

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 1

Generated on: 11/30/2018 2:09:44 PM

	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 - 01/02/2019															
JHS 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 K-8	1/10 Slice	256	20	400	2.40	2.16	240.1	400	4.8	3	16.01	28.02	8.81	3.20	0.00
ENT Pizza, Pepperoni K-8	1/10 Slice	288	24	481	3.21	2.88	240.4	401	4.81	5	16.83	31.25	10.42	3.21	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
VEG Green Beans 1/2 C offer 2	1/2 Cup	30	0	330	2.32	0.01	23.3	228	4.23	*1	1.18	4.82	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
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		585	49	860	7.37	3.14	501.3	1339	34.35	*33	31.78	80.62	14.55	3.91	0.22
% of Calories										*22.3%	21.7%	55.1%	22.4%	6.0%	0.3%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 2

Generated on: 11/30/2018 2:09:44 PM

Thu - 01/03/2019	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)
JHS 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 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 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
BRKF Burrito, Sec Potato 10"	1 Each	418	194	757	4.50	2.65	218.3	389	1.27	*3	17.86	39.26	20.39	6.92	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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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 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, 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, 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 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 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 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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 3

Generated on: 11/30/2018 2:09:44 PM

	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 - 01/03/2019															
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		714	59	1006	6.61	2.08	437.3	2495	31.30	*37	28.07	92.54	26.18	7.19	*0.01
% of Calories										*20.6%	15.7%	51.9%	33.0%	9.1%	*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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 4

Generated on: 11/30/2018 2:09:44 PM

	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 - 01/04/2019															
JHS 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 noQueso	1 Each	436	44	762	9.01	4.62	162.1	113	1.52	*2	23.3	45.11	17.76	6.54	*0.71
ENT Super Chk Burrito no Queso	1 Each	369	47	1021	7.91	2.86	138.5	31	0.77	*3	26.98	46.26	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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 5

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/04/2019															
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
Weighted Daily Average		653	48	1001	9.16	3.86	501.6	1589	42.29	*32	31.94	88.90	19.03	5.85	*0.19
% of Calories										*19.5%	19.6%	54.5%	26.2%	8.1%	*0.3%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 6

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/07/2019															
JHS Lunch	Total														
ENT Corn Dog,Mini, Chicken,K-8	6 Each	275	41	417	5.09	1.83	152.7	0	0.0	5	10.18	30.54	12.21	3.56	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 and Bean Burrito	1 Each	439	24	866	13.27	4.41	212.8	135	1.85	*2	21.24	58.39	12.62	4.91	*0.29
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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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 Chs Broccoli 1/2C offer 2	1/2 Cup	41	5	86	1.81	0.00	43.5	165	27.14	*1	2.81	4.02	1.53	0.89	*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
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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 7

Generated on: 11/30/2018 2:09:45 PM

	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		568	45	864	7.56	2.47	510.3	1467	43.79	*35	25.75	79.00	16.30	5.16	*0.06
% of Calories										*24.3%	18.1%	55.6%	25.8%	8.2%	*0.1%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 8

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/08/2019															
JHS 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 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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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, 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, 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 Mushrooms	1/2 Cup	11	0	2	0.49	0.24	1.5	0	1.02	1	1.5	1.58	0.16	0.02	0.00
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 Patch Peas	1/2 Cup	76	0	0	4.33	1.67	29.2	867	15.38	4	5.42	13.0	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
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 Frozen Strawberry Pie	1/4 cup	99	2	44	0.66	0.36	210.0	0	9.55	14	2.85	20.62	0.52	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.

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 9

Generated on: 11/30/2018 2:09:45 PM

	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		692	53	860	8.41	3.68	739.4	2919	46.46	*46	35.27	101.59	15.69	4.69	*0.19
% of Calories										*26.6%	20.4%	58.7%	20.4%	6.1%	*0.2%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 10

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/09/2019															
JHS Lunch	Total														
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
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
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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8, 18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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 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
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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 11

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/09/2019															
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		647	56	991	8.76	3.70	531.9	2004	39.67	*36 *22.3%	31.88 19.7%	88.09 54.5%	18.63 25.9%	5.94 8.3%	*0.01 *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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 12

Generated on: 11/30/2018 2:09:45 PM

Thu - 01/10/2019	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)
JHS 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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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	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, 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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 13

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/10/2019															
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		609	55	896	7.77	3.32	521.9	1523	40.60	*31 *20.7%	31.46 20.7%	81.53 53.6%	17.49 25.9%	6.08 9.0%	*0.25 *0.4%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 14

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/11/2019															
JHS Lunch	Total														
zBAR Asian - 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 Asian Chx, No Bread	1/2 CUP	138	62	208	0.00	1.11	0.0	69	1.85	3	21.54	9.23	3.08	0.77	0.00
ENT Asian Chx, Breaded	1/2 CUP	115	40	135	0.00	0.72	0.0	45	3.6	5	11.0	11.0	3.0	0.50	0.00
ENT Beef Meatballs	5 each	152	48	302	1.00	1.00	28.0	1	0.0	1	12.0	2.0	11.0	4.00	0.70
GRAIN Rice, Brown 1C	1 Cup	175	0	0	2.07	0.75	0.0	0	0.0	*0	4.14	34.16	2.64	0.16	0.00
GRAIN Pasta, Spaghetti	1 CUP	316	0	16	9.49	4.27	0.0	0	0.0	*N/A*	11.07	64.86	2.37	0.00	0.00
SAUCE Mandarin Orange	1 oz	32	0	132	0.00	0.00	0.0	0	1.09	5	0.0	7.27	0.0	0.00	0.00
SAUCE Spicy Sichuan	1 oz	62	37	269	0.00	0.00	0.0	0	0.0	11	2.5	6.25	1.88	0.63	0.00
SAUCE Sweet & Sour	1 oz	23	0	59	0.00	0.00	0.0	0	0.0	4	0.0	6.36	0.0	0.00	0.00
SAUCE Teriyaki	1 oz	50	37	431	0.00	0.00	0.0	0	0.0	9	2.5	8.75	1.88	0.63	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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8, 18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 15

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/11/2019															
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
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		620	48	826	7.99	3.38	574.9	2650	43.61	*35	32.87	87.18	15.46	5.26	*0.07
% of Calories										*22.8%	21.2%	56.3%	22.5%	7.6%	*0.1%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS 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)
Mon - 01/14/2019															
JHS Lunch	Total														
ENT Chicken Drumsticks, JH/HS	2 Each	320	180	640	0.00	1.44	0.0	0	0.0	0	32.0	4.0	20.0	5.00	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
SAUCE Gravy, Country	1/8 cup	21	0	137	0.00	0.17	0.0	0	0.0	*0	0.0	2.83	0.94	0.47	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
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 and Bean Burrito	1 Each	439	24	866	13.27	4.41	212.8	135	1.85	*2	21.24	58.39	12.62	4.91	*0.29
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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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 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 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

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.

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 17

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/14/2019															
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
DSSRT Crisp, Apple	1/4 cup	111	0	40	1.43	1.05	32.4	102	0.68	*17	0.76	21.7	2.38	0.94	*0.00
Weighted Daily Average		745	87	1100	7.78	3.82	494.9	1824	44.90	*42	35.67	99.47	22.64	6.31	*0.05
% of Calories										*22.8%	19.2%	53.4%	27.4%	7.6%	*0.1%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 18

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/15/2019															
JHS Lunch	Total														
ENT Sand, Grill Chs Chedd K-8	1 Each	320	50	480	4.00	1.44	380.0	400	0.0	4	18.0	30.0	16.0	8.00	0.00
ENT Soup, Creamy Tomato	1/2 CUP	76	8	305	2.00	0.67	58.0	401	0.0	9	2.0	14.0	2.67	2.00	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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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, 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 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 Patch Peas	1/2 Cup	76	0	0	4.33	1.67	29.2	867	15.38	4	5.42	13.0	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 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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 19

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/15/2019															
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		608	50	860	8.64	3.37	583.2	1907	41.24	*35	31.57	85.60	15.99	5.97	*0.01
% of Calories										*23.3%	20.8%	56.3%	23.7%	8.8%	*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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 20

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/16/2019															
JHS 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 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 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, Sec Potato 10"	1 Each	418	194	757	4.50	2.65	218.3	389	1.27	*3	17.86	39.26	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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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 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, 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, 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 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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 21

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/16/2019															
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		742	60	984	6.93	2.16	435.9	2899	40.55	*43 *23.5%	27.97 15.1%	100.21 54.1%	26.21 31.8%	7.25 8.8%	*0.01 *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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 22

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/17/2019															
JHS Lunch	Total														
zBAR Italian - 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*
GRAIN Pasta, Spaghetti, 1/2 CUP	1/2 CUP	158	0	8	4.75	2.14	0.0	0	0.0	*N/A*	5.54	32.43	1.19	0.00	0.00
GRAIN Pasta, Rotini	1/2 Cup	76	0	0	2.53	1.52	0.0	0	0.0	1	3.37	16.43	0.63	0.00	0.00
ENT Lasagna, Cheese, topped	1 each	313	40	864	4.65	5.50	379.7	644	7.76	13	17.3	39.63	9.07	4.92	0.02
ENT Chicken, Diced	2 oz	83	51	26	0.00	0.41	11.3	0	0.0	0	14.17	0.0	2.83	1.13	0.06
ENT Beef Meatballs	5 each	152	48	302	1.00	1.00	28.0	1	0.0	1	12.0	2.0	11.0	4.00	0.70
SAUCE Alfredo	1/4 CUP	98	21	409	0.00	0.00	207.7	246	0.0	3	6.56	5.46	5.46	3.39	0.00
VEG Marinara	1/4 Cup	31	0	216	1.35	2.25	18.0	43	0.9	4	0.9	6.3	0.23	0.00	0.00
COND Cheese, Parmesan, 1 Tbsp	1 TBSP	21	4	85	0.00	0.04	62.7	43	0.0	0	1.89	0.17	1.37	0.87	*N/A*
GRAIN Breadstick Bake Crafters	1 Each	70	0	65	1.00	0.72	0.0	0	0.0	1	2.0	14.0	1.0	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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8, 18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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 Cauliflower	1/2 Cup	13	0	15	1.02	0.21	11.2	0	24.6	1	0.98	2.54	0.14	0.07	0.00
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 Patch Garbanzo Beans	1/2 Cup	178	0	208	7.42	2.67	59.4	36	5.69	0	8.91	29.7	2.97	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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 23

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/17/2019															
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
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		688	52	1022	10.04	4.64	626.4	2577	43.21	*38	34.27	97.62	17.73	5.32	*0.13
% of Calories										*22.0%	19.9%	56.8%	23.2%	7.0%	*0.2%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS 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 - 01/22/2019															
JHS Lunch	Total														
ENT Chicken Tenders	3 Each	170	30	271	1.00	1.45	20.1	0	0.0	2	13.06	8.03	8.03	1.51	0.00
ENT Chicken Tenders Spicy	3 Each	229	46	381	1.52	1.65	0.0	762	0.0	3	19.82	9.15	12.19	2.29	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
SAUCE Gravy, Country	1/8 cup	21	0	137	0.00	0.17	0.0	0	0.0	*0	0.0	2.83	0.94	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
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 and Bean Burrito	1 Each	439	24	866	13.27	4.41	212.8	135	1.85	*2	21.24	58.39	12.62	4.91	*0.29
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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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	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 Green Beans 1/2 C offer 2	1/2 Cup	30	0	330	2.32	0.01	23.3	228	4.23	*1	1.18	4.82	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 BBQ, Packets .75 oz.	1 Each	35	0	230	0.00	0.13	3.9	28	1.43	3	0.0	9.0	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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 25

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/22/2019															
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		612	46	1072	6.58	2.85	462.6	1544	45.48	*33	29.81	83.43	17.01	4.46	*0.04
% of Calories										*21.6%	19.5%	54.6%	25.0%	6.6%	*0.1%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 26

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/23/2019															
JHS Lunch	Total														
ENT Nachos, Super w Jalp Sec	1/2 Cup	537	86	1063	2.24	1.68	368.0	993	0.82	*2	22.13	39.1	32.92	17.39	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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 27

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/23/2019															
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		683	55	1107	9.43	3.18	597.0	1715	40.42	*33	33.26	89.11	21.15	7.87	*0.04
% of Calories										*19.4%	19.5%	52.2%	27.9%	10.4%	*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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 28

Generated on: 11/30/2018 2:09:45 PM

Thu - 01/24/2019	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)
JHS Lunch	Total														
ENT Sand, Philly Cheesesteak	1 Each	301	45	740	3.22	1.15	164.8	270	13.09	5	18.65	30.33	11.38	5.10	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
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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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 Carrots Baby	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 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 Peas	1/2 Cup	76	0	0	4.33	1.67	29.2	867	15.38	4	5.42	13.0	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
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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 29

Generated on: 11/30/2018 2:09:45 PM

	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 - 01/24/2019															
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		618	47	887	7.96	3.08	504.6	2328	47.27	*33 *21.4%	30.97 20.1%	87.90 56.9%	15.26 22.2%	5.30 7.7%	*0.01 *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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 30

Generated on: 11/30/2018 2:09:46 PM

	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 - 01/25/2019															
JHS 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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8, 18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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	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 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 Baby	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 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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 31

Generated on: 11/30/2018 2:09:46 PM

	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 - 01/25/2019															
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 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 .75 oz.	1 Each	35	0	230	0.00	0.13	3.9	28	1.43	3	0.0	9.0	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		617	47	936	7.11	3.01	596.3	2137	37.14	*30	30.60	80.15	18.80	6.66	*0.14
% of Calories										*19.6%	19.8%	52.0%	27.4%	9.7%	*0.2%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 32

Generated on: 11/30/2018 2:09:46 PM

	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 - 01/28/2019															
JHS Lunch															
	Total														
ENT BBQ Drumsticks, JH/HS	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
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
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,NEW BEEF	1 Each	536	48	1023	13.90	5.65	226.5	183	2.28	*2	28.98	59.47	19.74	7.58	*0.70
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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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 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, 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 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
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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 33

Generated on: 11/30/2018 2:09:46 PM

	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 - 01/28/2019															
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		671	90	1168	7.11	3.23	473.5	1781	33.98	*36 *21.5%	36.00 21.4%	86.21 51.4%	20.02 26.8%	5.30 7.1%	*0.05 *0.1%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 34

Generated on: 11/30/2018 2:09:46 PM

	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 - 01/29/2019															
JHS Lunch	Total														
ENT Turkey Gravy w/ Veg	1/2 cup	179	67	555	0.70	1.00	7.0	435	1.25	1	20.17	6.26	7.3	2.44	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
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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8, 18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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,NEW BF	1 Each	523	56	681	3.93	3.16	178.7	698	7.37	*0	21.73	40.6	31.04	13.20	*0.72
ENT Salad Shaker,Fiesta,NEW BF	1 Each	325	60	791	3.80	3.09	160.0	610	8.42	*3	20.19	19.61	19.32	7.35	*0.72
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, 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 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 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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 35

Generated on: 11/30/2018 2:09:46 PM

	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 - 01/29/2019															
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
GRAIN Bread, Banana	1 EACH	171	18	285	1.00	0.96	58.6	195	1.62	*13	2.48	30.75	4.31	1.68	*0.00
Weighted Daily Average		684	64	1026	7.36	3.84	510.9	1889	49.59	*39	33.47	99.17	16.87	5.36	*0.05
% of Calories										*22.7%	19.6%	58.0%	22.2%	7.1%	*0.1%
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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS 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)
Wed - 01/30/2019															
JHS 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 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 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
BRKF Burrito, Sec Potato 10"	1 Each	418	194	757	4.50	2.65	218.3	389	1.27	*3	17.86	39.26	20.39	6.92	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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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 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, 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, 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 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 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 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

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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 37

Generated on: 11/30/2018 2:09:46 PM

	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 - 01/30/2019															
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		714	59	1006	6.61	2.08	437.3	2495	31.30	*37	28.07	92.54	26.18	7.19	*0.01
% of Calories										*20.6%	15.7%	51.9%	33.0%	9.1%	*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.

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Thu - 01/31/2019	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)
JHS Lunch	Total														
ENT Cheese Quesadilla (6")	1 Each	387	47	614	2.00	1.47	518.8	568	0.0	2	19.87	30.29	21.3	10.10	0.10
ENT Chicken Quesadilla (6")	1 Each	275	49	576	1.00	0.87	358.8	418	0.0	2	19.03	16.79	15.14	7.43	0.10
ENT Beef Quesadilla(6"),NEW BF	1 Each	416	56	661	2.55	2.54	430.7	459	0.38	*2	23.07	30.72	22.97	9.91	*0.46
VEG Beans, Refried Beans 1/4 c	1/4 Cup	89	2	241	4.91	1.06	38.5	31	0.77	*0	4.98	14.26	1.0	0.45	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 K-8, 18-19	1/10 Slice	248	24	375	2.40	2.16	359.4	399	4.79	2	16.77	23.16	10.38	5.59	0.00
ENT Pizza, Pepperoni K-8,18-19	1/10 Slice	280	32	544	3.20	2.16	320.0	400	4.8	2	16.0	23.2	12.8	6.40	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
VEG Patch Tomatoes, Diced	1/2 Cup	22	0	9	1.15	0.47	5.2	653	20.03	*N/A*	0.89	4.87	0.35	0.05	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

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

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

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

Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 39

Generated on: 11/30/2018 2:09:46 PM

	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 - 01/31/2019															
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		631	52	903	7.46	3.09	637.6	2118	54.58	*37	32.32	86.49	17.32	6.55	*0.11
% of Calories										*23.4%	20.5%	54.8%	24.7%	9.3%	*0.2%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		655	56	969	7.83	3.20	533.9	2060	41.59	*36 *49.6%	31.65 19.3%	89.37 54.6%	18.93 26.0%	5.88 8.1%	*0.08 *0.1%
------------------	--	-----	----	-----	------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	655		600 - 700	100%				
Cholesterol (mg)	56							
Sodium 1 (mg)	969		1360					
Sodium 2 (mg)	969		1035					
Fiber (g)	7.83							
Iron (mg)	3.20							
Calcium (mg)	533.9							
Vitamin A (IU)	2060							
Sugars (g)	36	22.04%			Missing			
Vitamin C (mg)	41.59							
Protein (g)	31.65	19.33%						
Carbohydrate (g)	89.37	54.58%						
Total Fat (g)	18.93	26.00%						
Saturated Fat (g)	5.88	8.08%	<10.00%					
Trans Fat ¹ (g)	0.08	0.11%			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

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.

USDA Nondiscrimination Statement

For all other FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

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.

This institution is an equal opportunity provider.

October 14, 2015