

# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

Page 1

Generated on: 11/30/2018 2:12:02 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 <sup>1</sup> (g)
Mon - 01/07/2019															
Podar Academy Breakfast	Total														
BRKF Muffin, Apple Cinn, BC	1 each	250	35	150	2.00	1.44	60.0	100	0.0	19	5.0	43.0	7.0	1.00	0.00
BRKF Muffin, Banana, BC	1 each	250	35	150	2.00	1.44	40.0	0	1.2	22	5.0	44.0	7.0	1.00	0.00
BRKF Muffin, Blueberry, BC	1 each	250	35	180	2.00	1.44	40.0	100	1.2	19	4.0	41.0	8.0	1.00	0.00
BRKF Muffin, Choc Chip, BC	1 each	270	40	190	2.00	1.80	40.0	0	0.0	22	4.0	44.0	9.0	1.50	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		464	25	392	5.25	2.48	384.1	1260	42.67	*53	13.78	87.00	6.97	1.97	0.00
% of Calories										*45.8%	11.9%	75.1%	13.5%	3.8%	0.0%
Nutrient Guideline		450-500		540										<10.00	

Tue - 01/08/2019															
Podar Academy Breakfast	Total														
BRKF Bagelful, Strawberry IW	1 Ea	180	5	160	2.99	1.80	20.0	100	2.4	6	5.99	31.94	2.99	1.50	0.00
BRKF Bread, Pumpkin, IW	1 EACH	270	0	220	2.00	1.44	100.0	1000	0.0	24	6.0	43.0	10.0	2.00	0.00
BRKF Bread, Blueberry, IW	1 EACH	270	0	190	2.00	1.44	100.0	100	0.0	24	6.0	43.0	9.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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.

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		464	11	399	5.85	2.56	393.4	1520	48.96	*52	14.54	87.96	6.40	2.22	0.00
% of Calories										*45.1%	12.5%	75.8%	12.4%	4.3%	0.0%
Nutrient Guideline		450-500		540										<10.00	

Wed - 01/09/2019															
Poder Academy Breakfast	Total														
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		446	10	433	5.63	2.34	369.4	1386	44.23	*48	14.03	84.58	6.30	1.92	0.00
% of Calories										*43.1%	12.6%	75.9%	12.7%	3.9%	0.0%
Nutrient Guideline		450-500		540										<10.00	

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

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

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/10/2019															
Poder Academy Breakfast	Total														
BRKF Oatmeal Plain	1 Cup	202	0	1	5.51	2.45	28.1	0	0.0	*N/A*	8.78	34.46	3.59	0.63	*0.00
COND Brown Sugar & Cinn	Tablespoon	53	0	4	0.26	0.14	16.3	1	0.02	13	0.04	13.88	0.01	0.00	*0.00
FRT Raisins, Box	Box	128	0	4	1.50	0.00	0.0	0	1.2	25	1.5	34.0	0.25	0.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		474	9	327	6.44	2.72	500.8	1238	38.72	*54	15.49	92.51	5.17	1.41	*0.00
% of Calories										*45.9%	13.1%	78.1%	9.8%	2.7%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/11/2019															
Poder Academy Breakfast	Total														
BRKF Waffles, Mini Maple, IW	1 EACH	200	0	170	3.00	0.72	20.0	0	0.0	13	4.0	37.0	5.0	1.00	0.00
BRKF Waffles, Mini, BB, IW	1 EACH	200	0	170	3.00	0.72	20.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		442	10	393	6.03	2.19	377.4	1386	44.23	*48	13.63	84.58	6.10	1.92	0.00
% of Calories										*43.7%	12.3%	76.6%	12.4%	3.9%	0.0%
Nutrient Guideline		450-500		540										<10.00	

Mon - 01/14/2019															
Podar Academy Breakfast	Total														
BRKF Muffin, Apple Cinn, BC	1 each	250	35	150	2.00	1.44	60.0	100	0.0	19	5.0	43.0	7.0	1.00	0.00
BRKF Muffin, Banana, BC	1 each	250	35	150	2.00	1.44	40.0	0	1.2	22	5.0	44.0	7.0	1.00	0.00
BRKF Muffin, Blueberry, BC	1 each	250	35	180	2.00	1.44	40.0	100	1.2	19	4.0	41.0	8.0	1.00	0.00
BRKF Muffin, Choc Chip, BC	1 each	270	40	190	2.00	1.80	40.0	0	0.0	22	4.0	44.0	9.0	1.50	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		464	25	392	5.25	2.48	384.1	1260	42.67	*53	13.78	87.00	6.97	1.97	0.00
% of Calories										*45.8%	11.9%	75.1%	13.5%	3.8%	0.0%
Nutrient Guideline		450-500		540										<10.00	

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

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Podar Academy Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/15/2019															
Podar Academy Breakfast	Total														
BRKF Bagelful, Strawberry IW	1 Ea	180	5	160	2.99	1.80	20.0	100	2.4	6	5.99	31.94	2.99	1.50	0.00
BRKF Bread, Pumpkin, IW	1 EACH	270	0	220	2.00	1.44	100.0	1000	0.0	24	6.0	43.0	10.0	2.00	0.00
BRKF Bread, Blueberry, IW	1 EACH	270	0	190	2.00	1.44	100.0	100	0.0	24	6.0	43.0	9.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		464	11	399	5.85	2.56	393.4	1520	48.96	*52	14.54	87.96	6.40	2.22	0.00
% of Calories										*45.1%	12.5%	75.8%	12.4%	4.3%	0.0%
Nutrient Guideline		450-500		540										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/16/2019															
Podar Academy Breakfast	Total														
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		446	10	433	5.63	2.34	369.4	1386	44.23	*48	14.03	84.58	6.30	1.92	0.00
% of Calories										*43.1%	12.6%	75.9%	12.7%	3.9%	0.0%
Nutrient Guideline		450-500		540										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 01/17/2019</b>															
Podar Academy Breakfast	Total														
BRKF Oatmeal Plain	1 Cup	202	0	1	5.51	2.45	28.1	0	0.0	*N/A*	8.78	34.46	3.59	0.63	*0.00
COND Brown Sugar & Cinn	Tablespoo	53	0	4	0.26	0.14	16.3	1	0.02	13	0.04	13.88	0.01	0.00	*0.00
FRT Raisins, Box	Box	128	0	4	1.50	0.00	0.0	0	1.2	25	1.5	34.0	0.25	0.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		474	9	327	6.44	2.72	500.8	1238	38.72	*54	15.49	92.51	5.17	1.41	*0.00
% of Calories										*45.9%	13.1%	78.1%	9.8%	2.7%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

<b>Fri - 01/18/2019</b>															
Podar Academy Breakfast	Total														
BRKF Waffles, Mini Maple, IW	1 EACH	200	0	170	3.00	0.72	20.0	0	0.0	13	4.0	37.0	5.0	1.00	0.00
BRKF Waffles, Mini, BB, IW	1 EACH	200	0	170	3.00	0.72	20.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Podder Academy Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		442	10	393	6.03	2.19	377.4	1386	44.23	*48	13.63	84.58	6.10	1.92	0.00
% of Calories										*43.7%	12.3%	76.6%	12.4%	3.9%	0.0%
Nutrient Guideline		450-500		540										<10.00	

Tue - 01/22/2019															
Podder Academy Breakfast	Total														
BRKF Bagelful, Strawberry IW	1 Ea	180	5	160	2.99	1.80	20.0	100	2.4	6	5.99	31.94	2.99	1.50	0.00
BRKF Bread, Pumpkin, IW	1 EACH	270	0	220	2.00	1.44	100.0	1000	0.0	24	6.0	43.0	10.0	2.00	0.00
BRKF Bread, Blueberry, IW	1 EACH	270	0	190	2.00	1.44	100.0	100	0.0	24	6.0	43.0	9.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		464	11	399	5.85	2.56	393.4	1520	48.96	*52	14.54	87.96	6.40	2.22	0.00
% of Calories										*45.1%	12.5%	75.8%	12.4%	4.3%	0.0%
Nutrient Guideline		450-500		540										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/23/2019															
Poder Academy Breakfast	Total														
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		446	10	433	5.63	2.34	369.4	1386	44.23	*48	14.03	84.58	6.30	1.92	0.00
% of Calories										*43.1%	12.6%	75.9%	12.7%	3.9%	0.0%
Nutrient Guideline		450-500		540										<10.00	

Thu - 01/24/2019															
Poder Academy Breakfast	Total														
BRKF Oatmeal Plain	1 Cup	202	0	1	5.51	2.45	28.1	0	0.0	*N/A*	8.78	34.46	3.59	0.63	*0.00
COND Brown Sugar & Cinn	Tablespoo	53	0	4	0.26	0.14	16.3	1	0.02	13	0.04	13.88	0.01	0.00	*0.00
FRT Raisins, Box	Box	128	0	4	1.50	0.00	0.0	0	1.2	25	1.5	34.0	0.25	0.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		474	9	327	6.44	2.72	500.8	1238	38.72	*54	15.49	92.51	5.17	1.41	*0.00
% of Calories										*45.9%	13.1%	78.1%	9.8%	2.7%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Fri - 01/25/2019															
Poder Academy Breakfast	Total														
BRKF Waffles, Mini Maple, IW	1 EACH	200	0	170	3.00	0.72	20.0	0	0.0	13	4.0	37.0	5.0	1.00	0.00
BRKF Waffles, Mini, BB, IW	1 EACH	200	0	170	3.00	0.72	20.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		442	10	393	6.03	2.19	377.4	1386	44.23	*48	13.63	84.58	6.10	1.92	0.00
% of Calories										*43.7%	12.3%	76.6%	12.4%	3.9%	0.0%
Nutrient Guideline		450-500		540										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Podar Academy Breakfast

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 <sup>1</sup> (g)
Mon - 01/28/2019															
Podar Academy Breakfast	Total														
BRKF Muffin, Apple Cinn, BC	1 each	250	35	150	2.00	1.44	60.0	100	0.0	19	5.0	43.0	7.0	1.00	0.00
BRKF Muffin, Banana, BC	1 each	250	35	150	2.00	1.44	40.0	0	1.2	22	5.0	44.0	7.0	1.00	0.00
BRKF Muffin, Blueberry, BC	1 each	250	35	180	2.00	1.44	40.0	100	1.2	19	4.0	41.0	8.0	1.00	0.00
BRKF Muffin, Choc Chip, BC	1 each	270	40	190	2.00	1.80	40.0	0	0.0	22	4.0	44.0	9.0	1.50	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		464	25	392	5.25	2.48	384.1	1260	42.67	*53	13.78	87.00	6.97	1.97	0.00
% of Calories										*45.8%	11.9%	75.1%	13.5%	3.8%	0.0%
Nutrient Guideline		450-500		540										<10.00	

Tue - 01/29/2019															
Podar Academy Breakfast	Total														
BRKF Bagelful, Strawberry IW	1 Ea	180	5	160	2.99	1.80	20.0	100	2.4	6	5.99	31.94	2.99	1.50	0.00
BRKF Bread, Pumpkin, IW	1 EACH	270	0	220	2.00	1.44	100.0	1000	0.0	24	6.0	43.0	10.0	2.00	0.00
BRKF Bread, Blueberry, IW	1 EACH	270	0	190	2.00	1.44	100.0	100	0.0	24	6.0	43.0	9.0	2.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-CHOC	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.50	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		464	11	399	5.85	2.56	393.4	1520	48.96	*52	14.54	87.96	6.40	2.22	0.00
% of Calories										*45.1%	12.5%	75.8%	12.4%	4.3%	0.0%
Nutrient Guideline		450-500		540										<10.00	

Wed - 01/30/2019															
Poder Academy Breakfast	Total														
BRKF Frudel, Ch/App	1 each	210	0	270	2.00	1.08	0.0	0	0.0	11	5.0	36.5	6.0	1.25	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		446	10	433	5.63	2.34	369.4	1386	44.23	*48	14.03	84.58	6.30	1.92	0.00
% of Calories										*43.1%	12.6%	75.9%	12.7%	3.9%	0.0%
Nutrient Guideline		450-500		540										<10.00	

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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/31/2019															
Poder Academy Breakfast	Total														
BRKF Oatmeal Plain	1 Cup	202	0	1	5.51	2.45	28.1	0	0.0	*N/A*	8.78	34.46	3.59	0.63	*0.00
COND Brown Sugar & Cinn	Tablespoo	53	0	4	0.26	0.14	16.3	1	0.02	13	0.04	13.88	0.01	0.00	*0.00
FRT Raisins, Box	Box	128	0	4	1.50	0.00	0.0	0	1.2	25	1.5	34.0	0.25	0.00	0.00
BRKF YOGURT, 4 OZ STRAW.BA	4 OZ	90	0	50	0.00	0.00	600.0	0	0.0	14	3.0	19.0	0.0	0.00	0.00
BRKF GRANOLA PCKT	1 EACH	120	0	75	2.00	0.72	20.0	30	0.0	6	3.0	20.0	3.5	0.00	0.00
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
BRKF UBR Round, Dough	1 Each	240	5	210	6.00	0.61	29.5	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BRKF MINI BENEFIT BAR-MAPLE	BAR	140	0	115	3.00	1.08	100.0	0	0.0	10	2.0	24.0	4.0	1.00	0.00
BRKF Cereal, Variety	1 Each	111	0	140	2.13	5.28	118.5	545	5.53	6	1.88	23.3	1.78	0.18	0.00
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
FRT Juice, Assorted: 1/2 cup	Carton	55	0	7	0.00	0.00	0.0	0	19.8	12	0.5	13.5	0.0	0.00	0.00
COND Cream Cheese	Packet	46	15	81	0.00	0.00	20.2	202	0.0	1	2.03	2.03	3.54	2.03	0.00
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		474	9	327	6.44	2.72	500.8	1238	38.72	*54	15.49	92.51	5.17	1.41	*0.00
% of Calories										*45.9%	13.1%	78.1%	9.8%	2.7%	*0.0%
Nutrient Guideline		450-500		540										<10.00	
Weighted Average		458	13	388	5.86	2.47	407.7	1362	43.79	*51	14.36	87.50	6.15	1.88	*0.00
										*100.7	12.5%	76.3%	12.1%	3.7%	*0.0%

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Laramie County School District 1

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Podder Academy Breakfast

Portion Values - Detailed

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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	458		450 - 500	100%													
Cholesterol (mg)	13																
Sodium 1 (mg)	388		540														
Sodium 2 (mg)	388		485														
Fiber (g)	5.86																
Iron (mg)	2.47																
Calcium (mg)	407.7																
Vitamin A (IU)	1362																
Sugars (g)	51	44.75%				Missing											
Vitamin C (mg)	43.79																
Protein (g)	14.36	12.53%															
Carbohydrate (g)	87.50	76.34%															
Total Fat (g)	6.15	12.07%															
Saturated Fat (g)	1.88	3.70%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%				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](mailto:program.intake@usda.gov).

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**October 14, 2015**