

Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/04/2019															
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 - 11/05/2019															
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 - 11/06/2019															
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 - 11/07/2019															
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

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

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 ¹ (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 - 11/08/2019															
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	

Tue - 11/12/2019															
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 - 11/13/2019															
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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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 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 ¹ (g)
Thu - 11/14/2019															
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 - 11/15/2019															
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 - 11/18/2019															
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 - 11/19/2019															
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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		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 - 11/20/2019															
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 - 11/21/2019															
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 - 11/22/2019															
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	

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Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

Page 5

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/25/2019															
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 - 11/26/2019															
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	

Weighted Average		401	22	468	4.32	1.27	329.9	564	4.72	*23 *52.2%	14.04 14.0%	56.65 56.4%	13.34 29.9%	5.43 12.2%	0.00 0.0%
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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	401		600 - 700		67%			199									Correction Required - Calories are Low
Cholesterol (mg)	22																
Sodium 1 (mg)	468			1360													
Sodium 2 (mg)	468			1035													
Fiber (g)	4.32																
Iron (mg)	1.27																
Calcium (mg)	329.9																
Vitamin A (IU)	564																
Sugars (g)	23	23.21%				Missing											
Vitamin C (mg)	4.72																
Protein (g)	14.04	13.98%															
Carbohydrate (g)	56.65	56.44%															
Total Fat (g)	13.34	29.89%															
Saturated Fat (g)	5.43	12.17%		<10.00%													Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.00	0.00%															

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USDA Nondiscrimination Statement

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In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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

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