 51.87 | *39 | 34.68 | 96.39 | 20.42 | 7.34 | *0.36 |
| % of Calories | | | | | | | | | | *21.8% | 19.6% | 54.6% | 26.0% | 9.3% | *0.5% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

| Thu - 11/14/2019 | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| HS Lunch | Total | | | | | | | | | | | | | | |
| ENT Chili, 1 Cup | 1 Cup | 235 | 50 | 557 | 10.51 | 4.52 | 110.4 | 1389 | 12.39 | *6 | 19.62 | 29.6 | 4.24 | 1.51 | *0.00 |
| GRAIN Cinnamon Roll 2 OZ | 1 Each | 221 | 9 | 288 | 1.35 | 1.51 | 16.0 | 101 | 0.04 | *15 | 3.97 | 38.85 | 5.6 | 1.40 | *0.00 |
| GRAIN Tortilla Chips 1.0 oz | 1.0 oz | 142 | 0 | 15 | 1.01 | 0.36 | 20.2 | 0 | 0.0 | 0 | 2.03 | 17.21 | 7.09 | 3.04 | 0.00 |
| COND Cheese, Shredded 1oz | 1 OZ | 110 | 25 | 180 | 0.00 | 0.00 | 200.0 | 300 | 0.0 | 0 | 7.0 | 1.0 | 9.0 | 5.00 | 0.00 |
| zSecondary Disclaimer | day | *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* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | 1 Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Chicken Caesar | 1 Each | 212 | 62 | 347 | 1.13 | 0.86 | 86.6 | 446 | 9.29 | *1 | 16.84 | 5.52 | 13.95 | 3.37 | *0.06 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Salad Shaker, Asian | 1 Each | 240 | 51 | 343 | 1.93 | 1.25 | 32.3 | 2632 | 10.63 | *11 | 16.33 | 17.81 | 11.9 | 2.12 | *0.06 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Tots, Oven | 2.25 oz. | 177 | 0 | 239 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 2.08 | 19.73 | 9.35 | 1.56 | 0.00 |
| VEG Patch Leafy Greens | 1/2 CUP | 5 | 0 | 11 | 0.55 | 0.39 | 15.9 | 817 | 4.0 | *N/A* | 0.57 | 0.88 | 0.04 | 0.01 | 0.00 |
| VEG Patch Cucumber Slices | 1/2 Cup | 11 | 0 | 1 | 0.37 | 0.21 | 11.8 | 77 | 2.06 | 1 | 0.48 | 2.68 | 0.08 | 0.03 | 0.00 |
| VEG Patch Cherry Tom Bites | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 468 | 14.35 | *N/A* | 0.64 | 3.49 | 0.25 | 0.03 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 18

Generated on: 9/24/2019 6:52:57 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/14/2019 | | | | | | | | | | | | | | | |
| 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 | | 828 | 69 | 1180 | 11.96 | 4.96 | 625.3 | 2604 | 50.17 | *44 | 37.12 | 113.08 | 25.19 | 9.06 | *0.01 |
| % of Calories | | | | | | | | | | *21.4% | 17.9% | 54.7% | 27.4% | 9.8% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 19

Generated on: 9/24/2019 6:52:57 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/15/2019 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| zBAR Burrito - For Web Menu | day | *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* |
| ENT Super Beef Burrito,19-20 | 1 Each | 397 | 57 | 808 | 5.98 | 5.47 | 213.4 | 97 | 1.38 | *0 | 23.05 | 50.93 | 9.53 | 3.56 | *0.00 |
| ENT Super Chk Burrito,19-20 | 1 Each | 399 | 47 | 1211 | 5.91 | 3.76 | 198.5 | 31 | 0.77 | *1 | 26.98 | 53.26 | 8.0 | 2.95 | 0.00 |
| SAUCE Queso Blanco | 1 OZ | 59 | 15 | 217 | 0.00 | 0.00 | 101.8 | 200 | 0.28 | 0 | 3.4 | 1.13 | 4.82 | 2.66 | 0.17 |
| zSecondary Disclaimer | day | *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* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Crispy Chicken 14 | 1 Each | 212 | 36 | 327 | 2.09 | 1.86 | 86.5 | 507 | 9.29 | *2 | 15.83 | 11.33 | 10.43 | 2.79 | 0.00 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Salad Shaker, Spicy Chx | 1 Each | 330 | 61 | 763 | 2.52 | 1.87 | 85.9 | 3279 | 3.12 | *4 | 22.18 | 18.17 | 18.51 | 4.01 | *0.00 |
| GRAIN Tortilla Chips 1.0 oz | 1.0 oz | 142 | 0 | 15 | 1.01 | 0.36 | 20.2 | 0 | 0.0 | 0 | 2.03 | 17.21 | 7.09 | 3.04 | 0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Onion Rings, Oven | 5 Each | 203 | 0 | 203 | 3.05 | 1.10 | 101.6 | 0 | 2.44 | 5 | 3.05 | 28.44 | 8.13 | 1.52 | 0.00 |
| VEG Mexicali Corn | 1/2 CUP | 113 | 0 | 22 | 1.21 | 0.42 | 2.7 | 273 | 11.33 | *5 | 2.91 | 20.43 | 2.75 | 0.74 | *0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Tomatoes, Diced | 1/4 Cup | 13 | 0 | 5 | 0.66 | 0.27 | 3.0 | 372 | 11.4 | *N/A* | 0.51 | 2.77 | 0.2 | 0.03 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Guacamole, Spicy | 3/4 oz | 43 | 0 | 97 | 1.44 | 0.00 | 0.0 | 72 | 2.59 | 0 | 0.0 | 2.16 | 3.6 | 0.72 | 0.00 |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/15/2019 | | | | | | | | | | | | | | | |
| 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 Peppers, Jalapeno 1/16 c. | 1/16 Cup | 2 | 0 | 126 | 0.20 | 0.14 | 1.7 | 129 | 0.76 | 0 | 0.07 | 0.36 | 0.07 | 0.01 | 0.00 |
| COND Cilantro, Fresh, Chopped | 1 Tbsp | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 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 |
| FRT Frozen Fruit Cup, Orng Pn | 1 Each | 70 | 0 | 10 | 3.00 | 0.36 | 80.0 | 500 | 60.0 | 16 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 801 | 52 | 1031 | 12.73 | 4.69 | 662.6 | 2587 | 120.13 | *57 | 34.94 | 126.94 | 17.68 | 5.39 | *0.02 |
| % of Calories | | | | | | | | | | *28.4% | 17.5% | 63.4% | 19.9% | 6.1% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

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Generated on: 9/24/2019 6:52:57 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/18/2019 | | | | | | | | | | | | | | | |
| HS Lunch | | | | | | | | | | | | | | | |
| ENT BBQ Drumsticks, JH/HS | Total | | | | | | | | | | | | | | |
| GRAIN Roll, WG 1oz offer 2 | 2 Each | 370 | 180 | 858 | 0.00 | 1.44 | 16.8 | 0 | 0.0 | 9 | 32.0 | 14.92 | 20.0 | 5.00 | 0.00 |
| zSecondary Disclaimer | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Baked Potato w/ 2 oz Chs | day | *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* |
| GRAIN Roll, WG 1oz offer 2 | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| ENT Beef/Bean Burrito, 19-20 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Cheeseburger 2oz | Each | 451 | 34 | 1010 | 10.86 | 5.49 | 270.8 | 135 | 1.85 | *0 | 22.42 | 64.98 | 9.7 | 3.87 | *0.00 |
| ENT Sand, Chicken Patty | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Rip Stick, Cheese | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Pepperoni | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Salad, Southwest | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 1 Each | 121 | 45 | 574 | 0.97 | 0.73 | 15.0 | 314 | 5.11 | *2 | 18.14 | 7.31 | 2.66 | 1.01 | 0.00 |
| ENT Salad Shaker, Apple Balsam | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| GRAIN Roll, WG 1oz offer 2 | 1 Each | 355 | 56 | 527 | 3.65 | 1.83 | 96.0 | 2081 | 9.27 | *19 | 18.19 | 26.83 | 20.12 | 3.95 | *0.11 |
| ENT Sand, Cheese Alt Meal Sec | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| VEG Potatoes, Tots, Oven | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Mini Roasted | 2.25 oz. | 177 | 0 | 239 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 2.08 | 19.73 | 9.35 | 1.56 | 0.00 |
| VEG Carrots, Baby 1/2C offer 2 | 3.29 oz. | 102 | 0 | 183 | 0.00 | 0.81 | 10.2 | 0 | 0.0 | 0 | 3.05 | 17.27 | 2.03 | 0.00 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 29 | 0 | 54 | 1.67 | 0.30 | 16.7 | 5003 | 5.0 | *N/A* | 0.83 | 6.67 | 0.0 | 0.00 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Onions, Sliced | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Canned Asstd: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| COND Dressing, Ranch Red Fat | 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 |
| COND Dressing, Italian | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Mayonnaise, Light | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mustard Packets | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Ketchup | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Sour Cream, Light, Tub | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Margarine, Ind 2 each | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Salsa Packets | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |
| MILK - 1% White | Packet | 4 | 0 | 140 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 22

Generated on: 9/24/2019 6:52:57 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Mon - 11/18/2019 | | | | | | | | | | | | | | | |
| 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 % of Calories | | 731 | 91 | 1148 | 7.31 | 3.38 | 518.7 | 3086 | 49.20 | *41 *22.6% | 37.11 20.3% | 97.73 53.5% | 20.94 25.8% | 5.70 7.0% | *0.03 *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/19/2019 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| BRKF Pancake, IW Maple WG | Package | 220 | 0 | 130 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 12 | 4.0 | 39.0 | 6.0 | 0.50 | 0.00 |
| BRKF Frnch Tst Sticks,HS 17-18 | 5 Each | 450 | 17 | 483 | 3.33 | 1.80 | 100.0 | 0 | 0.0 | 18 | 11.67 | 71.67 | 13.33 | 1.67 | 0.00 |
| BRKF Sausage Patty, Pork (2) | 2 Each | 242 | 54 | 346 | 0.00 | 0.00 | 26.0 | 112 | 0.0 | 0 | 12.0 | 2.0 | 22.0 | 7.60 | 0.00 |
| zSecondary Disclaimer | day | *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* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| BRKF Burrito, 10" 19-20 | 1 Each | 448 | 194 | 947 | 2.50 | 3.55 | 278.3 | 389 | 1.27 | *1 | 17.86 | 46.26 | 20.39 | 6.92 | 0.00 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Taco 2 Grain | 1 Each | 478 | 81 | 566 | 2.90 | 3.61 | 173.7 | 698 | 7.37 | *0 | 24.66 | 39.58 | 23.74 | 10.58 | *0.00 |
| ENT Salad Shaker, Fiesta | 1 Each | 280 | 86 | 676 | 2.78 | 3.54 | 155.0 | 610 | 8.42 | *3 | 23.12 | 18.59 | 12.02 | 4.74 | *0.00 |
| GRAIN Tortilla Chips 2.0 oz | 2 oz | 283 | 0 | 30 | 2.02 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 34.42 | 14.17 | 6.07 | 0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Tots, Oven | 2.25 oz. | 177 | 0 | 239 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 2.08 | 19.73 | 9.35 | 1.56 | 0.00 |
| VEG Hash Brown Patty | 1 Each | 121 | 0 | 273 | 1.01 | 0.00 | 0.0 | 0 | 1.22 | 0 | 1.01 | 15.19 | 6.08 | 1.01 | 0.00 |
| VEG Carrots, Baby 1/2C offer 2 | 1/2 Cup | 29 | 0 | 54 | 1.67 | 0.30 | 16.7 | 5003 | 5.0 | *N/A* | 0.83 | 6.67 | 0.0 | 0.00 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 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 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |

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

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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 24

Generated on: 9/24/2019 6:52:57 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/19/2019 | | | | | | | | | | | | | | | |
| 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 | | 864 | 65 | 1149 | 7.61 | 2.58 | 513.5 | 2977 | 41.26 | *49 | 31.99 | 117.91 | 30.07 | 8.14 | *0.01 |
| % of Calories | | | | | | | | | | *22.6% | 14.8% | 54.6% | 31.3% | 8.5% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <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 Lunch

Portion Values - Detailed

Page 25

Generated on: 9/24/2019 6:52:57 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 ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/20/2019 | | | | | | | | | | | | | | | |
| HS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| ENT Turkey Gravy Jennio | 3/8 cup | 130 | 55 | 450 | 0.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 16.0 | 2.0 | 6.0 | 2.00 | 0.00 |
| VEG Mashed Potatoes | 1/2 Cup | 76 | 0 | 105 | 0.95 | 0.34 | 19.1 | 5 | 28.65 | *1 | 1.91 | 16.24 | 0.95 | 0.00 | 0.00 |
| GRAIN Roll, Sara Lee Offer 2 | 2 Each | 220 | 0 | 340 | 6.00 | 2.16 | 120.0 | 0 | 0.0 | 6 | 12.0 | 38.0 | 2.0 | 0.00 | 0.00 |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Roll, Sara Lee Offer 2 | 2 Each | 220 | 0 | 340 | 6.00 | 2.16 | 120.0 | 0 | 0.0 | 6 | 12.0 | 38.0 | 2.0 | 0.00 | 0.00 |
| ENT Hamburger 2oz 15-16 | 1 Each | 326 | 49 | 454 | 4.00 | 2.44 | 170.0 | 0 | 0.0 | 4 | 19.0 | 30.0 | 14.0 | 4.80 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS | 1/8 Slice | 320 | 25 | 500 | 3.00 | 2.70 | 300.2 | 500 | 6.0 | 4 | 20.01 | 35.02 | 11.01 | 4.00 | 0.00 |
| ENT Pizza, Pepperoni HS | 1/8 Slice | 361 | 30 | 601 | 4.01 | 3.61 | 300.5 | 501 | 6.01 | 6 | 21.04 | 39.07 | 13.02 | 4.01 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | 1 Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | 1 EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Ham & Cheese | 1 EACH | 270 | 25 | 590 | 3.00 | 1.80 | 250.0 | 300 | 0.0 | 2 | 22.0 | 28.0 | 8.0 | 4.00 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub,Wheat Brd | 1 Each | 268 | 42 | 635 | 4.00 | 1.91 | 155.0 | 150 | 0.39 | 5 | 21.24 | 31.33 | 7.13 | 2.07 | 0.00 |
| ENT Salad, Chicken Caesar | 1 Each | 212 | 62 | 347 | 1.13 | 0.86 | 86.6 | 446 | 9.29 | *1 | 16.84 | 5.52 | 13.95 | 3.37 | *0.06 |
| GRAIN Roll, Sara Lee Offer 2 | 2 Each | 220 | 0 | 340 | 6.00 | 2.16 | 120.0 | 0 | 0.0 | 6 | 12.0 | 38.0 | 2.0 | 0.00 | 0.00 |
| ENT Salad Shaker, Asian | 1 Each | 240 | 51 | 343 | 1.93 | 1.25 | 32.3 | 2632 | 10.63 | *11 | 16.33 | 17.81 | 11.9 | 2.12 | *0.06 |
| GRAIN Roll, Sara Lee Offer 2 | 2 Each | 220 | 0 | 340 | 6.00 | 2.16 | 120.0 | 0 | 0.0 | 6 | 12.0 | 38.0 | 2.0 | 0.00 | 0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Tots, Oven | 2.25 oz. | 177 | 0 | 239 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 2.08 | 19.73 | 9.35 | 1.56 | 0.00 |
| VEG Patch Leafy Greens | 1/2 CUP | 5 | 0 | 11 | 0.55 | 0.39 | 15.9 | 817 | 4.0 | *N/A* | 0.57 | 0.88 | 0.04 | 0.01 | 0.00 |
| VEG Patch Carrots Shred | serving | 38 | 0 | 65 | 2.62 | 0.28 | 30.9 | 15727 | 5.52 | *N/A* | 0.87 | 8.96 | 0.22 | 0.04 | 0.00 |
| VEG Patch Cherry Tom Bites | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 468 | 14.35 | *N/A* | 0.64 | 3.49 | 0.25 | 0.03 | 0.00 |
| VEG Patch Cucumber Slices | 1/2 Cup | 11 | 0 | 1 | 0.37 | 0.21 | 11.8 | 77 | 2.06 | 1 | 0.48 | 2.68 | 0.08 | 0.03 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| SAUCE Cranberry, Whole Berry | 1/4 Cup | 94 | 0 | 9 | 0.85 | 0.00 | 0.0 | 0 | 0.0 | 19 | 0.0 | 23.01 | 0.0 | 0.00 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind | 1 Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 26

Generated on: 9/24/2019 6:52:57 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/20/2019 | | | | | | | | | | | | | | | |
| COND Salsa, Picante Mild 1/8 c | 1/8 Cup | 9 | 0 | 170 | 0.00 | 0.00 | 0.0 | 94 | 3.4 | 1 | 0.0 | 1.89 | 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 |
| DSSRT Pumpkin Crunch Filling | 1 Each | 72 | 51 | 113 | 1.30 | 0.52 | 40.3 | 4253 | 1.54 | *11 | 2.55 | 13.15 | 1.39 | 0.39 | *0.00 |
| DSSRT Crisp Topping /w oatsEA | 1 EACH | 121 | 0 | 62 | 0.48 | 0.43 | 29.3 | 177 | 0.07 | *15 | 1.3 | 20.0 | 4.13 | 1.63 | *0.00 |
| DSSRT Whipped Topping, Frozen | 2 Tbsp | 40 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.24 | 3.24 | 3.24 | 0.00 |
| Weighted Daily Average | | 930 | 93 | 1286 | 11.93 | 4.70 | 597.9 | 7663 | 55.07 | *66 | 41.28 | 140.58 | 22.81 | 7.77 | *0.03 |
| % of Calories | | | | | | | | | | *28.3% | 17.8% | 60.5% | 22.1% | 7.5% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

| Thu - 11/21/2019 | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| HS Lunch | Total | | | | | | | | | | | | | | |
| ENT Cheese Quesadilla, 19-20 | 1 Each | 387 | 47 | 744 | 2.00 | 2.19 | 538.8 | 568 | 0.0 | 0 | 17.87 | 34.29 | 20.3 | 10.10 | 0.10 |
| ENT Chicken Quesadilla, 19-20 | 1 Each | 365 | 49 | 831 | 2.00 | 2.31 | 438.8 | 418 | 0.0 | 1 | 20.03 | 34.79 | 16.64 | 7.93 | 0.10 |
| ENT Beef Quesadilla(6"),19-20 | 1 Each | 381 | 62 | 718 | 2.03 | 3.23 | 446.3 | 450 | 0.3 | *0 | 20.9 | 34.13 | 17.82 | 8.40 | *0.10 |
| VEG Beans, Refried Beans | 1/2 Cup | 178 | 3 | 483 | 9.82 | 2.11 | 76.9 | 63 | 1.55 | *0 | 9.96 | 28.51 | 2.0 | 0.91 | 0.00 |
| zSecondary Disclaimer | day | *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* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Chef | 1 Each | 132 | 97 | 240 | 0.70 | 1.01 | 81.4 | 370 | 2.92 | *0 | 15.88 | 2.26 | 6.75 | 2.61 | 0.03 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Salad Shaker, Garden | 1 Each | 196 | 60 | 392 | 2.50 | 1.23 | 55.6 | 2552 | 6.97 | *1 | 16.69 | 15.51 | 7.53 | 1.60 | 0.06 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Wedges, Oven | 3 oz. | 110 | 0 | 23 | 1.84 | 0.66 | 0.0 | 5 | 4.41 | 1 | 1.84 | 18.39 | 2.76 | 0.92 | 0.00 |
| VEG Patch Leafy Greens | 1/2 CUP | 5 | 0 | 11 | 0.55 | 0.39 | 15.9 | 817 | 4.0 | *N/A* | 0.57 | 0.88 | 0.04 | 0.01 | 0.00 |
| VEG Patch Broccoli Bites | 1/2 Cup | 11 | 0 | 11 | 0.85 | 0.24 | 15.3 | 203 | 29.08 | 1 | 0.92 | 2.16 | 0.12 | 0.01 | 0.00 |
| VEG Patch Cherry Tom Bites | 1/2 Cup | 16 | 0 | 7 | 0.83 | 0.34 | 3.8 | 468 | 14.35 | *N/A* | 0.64 | 3.49 | 0.25 | 0.03 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Diced | 1/4 Cup | 13 | 0 | 5 | 0.66 | 0.27 | 3.0 | 372 | 11.4 | *N/A* | 0.51 | 2.77 | 0.2 | 0.03 | 0.00 |
| FRT 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 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |

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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 28

Generated on: 9/24/2019 6:52:57 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/21/2019 | | | | | | | | | | | | | | | |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |
| COND Salsa Packets | Packet | 4 | 0 | 140 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| MILK - 1% White | Carton | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK - Skim Choc | Carton | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK - Skim White | Carton | 90 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 673 | 54 | 1006 | 8.48 | 3.68 | 716.7 | 2151 | 58.49 | *37 | 32.57 | 94.36 | 18.31 | 7.61 | *0.08 |
| % of Calories | | | | | | | | | | *22.1% | 19.4% | 56.1% | 24.5% | 10.2% | *0.1% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <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 Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/22/2019 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| zBAR Burger - For Web Menu | day | *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* |
| ENT Hamburger 2oz 15-16 | 1 Each | 326 | 49 | 454 | 4.00 | 2.44 | 170.0 | 0 | 0.0 | 4 | 19.0 | 30.0 | 14.0 | 4.80 | 0.80 |
| ENT Sand, Pork, Breaded Patty | 1 Each | 420 | 40 | 530 | 5.00 | 3.44 | 190.0 | 5 | 0.0 | 5 | 23.0 | 41.0 | 19.0 | 4.50 | 0.00 |
| COND Cheese, Sliced American | 1 Slice | 53 | 14 | 211 | 0.00 | 0.03 | 78.0 | 136 | 0.0 | *N/A* | 3.14 | 0.23 | 4.43 | 2.79 | 0.00 |
| COND Cheese, Sliced Provolone | 1 Slice | 50 | 10 | 120 | 0.00 | 0.00 | 100.0 | 100 | 0.0 | 0 | 3.5 | 0.5 | 4.0 | 2.00 | 0.00 |
| COND Cheese, Sliced Pepper Jack | 1 Slice | 56 | 15 | 86 | 0.00 | 0.00 | 101.2 | 152 | 0.0 | 0 | 3.54 | 0.0 | 4.56 | 2.78 | 0.00 |
| zSecondary Disclaimer | day | *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* |
| ENT Baked Potato w/ 2 oz Chs | 1 Each | 384 | 50 | 373 | 4.47 | 1.73 | 425.6 | 604 | 41.96 | 2 | 18.37 | 39.25 | 18.19 | 10.05 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS 18-19 | 1/8 Slice | 309 | 30 | 469 | 3.00 | 2.69 | 449.2 | 499 | 5.99 | 3 | 20.96 | 28.95 | 12.98 | 6.99 | 0.00 |
| ENT Pizza, Pepperoni HS, 18-19 | 1/8 Slice | 350 | 40 | 680 | 4.00 | 2.70 | 400.0 | 500 | 6.0 | 3 | 20.0 | 29.0 | 16.0 | 8.00 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Cheese Topped | 1 EACH | 280 | 25 | 460 | 2.00 | 1.80 | 350.0 | 300 | 0.0 | 1 | 15.0 | 30.0 | 11.0 | 6.00 | 0.00 |
| ENT Rip Stick, Buffalo Chicken | EACH | 250 | 25 | 590 | 3.00 | 1.80 | 150.0 | 0 | 0.0 | 2 | 14.0 | 27.0 | 10.0 | 3.50 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Deli Sub, Hoagie | Each | 238 | 42 | 665 | 3.00 | 0.83 | 115.0 | 150 | 3.99 | 3 | 18.24 | 27.33 | 6.13 | 2.07 | 0.00 |
| ENT Salad, Crispy Chicken 14 | 1 Each | 212 | 36 | 327 | 2.09 | 1.86 | 86.5 | 507 | 9.29 | *2 | 15.83 | 11.33 | 10.43 | 2.79 | 0.00 |
| GRAIN Roll, WG 1oz offer 2 | 2 Rolls | 161 | 10 | 275 | 1.17 | 1.55 | 7.9 | 24 | 0.01 | *2 | 4.06 | 26.85 | 4.06 | 0.74 | *0.00 |
| ENT Salad Shaker, Spicy Chx | 1 Each | 330 | 61 | 763 | 2.52 | 1.87 | 85.9 | 3279 | 3.12 | *4 | 22.18 | 18.17 | 18.51 | 4.01 | *0.00 |
| GRAIN Roll, WG 1oz offer 1 | 1 Each | 81 | 5 | 137 | 0.58 | 0.77 | 4.0 | 12 | 0.0 | *1 | 2.03 | 13.43 | 2.03 | 0.37 | *0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Tots, Oven | 2.25 oz. | 177 | 0 | 239 | 2.08 | 0.00 | 0.0 | 0 | 2.49 | 0 | 2.08 | 19.73 | 9.35 | 1.56 | 0.00 |
| VEG Onion Rings, Oven | 5 Each | 203 | 0 | 203 | 3.05 | 1.10 | 101.6 | 0 | 2.44 | 5 | 3.05 | 28.44 | 8.13 | 1.52 | 0.00 |
| VEG Potatoes, Wedges, Oven | 3 oz. | 110 | 0 | 23 | 1.84 | 0.66 | 0.0 | 5 | 4.41 | 1 | 1.84 | 18.39 | 2.76 | 0.92 | 0.00 |
| VEG Beans, Baked 1/2C offer 2 | 1/2 Cup | 149 | 0 | 585 | 5.32 | 1.91 | 42.5 | 0 | 0.0 | 13 | 6.38 | 30.83 | 1.06 | 0.00 | 0.00 |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |

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 Lunch

Portion Values - Detailed

Page 30

Generated on: 9/24/2019 6:52:57 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/22/2019 | | | | | | | | | | | | | | | |
| COND Sour Cream, Light, Tub | 2 Tbsp | 47 | 12 | 29 | 0.00 | 0.00 | 46.5 | 233 | 0.0 | 2 | 2.33 | 2.33 | 2.91 | 2.33 | 0.00 |
| COND Margarine, Ind 2 each | Each | 30 | 0 | 30 | 0.00 | 0.00 | 0.0 | 500 | 0.0 | 0 | 0.0 | 0.0 | 3.0 | 1.00 | 0.00 |
| COND Guacamole, Spicy | 3/4 oz | 43 | 0 | 97 | 1.44 | 0.00 | 0.0 | 72 | 2.59 | 0 | 0.0 | 2.16 | 3.6 | 0.72 | 0.00 |
| COND BBQ, Packets 1 oz. | 1 Each | 45 | 0 | 210 | 0.00 | 0.36 | 20.0 | 100 | 1.2 | 9 | 0.0 | 10.0 | 0.0 | 0.00 | 0.00 |
| COND Peppers, Jalapeno, 1/8 c. | 1/8 Cup | 4 | 0 | 253 | 0.39 | 0.28 | 3.5 | 257 | 1.51 | 0 | 0.14 | 0.72 | 0.14 | 0.01 | 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 | | 709 | 49 | 1094 | 8.71 | 3.50 | 651.0 | 1637 | 43.40 | *39 | 33.72 | 95.92 | 20.65 | 7.18 | *0.13 |
| % of Calories | | | | | | | | | | *22.2% | 19.0% | 54.1% | 26.2% | 9.1% | *0.2% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 31

Generated on: 9/24/2019 6:52:57 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/25/2019 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| zSecondary Disclaimer | day | *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* |
| MANAGER'S Choice Entree | 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* |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS | 1/8 Slice | 320 | 25 | 500 | 3.00 | 2.70 | 300.2 | 500 | 6.0 | 4 | 20.01 | 35.02 | 11.01 | 4.00 | 0.00 |
| ENT Pizza, Pepperoni HS | 1/8 Slice | 361 | 30 | 601 | 4.01 | 3.61 | 300.5 | 501 | 6.01 | 6 | 21.04 | 39.07 | 13.02 | 4.01 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Wedges, Oven | 3 oz. | 110 | 0 | 23 | 1.84 | 0.66 | 0.0 | 5 | 4.41 | 1 | 1.84 | 18.39 | 2.76 | 0.92 | 0.00 |
| MANAGER'S Choice Vegetable | 1/2 Cup | *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* |
| MANAGER'S Choice Vegetable | 1/2 Cup | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| 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 | | 683 | 53 | 865 | 8.89 | 3.63 | 550.6 | 1748 | 51.80 | *40 | 33.62 | 98.22 | 16.64 | 4.89 | 0.31 |
| % of Calories | | | | | | | | | | *23.7% | 19.7% | 57.5% | 21.9% | 6.5% | 0.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 32

Generated on: 9/24/2019 6:52:57 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/26/2019 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| zSecondary Disclaimer | day | *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* |
| MANAGER'S Choice Entree | 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* |
| ENT Cheeseburger 2oz | 1 Each | 361 | 57 | 609 | 4.00 | 2.44 | 245.0 | 150 | 0.0 | 5 | 22.0 | 31.0 | 16.0 | 6.05 | 0.80 |
| ENT Sand, Chicken Patty | 1 Each | 360 | 45 | 490 | 6.00 | 2.52 | 150.0 | 0 | 0.0 | 4 | 26.0 | 39.0 | 11.0 | 1.50 | 0.00 |
| ENT Sand, Chicken, Hot & Spicy | 1 Each | 360 | 45 | 530 | 4.00 | 2.88 | 150.0 | 0 | 0.0 | 5 | 26.0 | 39.0 | 12.0 | 2.00 | 0.00 |
| ENT Pizza, Cheese HS | 1/8 Slice | 320 | 25 | 500 | 3.00 | 2.70 | 300.2 | 500 | 6.0 | 4 | 20.01 | 35.02 | 11.01 | 4.00 | 0.00 |
| ENT Pizza, Pepperoni HS | 1/8 Slice | 361 | 30 | 601 | 4.01 | 3.61 | 300.5 | 501 | 6.01 | 6 | 21.04 | 39.07 | 13.02 | 4.01 | 0.00 |
| ENT Pizza, Personal 5" WG Chs | Each | 330 | 30 | 600 | 3.00 | 1.80 | 400.0 | 500 | 12.0 | 2 | 21.0 | 33.0 | 12.0 | 7.00 | 0.00 |
| ENT Rip Stick, Cheese | EACH | 340 | 35 | 600 | 2.00 | 3.60 | 300.0 | 400 | 3.6 | 2 | 23.0 | 32.0 | 13.0 | 4.00 | 0.00 |
| ENT Rip Stick, Pepperoni | 1 EACH | 280 | 25 | 540 | 3.00 | 1.80 | 200.0 | 400 | 3.6 | 3 | 16.0 | 27.0 | 12.0 | 5.00 | 0.00 |
| ENT Sand, Cheese Alt Meal Sec | 1 each | 300 | 30 | 820 | 4.00 | 1.44 | 380.0 | 600 | 0.0 | 8 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| VEG Potatoes, Wedges, Oven | 3 oz. | 110 | 0 | 23 | 1.84 | 0.66 | 0.0 | 5 | 4.41 | 1 | 1.84 | 18.39 | 2.76 | 0.92 | 0.00 |
| MANAGER'S Choice Vegetable | 1/2 Cup | *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* |
| MANAGER'S Choice Vegetable | 1/2 Cup | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| VEG Lettuce, Shredded 13-14 | 1/2 Cup | 5 | 0 | 4 | 0.58 | 0.21 | 7.8 | 136 | 1.61 | *N/A* | 0.42 | 0.86 | 0.08 | 0.01 | 0.00 |
| VEG Tomatoes, Sliced 13-14 | 1/4 Cup | 11 | 0 | 5 | 0.59 | 0.24 | 2.7 | 336 | 10.31 | *N/A* | 0.46 | 2.51 | 0.18 | 0.02 | 0.00 |
| VEG Onions, Sliced | 1/8 Cup | 7 | 0 | 1 | 0.31 | 0.04 | 4.2 | 0 | 1.34 | 1 | 0.2 | 1.69 | 0.02 | 0.01 | 0.00 |
| FRT Fresh Assorted: 1/2 cup | 1/2 Cup | 81 | 0 | 6 | 2.73 | 0.30 | 23.6 | 1037 | 41.11 | *8 | 1.08 | 20.53 | 0.23 | 0.04 | 0.00 |
| 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 |
| COND Dressing, Ranch Red Fat | Tbsp | 31 | 4 | 155 | 0.00 | 0.00 | 8.9 | 2 | 0.0 | 0 | 0.0 | 3.1 | 1.99 | 0.22 | 0.00 |
| COND Dressing, Italian | 1 oz. | 35 | 0 | 239 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.66 | 2.66 | 0.44 | 0.00 |
| COND Mayonnaise, Light | 1 Packet | 30 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 3.0 | 0.00 | 0.00 |
| COND Mustard Packets | 1 Packet | 0 | 0 | 50 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND Ketchup | 2 Packet | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| COND Pickles, Sliced | 1/16 Cup | 1 | 0 | 84 | 0.10 | 0.03 | 5.9 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| 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 |
| DSSRT Cookie, WG ChocChp | 1 each | 104 | 10 | 94 | 1.92 | 0.72 | 20.0 | 46 | 0.0 | 9 | 1.69 | 18.5 | 3.15 | 1.13 | 0.00 |
| Weighted Daily Average | | 787 | 63 | 959 | 10.82 | 4.35 | 570.6 | 1794 | 51.80 | *50 | 35.31 | 116.72 | 19.79 | 6.02 | 0.31 |
| % of Calories | | | | | | | | | | *25.2% | 18.0% | 59.3% | 22.6% | 6.9% | 0.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |
| Weighted Average | | 774 | 63 | 1093 | 9.77 | 3.81 | 596.1 | 2702 | 56.11 | *45 | 34.85 | 109.31 | 21.86 | 7.11 | *0.11 |
| | | | | | | | | | | *52.1% | 18.0% | 56.5% | 25.4% | 8.3% | *0.1% |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

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Generated on: 9/24/2019 6:52:57 AM

| Nutrient | Menu AVG | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | Error Messages (if any) |
|----------------------------|----------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|---------------------------------------|
| Calories | 774 | | 750 - 850 | | 100% | | | | | | | | | | | | |
| Cholesterol (mg) | 63 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1093 | | | 1420 | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1093 | | | 1080 | | | | | | 13 | | | | | | | Correction Required - Sodium too High |
| Fiber (g) | 9.77 | | | | | | | | | | | | | | | | |
| Iron (mg) | 3.81 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 596.1 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 2702 | | | | | | | | | | | | | | | | |
| Sugars (g) | 45 | 23.17% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 56.11 | | | | | | | | | | | | | | | | |
| Protein (g) | 34.85 | 18.02% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 109.31 | 56.53% | | | | | | | | | | | | | | | |
| Total Fat (g) | 21.86 | 25.43% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 7.11 | 8.27% | | <10.00% | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.11 | 0.12% | | | | 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

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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October 14, 2015