

Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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Generated on: 9/24/2019 6:54:02 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)
Mon - 11/04/2019															
JH Breakfast	Total														
BRKF French Toast Sticks 17-18	3 Each	270	10	290	2.00	1.08	60.0	0	0.0	11	7.0	43.0	8.0	1.00	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	1 Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		406	20	418	3.31	1.95	294.4	743	26.83	*37	12.79	68.75	9.19	2.19	0.00
% of Calories										*36.4%	12.6%	67.8%	20.4%	4.9%	0.0%
Nutrient Guideline		400-550		600										<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

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/05/2019															
JH Breakfast	Total														
BRKF Biscuits & Gravy	1 Each	290	11	884	2.78	2.24	120.2	25	0.3	*6	9.15	35.5	12.95	6.67	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		419	30	599	3.59	2.34	331.6	803	27.85	*36	14.28	66.54	11.14	4.10	0.00
% of Calories										*34.4%	13.6%	63.5%	23.9%	8.8%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/06/2019															
JH Breakfast															
	Total														
BRKF Burrito, Sec Potato,19-20	1 Each	368	194	787	2.50	2.65	218.3	389	1.27	*1	15.86	33.26	18.89	6.42	0.00
BRKF Burrito,Sec w/Bacon 19-20	1 Each	346	193	637	1.84	2.45	201.5	368	1.01	*1	14.4	32.23	17.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		433	77	583	3.41	2.41	349.7	887	27.29	*34	15.73	65.10	12.39	4.08	0.00
% of Calories										*31.4%	14.5%	60.2%	25.8%	8.5%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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Base Menu Spreadsheet

JH Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/07/2019															
JH Breakfast	Total														
BRKF Waffle, 3 Each	Serving of	195	8	540	4.50	1.62	60.0	0	0.0	6	6.0	34.5	5.25	0.75	0.00
BRKF Sand, Egg Saus Pancakes	1 Each	364	137	655	1.98	2.24	145.8	345	0.02	5	15.63	30.03	21.15	6.78	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		422	39	520	3.83	2.24	321.9	826	28.25	*39	14.18	69.48	10.43	3.08	0.00
% of Calories										*36.7%	13.4%	65.9%	22.3%	6.6%	0.0%
Nutrient Guideline		400-550		600										<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

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/08/2019															
JH Breakfast															
	Total														
BRKF Burrito, Sec Potato,19-20	1 Each	368	194	787	2.50	2.65	218.3	389	1.27	*1	15.86	33.26	18.89	6.42	0.00
BRKF Burrito,Sec w/Bacon 19-20	1 Each	346	193	637	1.84	2.45	201.5	368	1.01	*1	14.4	32.23	17.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		424	72	570	3.34	2.37	337.6	873	27.34	*34	15.15	64.14	12.12	3.77	0.00
% of Calories										*31.7%	14.3%	60.5%	25.7%	8.0%	0.0%
Nutrient Guideline		400-550		600										<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

JH Breakfast

Portion Values - Detailed

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Generated on: 9/24/2019 6:54:02 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)
Mon - 11/11/2019															
JH Breakfast	Total														
BRKF French Toast Sticks 17-18	3 Each	270	10	290	2.00	1.08	60.0	0	0.0	11	7.0	43.0	8.0	1.00	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	1 Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		406	20	418	3.31	1.95	294.4	743	26.83	*37	12.79	68.75	9.19	2.19	0.00
% of Calories										*36.4%	12.6%	67.8%	20.4%	4.9%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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Generated on: 9/24/2019 6:54:02 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															
JH Breakfast	Total														
BRKF Biscuits & Gravy	1 Each	290	11	884	2.78	2.24	120.2	25	0.3	*6	9.15	35.5	12.95	6.67	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		419	30	599	3.59	2.34	331.6	803	27.85	*36	14.28	66.54	11.14	4.10	0.00
% of Calories										*34.4%	13.6%	63.5%	23.9%	8.8%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

Page 8

Generated on: 9/24/2019 6:54:02 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															
JH Breakfast															
	Total														
BRKF Burrito, Sec Potato,19-20	1 Each	368	194	787	2.50	2.65	218.3	389	1.27	*1	15.86	33.26	18.89	6.42	0.00
BRKF Burrito,Sec w/Bacon 19-20	1 Each	346	193	637	1.84	2.45	201.5	368	1.01	*1	14.4	32.23	17.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		433	77	583	3.41	2.41	349.7	887	27.29	*34	15.73	65.10	12.39	4.08	0.00
% of Calories										*31.4%	14.5%	60.2%	25.8%	8.5%	0.0%
Nutrient Guideline		400-550		600										<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

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/14/2019															
JH Breakfast	Total														
BRKF Pizza, Sausage	Slice	290	173	771	1.17	2.33	142.1	369	0.18	*2	13.43	25.6	14.38	5.51	*0.05
BRKF Sand, Egg Saus Pancakes	1 Each	364	137	655	1.98	2.24	145.8	345	0.02	5	15.63	30.03	21.15	6.78	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		437	66	558	3.28	2.36	335.4	887	28.28	*38	15.40	68.01	11.93	3.87	*0.01
% of Calories										*34.8%	14.1%	62.2%	24.6%	8.0%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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Generated on: 9/24/2019 6:54:02 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															
JH Breakfast															
	Total														
BRKF Burrito, Sec Potato,19-20	1 Each	368	194	787	2.50	2.65	218.3	389	1.27	*1	15.86	33.26	18.89	6.42	0.00
BRKF Burrito,Sec w/Bacon 19-20	1 Each	346	193	637	1.84	2.45	201.5	368	1.01	*1	14.4	32.23	17.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		424	72	570	3.34	2.37	337.6	873	27.34	*34	15.15	64.14	12.12	3.77	0.00
% of Calories										*31.7%	14.3%	60.5%	25.7%	8.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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Generated on: 9/24/2019 6:54:02 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)
Mon - 11/18/2019															
JH Breakfast	Total														
BRKF French Toast Sticks 17-18	3 Each	270	10	290	2.00	1.08	60.0	0	0.0	11	7.0	43.0	8.0	1.00	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	1 Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		406	20	418	3.31	1.95	294.4	743	26.83	*37	12.79	68.75	9.19	2.19	0.00
% of Calories										*36.4%	12.6%	67.8%	20.4%	4.9%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/19/2019															
JH Breakfast															
	Total														
BRKF Biscuits & Gravy	1 Each	290	11	884	2.78	2.24	120.2	25	0.3	*6	9.15	35.5	12.95	6.67	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		419	30	599	3.59	2.34	331.6	803	27.85	*36	14.28	66.54	11.14	4.10	0.00
% of Calories										*34.4%	13.6%	63.5%	23.9%	8.8%	0.0%
Nutrient Guideline		400-550		600										<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

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/20/2019															
JH Breakfast															
	Total														
BRKF Burrito, Sec Potato,19-20	1 Each	368	194	787	2.50	2.65	218.3	389	1.27	*1	15.86	33.26	18.89	6.42	0.00
BRKF Burrito,Sec w/Bacon 19-20	1 Each	346	193	637	1.84	2.45	201.5	368	1.01	*1	14.4	32.23	17.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		433	77	583	3.41	2.41	349.7	887	27.29	*34	15.73	65.10	12.39	4.08	0.00
% of Calories										*31.4%	14.5%	60.2%	25.8%	8.5%	0.0%
Nutrient Guideline		400-550		600										<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

JH Breakfast

Portion Values - Detailed

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Generated on: 9/24/2019 6:54:02 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)
Thu - 11/21/2019															
JH Breakfast	Total														
BRKF Waffle, 3 Each	Serving of	195	8	540	4.50	1.62	60.0	0	0.0	6	6.0	34.5	5.25	0.75	0.00
BRKF Sand, Egg Saus Pancakes	1 Each	364	137	655	1.98	2.24	145.8	345	0.02	5	15.63	30.03	21.15	6.78	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		422	39	520	3.83	2.24	321.9	826	28.25	*39	14.18	69.48	10.43	3.08	0.00
% of Calories										*36.7%	13.4%	65.9%	22.3%	6.6%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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Generated on: 9/24/2019 6:54:02 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 - 11/22/2019															
JH Breakfast															
	Total														
BRKF Burrito, Sec Potato,19-20	1 Each	368	194	787	2.50	2.65	218.3	389	1.27	*1	15.86	33.26	18.89	6.42	0.00
BRKF Burrito,Sec w/Bacon 19-20	1 Each	346	193	637	1.84	2.45	201.5	368	1.01	*1	14.4	32.23	17.17	5.98	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		424	72	570	3.34	2.37	337.6	873	27.34	*34	15.15	64.14	12.12	3.77	0.00
% of Calories										*31.7%	14.3%	60.5%	25.7%	8.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

Page 16

Generated on: 9/24/2019 6:54:02 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															
JH Breakfast	Total														
BRKF French Toast Sticks 17-18	3 Each	270	10	290	2.00	1.08	60.0	0	0.0	11	7.0	43.0	8.0	1.00	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	1 Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		406	20	418	3.31	1.95	294.4	743	26.83	*37	12.79	68.75	9.19	2.19	0.00
% of Calories										*36.4%	12.6%	67.8%	20.4%	4.9%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/26/2019															
JH Breakfast															
	Total														
BRKF Biscuits & Gravy	1 Each	290	11	884	2.78	2.24	120.2	25	0.3	*6	9.15	35.5	12.95	6.67	0.00
BRKF Sand, Egg Saus Biscuit	1 Each	392	131	717	2.00	1.90	206.2	345	0.02	6	17.33	30.98	23.19	10.12	0.00
BRKF Sand, Egg Saus Bun	1 Each	372	131	637	3.00	1.90	256.2	345	0.02	5	19.33	32.98	19.19	6.12	0.00
BRKF Sand, Egg Bacon Biscuit	1 Each	306	111	669	2.00	2.08	193.2	289	0.02	7	13.33	30.48	14.69	7.32	0.00
BRKF Sand, Egg Bacon Bun	1 Each	286	111	589	3.00	2.08	243.2	289	0.02	6	15.33	32.48	10.69	3.32	0.00
BRKF Pancake & Saus/Stick Bulk	1 EA	200	20	379	1.00	1.08	20.0	45	0.0	7	5.99	18.97	10.98	2.99	0.00
BRKF Smoothie Variety	1 each	253	5	113	2.27	0.42	611.5	261	15.82	*37	6.81	55.81	0.52	0.34	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Toast, Wheat	Slice	113	0	137	2.00	0.72	40.0	167	0.0	2	4.0	15.0	4.67	1.50	0.00
BRKF ES Brkfst Entree -Variety	1 Ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
COND Jelly	1 Ea	25	0	0	0.00	0.00	0.0	0	0.0	3	0.0	7.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		419	30	599	3.59	2.34	331.6	803	27.85	*36	14.28	66.54	11.14	4.10	0.00
% of Calories										*34.4%	13.6%	63.5%	23.9%	8.8%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Weighted Average		421	47	537	3.46	2.26	326.2	824	27.49	*36	14.39	66.82	11.04	3.45	*0.00
										*76.8%	13.7%	63.5%	23.6%	7.4%	*0.0%

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JH Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	421		400 - 550		100%												
Cholesterol (mg)	47																
Sodium 1 (mg)	537			600													
Sodium 2 (mg)	537			535						2							Correction Required - Sodium too High
Fiber (g)	3.46																
Iron (mg)	2.26																
Calcium (mg)	326.2																
Vitamin A (IU)	824																
Sugars (g)	36	34.12%				Missing											
Vitamin C (mg)	27.49																
Protein (g)	14.39	13.68%															
Carbohydrate (g)	66.82	63.53%															
Total Fat (g)	11.04	23.62%															
Saturated Fat (g)	3.45	7.39%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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

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