

Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 1

Generated on: 9/24/2019 6:52:37 AM

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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

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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 2

Generated on: 9/24/2019 6:52:38 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/04/2019															
JHS Lunch	Total														
ENT Sand, Smoked Turkey	1 Each	300	53	494	3.00	2.78	166.9	53	1.92	*9	24.04	35.16	6.26	1.06	0.00
zSecondary Disclaimer	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.74	*0.00
ENT Beef/Bean Burrito,19-20	Each	451	34	1010	10.86	5.49	270.8	135	1.85	*0	22.42	64.98	9.7	3.87	*0.00
ENT Cheeseburger 2oz	1 Each	361	57	609	4.00	2.44	245.0	150	0.0	5	22.0	31.0	16.0	6.05	0.80
ENT Sand, Chicken Patty	1 Each	360	45	490	6.00	2.52	150.0	0	0.0	4	26.0	39.0	11.0	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	360	45	530	4.00	2.88	150.0	0	0.0	5	26.0	39.0	12.0	2.00	0.00
ENT Pizza, Cheese 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 Corn, steamed 1/2C offer 2	1/2 Cup	92	0	0	0.92	0.33	0.0	92	5.5	5	2.75	19.24	0.92	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind 2 each	Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND BBQ, Packets 1 oz.	1 Each	45	0	210	0.00	0.36	20.0	100	1.2	9	0.0	10.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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

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

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Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/04/2019															
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		629	50	952	7.09	3.16	520.2	1422	38.13	*37	31.88	88.34	15.80	4.27	*0.04
% of Calories										*23.5%	20.3%	56.2%	22.6%	6.1%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/05/2019															
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, 10" 19-20	1 Each	448	194	947	2.50	3.55	278.3	389	1.27	*1	17.86	46.26	20.39	6.92	0.00
ENT 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, 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
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Tue - 11/05/2019															
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		717	59	1014	6.55	2.14	441.1	2482	31.27	*37	28.14	92.91	26.28	7.28	*0.00
% of Calories										*20.4%	15.7%	51.9%	33.0%	9.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Wed - 11/06/2019															
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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/06/2019															
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		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	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/07/2019															
JHS Lunch	Total														
zBAR Potato Bar - For Web Menu	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ENT Baked Potato	1 Each	164	0	13	4.47	1.73	25.6	4	41.96	2	4.37	37.25	0.19	0.05	0.00
VEG Mashed Potatoes	1/2 Cup	76	0	105	0.95	0.34	19.1	5	28.65	*1	1.91	16.24	0.95	0.00	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.74	*0.00
VEG Broccoli, Steamed 1/2 cup	1/2 Cup	23	0	18	1.81	0.00	18.1	90	27.13	1	1.81	3.62	0.0	0.00	0.00
COND Cheese, Shredded 2 oz	2 oz	220	50	360	0.00	0.00	400.0	600	0.0	0	14.0	2.0	18.0	10.00	0.00
ENT Chili, 3/4 Cup	3/4 Cup	177	37	418	7.88	3.39	82.8	1042	9.29	*5	14.71	22.2	3.18	1.13	*0.00
ENT Turkey Gravy Jennio	3/8 cup	130	55	450	0.00	0.72	0.0	0	0.0	0	16.0	2.0	6.0	2.00	0.00
ENT Pork, Shredded BBQ	1/2 Cup	198	44	240	1.00	1.00	34.0	110	5.0	16	17.0	18.0	6.0	2.10	0.00
SAUCE Jalapeno Cheese	1/2 CUP	237	62	868	0.00	0.00	446.2	855	0.0	2	15.38	4.4	17.58	10.11	0.00
COND Green Onions	1 Tbsp	2	0	0	0.20	0.09	4.3	61	1.13	0	0.2	0.41	0.0	0.00	0.00
COND Bacon, Chopped	1 Tbsp	35	8	125	0.00	0.18	0.0	0	0.0	1	2.0	0.5	2.5	1.00	0.00
COND Cheese, Shredded, 1 Tbsp	1 TBSP	28	6	46	0.00	0.00	50.6	76	0.0	0	1.77	0.25	2.28	1.27	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind 2 each	Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
zSecondary Disclaimer	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ENT Cheeseburger 2oz	1 Each	361	57	609	4.00	2.44	245.0	150	0.0	5	22.0	31.0	16.0	6.05	0.80
ENT Sand, Chicken Patty	1 Each	360	45	490	6.00	2.52	150.0	0	0.0	4	26.0	39.0	11.0	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	360	45	530	4.00	2.88	150.0	0	0.0	5	26.0	39.0	12.0	2.00	0.00
ENT Pizza, 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 Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/07/2019															
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
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		643	54	912	8.27	3.75	545.5	1875	61.66	*36	30.44	94.52	15.70	6.08	*0.04
% of Calories										*22.4%	18.9%	58.8%	22.0%	8.5%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/08/2019															
JHS Lunch	Total														
ENT Korean BBQ Drums,JH/HS	2 Each	374	180	846	0.30	1.74	5.7	29	0.3	11	32.3	16.7	20.3	5.06	0.00
GRAIN Fried Rice	1 cup	170	0	354	2.72	1.00	12.1	2251	3.86	*1	4.68	28.87	4.26	0.47	0.00
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
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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/08/2019															
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		652	71	987	7.77	3.42	577.3	3090	43.87	*36 *21.9%	35.89 22.0%	84.80 52.0%	18.76 25.9%	6.02 8.3%	*0.04 *0.1%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 11/11/2019															
JHS Lunch	Total day														
zSecondary Disclaimer		*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
MANAGER'S Choice Vegetable	1/2 Cup	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MANAGER'S Choice Vegetable	1/2 Cup	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		580	49	800	6.95	3.13	497.0	1297	33.58	*32	31.57	79.74	14.55	3.91	0.22
% of Calories										*22.4%	21.8%	55.0%	22.6%	6.1%	0.3%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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Generated on: 9/24/2019 6:52:38 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/12/2019															
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/Bean Burrito,19-20	Each	451	34	1010	10.86	5.49	270.8	135	1.85	*0	22.42	64.98	9.7	3.87	*0.00
ENT Cheeseburger 2oz	1 Each	361	57	609	4.00	2.44	245.0	150	0.0	5	22.0	31.0	16.0	6.05	0.80
ENT Sand, Chicken Patty	1 Each	360	45	490	6.00	2.52	150.0	0	0.0	4	26.0	39.0	11.0	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	360	45	530	4.00	2.88	150.0	0	0.0	5	26.0	39.0	12.0	2.00	0.00
ENT Pizza, Cheese 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 Beans, Baked 1/2C offer 2	1/2 Cup	149	0	585	5.32	1.91	42.5	0	0.0	13	6.38	30.83	1.06	0.00	0.00
VEG Carrots, Baby 1/2C offer 2	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Margarine, Ind 2 each	Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 14

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/12/2019															
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		593	45	973	8.41	2.91	513.1	1999	38.91	*37	26.59	85.26	16.15	4.96	*0.05
% of Calories										*24.9%	17.9%	57.5%	24.5%	7.5%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 15

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/13/2019															
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, Buffalo Chicken	EACH	250	25	590	3.00	1.80	150.0	0	0.0	2	14.0	27.0	10.0	3.50	0.00
ENT Rip Stick, Pepperoni	1 EACH	280	25	540	3.00	1.80	200.0	400	3.6	3	16.0	27.0	12.0	5.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Salad, Chef	1 Each	132	97	240	0.70	1.01	81.4	370	2.92	*0	15.88	2.26	6.75	2.61	0.03
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.74	*0.00
ENT Salad Shaker, Garden	1 Each	196	60	392	2.50	1.23	55.6	2552	6.97	*1	16.69	15.51	7.53	1.60	0.06
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.74	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	300	30	820	4.00	1.44	380.0	600	0.0	8	20.0	34.0	10.0	5.00	0.00
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Celery Sticks	1/2 Cup	10	0	57	1.11	0.26	26.1	87	4.56	*N/A*	0.49	2.38	0.09	0.02	*N/A*
VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind 2 each	Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/13/2019															
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		609	55	896	7.77	3.32	521.9	1523	40.60	*31	31.46	81.53	17.49	6.08	*0.25
% of Calories										*20.7%	20.7%	53.6%	25.9%	9.0%	*0.4%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 17

Generated on: 9/24/2019 6:52:38 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/14/2019															
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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 18

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/14/2019															
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	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/15/2019															
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,19-20	1 Each	397	57	808	5.98	5.47	213.4	97	1.38	*0	23.05	50.93	9.53	3.56	*0.00
ENT Super Chk Burrito,19-20	1 Each	399	47	1211	5.91	3.76	198.5	31	0.77	*1	26.98	53.26	8.0	2.95	0.00
SAUCE Queso Blanco	1 OZ	59	15	217	0.00	0.00	101.8	200	0.28	0	3.4	1.13	4.82	2.66	0.17
zSecondary Disclaimer	day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
ENT Cheeseburger 2oz	1 Each	361	57	609	4.00	2.44	245.0	150	0.0	5	22.0	31.0	16.0	6.05	0.80
ENT Sand, Chicken Patty	1 Each	360	45	490	6.00	2.52	150.0	0	0.0	4	26.0	39.0	11.0	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	360	45	530	4.00	2.88	150.0	0	0.0	5	26.0	39.0	12.0	2.00	0.00
ENT Pizza, Cheese 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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 20

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/15/2019															
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
COND Peppers, Jalapeno 1/16 c.	1/16 Cup	2	0	126	0.20	0.14	1.7	129	0.76	0	0.07	0.36	0.07	0.01	0.00
COND Cilantro, Fresh, Chopped	1 Tbsp	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
FRT Frozen Fruit Cup, Orng Pn	1 Each	70	0	10	3.00	0.36	80.0	500	60.0	16	0.0	19.0	0.0	0.00	0.00
Weighted Daily Average		716	51	1033	11.35	4.46	597.0	2086	102.25	*47	31.89	109.65	17.19	5.18	*0.03
% of Calories										*26.4%	17.8%	61.3%	21.6%	6.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/18/2019															
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, 19-20	Each	451	34	1010	10.86	5.49	270.8	135	1.85	*0	22.42	64.98	9.7	3.87	*0.00
ENT Cheeseburger 2oz	1 Each	361	57	609	4.00	2.44	245.0	150	0.0	5	22.0	31.0	16.0	6.05	0.80
ENT Sand, Chicken Patty	1 Each	360	45	490	6.00	2.52	150.0	0	0.0	4	26.0	39.0	11.0	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	360	45	530	4.00	2.88	150.0	0	0.0	5	26.0	39.0	12.0	2.00	0.00
ENT Pizza, Cheese 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 Potatoes, Mini Roasted	3.29 oz.	102	0	183	0.00	0.81	10.2	0	0.0	0	3.05	17.27	2.03	0.00	0.00
VEG 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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/18/2019															
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		661	89	1096	6.10	3.03	468.6	1780	33.97	*34 *20.5%	35.27 21.3%	83.89 50.7%	19.99 27.2%	5.22 7.1%	*0.03 *0.0%
Nutrient Guideline		600-700		1360											<10.00

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

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 - 11/19/2019															
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, 10" 19-20	1 Each	448	194	947	2.50	3.55	278.3	389	1.27	*1	17.86	46.26	20.39	6.92	0.00
ENT Sand, Chicken Patty	1 Each	360	45	490	6.00	2.52	150.0	0	0.0	4	26.0	39.0	11.0	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	360	45	530	4.00	2.88	150.0	0	0.0	5	26.0	39.0	12.0	2.00	0.00
ENT Pizza, Cheese 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, Tots, Oven	2.25 oz.	177	0	239	2.08	0.00	0.0	0	2.49	0	2.08	19.73	9.35	1.56	0.00
VEG Hash Brown Patty	1 Each	121	0	273	1.01	0.00	0.0	0	1.22	0	1.01	15.19	6.08	1.01	0.00
VEG Carrots, Baby 1/2C offer 2	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind 2 each	Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Syrup, Pancake 1.4 oz.	1 each	109	0	20	0.00	0.00	0.0	0	0.0	22	0.0	28.77	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/19/2019															
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		744	60	992	6.87	2.20	439.4	2886	40.53	*43	28.02	100.55	26.29	7.32	*0.01
% of Calories										*23.3%	15.1%	54.1%	31.8%	8.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

Page 25

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/20/2019															
JHS Lunch	Total														
ENT Turkey Gravy Jennio	3/8 cup	130	55	450	0.00	0.72	0.0	0	0.0	0	16.0	2.0	6.0	2.00	0.00
VEG Mashed Potatoes	1/2 Cup	76	0	105	0.95	0.34	19.1	5	28.65	*1	1.91	16.24	0.95	0.00	0.00
GRAIN Roll, Sara Lee Offer 1	1 EACH	110	0	170	3.00	1.08	60.0	0	0.0	3	6.0	19.0	1.0	0.00	0.00
ENT Baked Potato w/ 2 oz Chs	1 Each	384	50	373	4.47	1.73	425.6	604	41.96	2	18.37	39.25	18.19	10.05	0.00
GRAIN Roll, Sara Lee Offer 2	2 Each	220	0	340	6.00	2.16	120.0	0	0.0	6	12.0	38.0	2.0	0.00	0.00
ENT Hamburger 2oz 15-16	1 Each	326	49	454	4.00	2.44	170.0	0	0.0	4	19.0	30.0	14.0	4.80	0.80
ENT Sand, Chicken Patty	1 Each	360	45	490	6.00	2.52	150.0	0	0.0	4	26.0	39.0	11.0	1.50	0.00
ENT Sand, Chicken, Hot & Spicy	1 Each	360	45	530	4.00	2.88	150.0	0	0.0	5	26.0	39.0	12.0	2.00	0.00
ENT Pizza, Cheese 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	1 Each	330	30	600	3.00	1.80	400.0	500	12.0	2	21.0	33.0	12.0	7.00	0.00
ENT Rip Stick, Cheese	1 EACH	340	35	600	2.00	3.60	300.0	400	3.6	2	23.0	32.0	13.0	4.00	0.00
ENT Rip Stick, Ham & Cheese	1 EACH	270	25	590	3.00	1.80	250.0	300	0.0	2	22.0	28.0	8.0	4.00	0.00
ENT Rip Stick, Pepperoni	1 EACH	280	25	540	3.00	1.80	200.0	400	3.6	3	16.0	27.0	12.0	5.00	0.00
ENT Sand, Deli Sub,Wheat Brd	1 Each	268	42	635	4.00	1.91	155.0	150	0.39	5	21.24	31.33	7.13	2.07	0.00
ENT Salad, Chicken Caesar	1 Each	212	62	347	1.13	0.86	86.6	446	9.29	*1	16.84	5.52	13.95	3.37	*0.06
GRAIN Roll, Sara Lee Offer 2	2 Each	220	0	340	6.00	2.16	120.0	0	0.0	6	12.0	38.0	2.0	0.00	0.00
ENT Salad Shaker, Asian	1 Each	240	51	343	1.93	1.25	32.3	2632	10.63	*11	16.33	17.81	11.9	2.12	*0.06
GRAIN Roll, Sara Lee Offer 2	2 Each	220	0	340	6.00	2.16	120.0	0	0.0	6	12.0	38.0	2.0	0.00	0.00
ENT Sand, Cheese Alt Meal Sec	1 each	300	30	820	4.00	1.44	380.0	600	0.0	8	20.0	34.0	10.0	5.00	0.00
VEG Potatoes, Tots, Oven	2.25 oz.	177	0	239	2.08	0.00	0.0	0	2.49	0	2.08	19.73	9.35	1.56	0.00
VEG Patch Leafy Greens	1/2 CUP	5	0	11	0.55	0.39	15.9	817	4.0	*N/A*	0.57	0.88	0.04	0.01	0.00
VEG Patch Carrots Shred	serving	38	0	65	2.62	0.28	30.9	15727	5.52	*N/A*	0.87	8.96	0.22	0.04	0.00
VEG Patch Cherry Tom Bites	1/2 Cup	16	0	7	0.83	0.34	3.8	468	14.35	*N/A*	0.64	3.49	0.25	0.03	0.00
VEG Patch Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.68	0.08	0.03	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
SAUCE Cranberry, Whole Berry	1/4 Cup	94	0	9	0.85	0.00	0.0	0	0.0	19	0.0	23.01	0.0	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
COND Sour Cream, Light, Tub	2 Tbsp	47	12	29	0.00	0.00	46.5	233	0.0	2	2.33	2.33	2.91	2.33	0.00
COND Margarine, Ind	1 Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/20/2019															
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 Pumpkin Crunch Filling	1 Each	72	51	113	1.30	0.52	40.3	4253	1.54	*11	2.55	13.15	1.39	0.39	*0.00
DSSRT Crisp Topping /w oatsEA	1 EACH	121	0	62	0.48	0.43	29.3	177	0.07	*15	1.3	20.0	4.13	1.63	*0.00
DSSRT Whipped Topping, Frozen	2 Tbsp	40	0	0	0.00	0.00	0.0	0	0.0	2	0.0	3.24	3.24	3.24	0.00
Weighted Daily Average		784	83	1046	9.30	3.55	481.4	5722	47.62	*55	33.85	114.83	21.23	6.95	*0.03
% of Calories										*28.3%	17.3%	58.6%	24.4%	8.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

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)
Thu - 11/21/2019															
JHS Lunch	Total														
ENT Cheese Quesadilla, 19-20	1 Each	387	47	744	2.00	2.19	538.8	568	0.0	0	17.87	34.29	20.3	10.10	0.10
ENT Chicken Quesadilla, 19-20	1 Each	365	49	831	2.00	2.31	438.8	418	0.0	1	20.03	34.79	16.64	7.93	0.10
ENT Beef Quesadilla(6"),19-20	1 Each	381	62	718	2.03	3.23	446.3	450	0.3	*0	20.9	34.13	17.82	8.40	*0.10
VEG Beans, Refried Beans 1/4 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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/21/2019															
COND Margarine, Ind 2 each	Each	30	0	30	0.00	0.00	0.0	500	0.0	0	0.0	0.0	3.0	1.00	0.00
COND Salsa Packets	Packet	4	0	140	0.00	0.00	0.0	100	1.2	0	0.0	1.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		637	53	953	7.51	3.42	650.8	2117	54.57	*36	31.96	89.41	16.74	6.41	*0.06
% of Calories										*22.9%	20.1%	56.1%	23.6%	9.1%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/22/2019															
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, Buffalo Chicken	EACH	250	25	590	3.00	1.80	150.0	0	0.0	2	14.0	27.0	10.0	3.50	0.00
ENT Rip Stick, Pepperoni	1 EACH	280	25	540	3.00	1.80	200.0	400	3.6	3	16.0	27.0	12.0	5.00	0.00
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Salad, Crispy Chicken 14	1 Each	212	36	327	2.09	1.86	86.5	507	9.29	*2	15.83	11.33	10.43	2.79	0.00
GRAIN Roll, WG 1oz offer 2	2 Rolls	161	10	275	1.17	1.55	7.9	24	0.01	*2	4.06	26.85	4.06	0.74	*0.00
ENT Salad Shaker, Spicy Chx	1 Each	330	61	763	2.52	1.87	85.9	3279	3.12	*4	22.18	18.17	18.51	4.01	*0.00
GRAIN Roll, WG 1oz offer 1	1 Each	81	5	137	0.58	0.77	4.0	12	0.0	*1	2.03	13.43	2.03	0.37	*0.00
ENT Sand, Cheese Alt Meal Sec	1 each	300	30	820	4.00	1.44	380.0	600	0.0	8	20.0	34.0	10.0	5.00	0.00
VEG Potatoes, Tots, Oven	2.25 oz.	177	0	239	2.08	0.00	0.0	0	2.49	0	2.08	19.73	9.35	1.56	0.00
VEG Onion Rings, Oven	5 Each	203	0	203	3.05	1.10	101.6	0	2.44	5	3.05	28.44	8.13	1.52	0.00
VEG Potatoes, Wedges, Oven	3 oz.	110	0	23	1.84	0.66	0.0	5	4.41	1	1.84	18.39	2.76	0.92	0.00
VEG Beans, Baked 1/2C offer 2	1/2 Cup	149	0	585	5.32	1.91	42.5	0	0.0	13	6.38	30.83	1.06	0.00	0.00
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/22/2019															
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 Guacamole, Spicy	3/4 oz	43	0	97	1.44	0.00	0.0	72	2.59	0	0.0	2.16	3.6	0.72	0.00
COND BBQ, Packets 1 oz.	1 Each	45	0	210	0.00	0.36	20.0	100	1.2	9	0.0	10.0	0.0	0.00	0.00
COND Peppers, Jalapeno, 1/8 c.	1/8 Cup	4	0	253	0.39	0.28	3.5	257	1.51	0	0.14	0.72	0.14	0.01	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		641	47	1040	7.79	3.26	600.2	1414	34.82	*33	31.59	85.02	18.98	6.66	*0.14
% of Calories										*20.6%	19.7%	53.0%	26.6%	9.3%	*0.2%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/25/2019															
JHS Lunch	Total day	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
zSecondary Disclaimer	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*
MANAGER'S Choice Entree	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 Cheeseburger 2oz	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 Patty	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 Sand, Chicken, Hot & Spicy	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, Cheese 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
MANAGER'S Choice Vegetable	1/2 Cup	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MANAGER'S Choice Vegetable	1/2 Cup	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		580	49	800	6.95	3.13	497.0	1297	33.58	*32	31.57	79.74	14.55	3.91	0.22
% of Calories										*22.4%	21.8%	55.0%	22.6%	6.1%	0.3%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/26/2019															
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
MANAGER'S Choice Vegetable	1/2 Cup	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MANAGER'S Choice Vegetable	1/2 Cup	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG Lettuce, Shredded 13-14	1/2 Cup	5	0	4	0.58	0.21	7.8	136	1.61	*N/A*	0.42	0.86	0.08	0.01	0.00
VEG Tomatoes, Sliced 13-14	1/4 Cup	11	0	5	0.59	0.24	2.7	336	10.31	*N/A*	0.46	2.51	0.18	0.02	0.00
VEG Onions, Sliced	1/8 Cup	7	0	1	0.31	0.04	4.2	0	1.34	1	0.2	1.69	0.02	0.01	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	60	0	4	0.95	0.25	4.5	245	14.84	13	0.36	14.65	0.02	0.00	0.00
COND Dressing, Ranch Red Fat	Tbsp	31	4	155	0.00	0.00	8.9	2	0.0	0	0.0	3.1	1.99	0.22	0.00
COND Dressing, Italian	1 oz.	35	0	239	0.00	0.00	0.0	0	0.0	2	0.0	2.66	2.66	0.44	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Ketchup	2 Packet	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
COND Pickles, Sliced	1/16 Cup	1	0	84	0.10	0.03	5.9	13	0.24	0	0.05	0.25	0.03	0.01	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		684	60	894	8.87	3.85	517.0	1344	33.58	*42	33.26	98.24	17.70	5.04	0.22
% of Calories										*24.3%	19.5%	57.5%	23.3%	6.6%	0.3%
Nutrient Guideline		600-700		1360										<10.00	
Weighted Average		659	58	970	7.98	3.27	529.2	2121	44.06	*38	31.68	90.92	18.66	5.83	*0.08
										*51.3%	19.2%	55.2%	25.5%	8.0%	*0.1%

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

JHS Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	659		600 - 700	100%													
Cholesterol (mg)	58																
Sodium 1 (mg)	970		1360														
Sodium 2 (mg)	970		1035														
Fiber (g)	7.98																
Iron (mg)	3.27																
Calcium (mg)	529.2																
Vitamin A (IU)	2121																
Sugars (g)	38	22.80%				Missing											
Vitamin C (mg)	44.06																
Protein (g)	31.68	19.23%															
Carbohydrate (g)	90.92	55.20%															
Total Fat (g)	18.66	25.49%															
Saturated Fat (g)	5.83	7.96%	<10.00%														
Trans Fat ¹ (g)	0.08	0.11%				Missing											

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

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October 14, 2015