

# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/02/2019															
Aferschool Snacks - Second	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
Weighted Daily Average		371	40	442	3.00	1.80	222.5	202	0.00	23	11.07	49.02	15.07	7.05	0.00
% of Calories										24.8%	11.9%	52.9%	36.6%	17.1%	0.0%
Nutrient Guideline		600-700		1360											<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/03/2019															
Aferschool Snacks - Second	Total														
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		530	15	590	3.50	1.08	620.0	1000	3.60	44	25.00	65.00	19.50	4.50	0.00
% of Calories										33.2%	18.9%	49.1%	33.1%	7.6%	0.0%
Nutrient Guideline		600-700		1360											<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/04/2019															
Aferschool Snacks - Second	Total														
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
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	340	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
Weighted Daily Average		383	20	573	2.02	0.73	243.0	391	6.80	3	10.13	40.23	20.25	10.12	0.00
% of Calories										3.0%	10.6%	42.0%	47.5%	23.8%	0.0%
Nutrient Guideline		600-700		1360											<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/07/2019															
Aferschool Snacks - Second	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	19	4.0	44.0	8.0	3.00	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
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	49	20.00	77.00	10.50	4.50	0.00
% of Calories										38.4%	15.7%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		600-700		1360											<10.00

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

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/08/2019															
Aferschool Snacks - Second	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	293	6.37	0.94	31.2	301	8.37	*4	6.50	53.16	4.35	2.08	0.00
% of Calories										*6.2%	10.0%	81.7%	15.1%	7.2%	0.0%
Nutrient Guideline		600-700		1360											<10.00

Wed - 01/09/2019															
Aferschool Snacks - Second	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
Weighted Daily Average		371	40	442	3.00	1.80	222.5	202	0.00	23	11.07	49.02	15.07	7.05	0.00
% of Calories										24.8%	11.9%	52.9%	36.6%	17.1%	0.0%
Nutrient Guideline		600-700		1360											<10.00

Thu - 01/10/2019															
Aferschool Snacks - Second	Total														
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		530	15	590	3.50	1.08	620.0	1000	3.60	44	25.00	65.00	19.50	4.50	0.00
% of Calories										33.2%	18.9%	49.1%	33.1%	7.6%	0.0%
Nutrient Guideline		600-700		1360											<10.00

Fri - 01/11/2019															
Aferschool Snacks - Second	Total														
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
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	340	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00

\*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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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		383	20	573	2.02	0.73	243.0	391	6.80	3	10.13	40.23	20.25	10.12	0.00
% of Calories										3.0%	10.6%	42.0%	47.5%	23.8%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 01/14/2019																
Aferschool Snacks - Second	Total															
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	19	4.0	44.0	8.0	3.00	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	
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	49	20.00	77.00	10.50	4.50	0.00	
% of Calories										38.4%	15.7%	60.4%	18.5%	7.9%	0.0%	
Nutrient Guideline		600-700		1360										<10.00		

Tue - 01/15/2019																
Aferschool Snacks - Second	Total															
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00	
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00	
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00	
Weighted Daily Average		260	15	293	6.37	0.94	31.2	301	8.37	*4	6.50	53.16	4.35	2.08	0.00	
% of Calories										*6.2%	10.0%	81.7%	15.1%	7.2%	0.0%	
Nutrient Guideline		600-700		1360										<10.00		

Wed - 01/16/2019																
Aferschool Snacks - Second	Total															
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00	
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00	
Weighted Daily Average		371	40	442	3.00	1.80	222.5	202	0.00	23	11.07	49.02	15.07	7.05	0.00	
% of Calories										24.8%	11.9%	52.9%	36.6%	17.1%	0.0%	
Nutrient Guideline		600-700		1360										<10.00		

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/17/2019															
Aferschool Snacks - Second	Total														
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		530	15	590	3.50	1.08	620.0	1000	3.60	44	25.00	65.00	19.50	4.50	0.00
% of Calories										33.2%	18.9%	49.1%	33.1%	7.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 01/22/2019															
Aferschool Snacks - Second	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	293	6.37	0.94	31.2	301	8.37	*4	6.50	53.16	4.35	2.08	0.00
% of Calories										*6.2%	10.0%	81.7%	15.1%	7.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 01/23/2019															
Aferschool Snacks - Second	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
Weighted Daily Average		371	40	442	3.00	1.80	222.5	202	0.00	23	11.07	49.02	15.07	7.05	0.00
% of Calories										24.8%	11.9%	52.9%	36.6%	17.1%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 01/24/2019															
Aferschool Snacks - Second	Total														
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
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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Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		530	15	590	3.50	1.08	620.0	1000	3.60	44	25.00	65.00	19.50	4.50	0.00
% of Calories										33.2%	18.9%	49.1%	33.1%	7.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 01/25/2019															
Aferschool Snacks - Second	Total														
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
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	340	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
Weighted Daily Average		383	20	573	2.02	0.73	243.0	391	6.80	3	10.13	40.23	20.25	10.12	0.00
% of Calories										3.0%	10.6%	42.0%	47.5%	23.8%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 01/28/2019															
Aferschool Snacks - Second	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	19	4.0	44.0	8.0	3.00	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
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	49	20.00	77.00	10.50	4.50	0.00
% of Calories										38.4%	15.7%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 01/29/2019															
Aferschool Snacks - Second	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	293	6.37	0.94	31.2	301	8.37	*4	6.50	53.16	4.35	2.08	0.00
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Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/30/2019															
Aferschool Snacks - Second	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
Weighted Daily Average		371	40	442	3.00	1.80	222.5	202	0.00	23	11.07	49.02	15.07	7.05	0.00
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Nutrient Guideline		600-700		1360											<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/31/2019															
Aferschool Snacks - Second	Total														
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		530	15	590	3.50	1.08	620.0	1000	3.60	44	25.00	65.00	19.50	4.50	0.00
% of Calories										33.2%	18.9%	49.1%	33.1%	7.6%	0.0%
Nutrient Guideline		600-700		1360											<10.00

Weighted Average		411	23	478	4.10	1.30	348.2	572	4.14	*25 *55.5%	14.84 14.4%	56.72 55.2%	14.13 30.9%	5.50 12.0%	0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	411		600 - 700	69%		189		Correction Required - Calories are Low
Cholesterol (mg)	23							
Sodium 1 (mg)	478		1360					
Sodium 2 (mg)	478		1035					
Fiber (g)	4.10							
Iron (mg)	1.30							
Calcium (mg)	348.2							
Vitamin A (IU)	572							
Sugars (g)	25	24.65%			Missing			
Vitamin C (mg)	4.14							
Protein (g)	14.84	14.43%						
Carbohydrate (g)	56.72	55.16%						
Total Fat (g)	14.13	30.91%						
Saturated Fat (g)	5.50	12.03%	<10.00%				Correction Required - Sat. Fat too High	
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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

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

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

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

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

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**October 14, 2015**