

# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Poder Academy Breakfast

Portion Values - Detailed

Page 1

Generated on: 9/24/2019 6:54:42 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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/01/2019             |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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    |                         |

|                              |         |     |    |     |      |      |       |      |       |    |      |       |      |      |      |
|------------------------------|---------|-----|----|-----|------|------|-------|------|-------|----|------|-------|------|------|------|
| Mon - 11/04/2019             |         |     |    |     |      |      |       |      |       |    |      |       |      |      |      |
| Poder 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 |

\*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

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 |              | 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 - 11/05/2019             |         |         |    |     |      |      |       |      |       |        |       |       |       |        |      |
|------------------------------|---------|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|--------|------|
| 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 |      |

\*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

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 - 11/06/2019             |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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 - 11/07/2019             |           |     |    |     |      |      |       |      |       |       |      |       |      |      |       |
| 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  |

\*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

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 |              | 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 - 11/08/2019             |         |         |    |     |      |      |       |      |       |        |       |       |       |        |      |
|------------------------------|---------|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|--------|------|
| 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 |
| 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

Nov 1, 2019 thru Nov 30, 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) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/11/2019             |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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 - 11/12/2019             |         |     |    |     |      |      |       |      |       |    |      |       |      |      |      |
|------------------------------|---------|-----|----|-----|------|------|-------|------|-------|----|------|-------|------|------|------|
| 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

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 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) | Calcm (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 - 11/13/2019             |         |         |    |     |      |      |       |      |       |        |       |       |       |        |      |
|------------------------------|---------|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|--------|------|
| 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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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

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 - 11/14/2019             |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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 - 11/15/2019             |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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

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

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

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 - 11/18/2019             |         |         |    |     |      |      |       |      |       |        |       |       |       |        |      |
|------------------------------|---------|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|--------|------|
| 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

\* - 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

Nov 1, 2019 thru Nov 30, 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) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/19/2019             |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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 - 11/20/2019             |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 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 - 11/21/2019</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 - 11/22/2019</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 |

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 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 - 11/25/2019             |         |         |    |     |      |      |       |      |       |        |       |       |       |        |      |
|------------------------------|---------|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|--------|------|
| 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 |      |

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

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

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) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/26/2019             |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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    |                         |
| Weighted Average             |              | 458         | 14          | 390       | 5.82      | 2.45      | 401.7     | 1363       | 44.01      | *51        | 14.24     | 87.19    | 6.24      | 1.91      | *0.00                   |
|                              |              |             |             |           |           |           |           |            |            | *100.8     | 12.4%     | 76.2%    | 12.3%     | 3.8%      | *0.0%                   |

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# Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Podar Academy Breakfast

Portion Values - Detailed

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| Nutrient                   | Menu AVG | Portion Size | Cals (kcal)   | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <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)           | 14       |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Sodium 1 (mg)              | 390      |              | 540           |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Sodium 2 (mg)              | 390      |              | 485           |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Fiber (g)                  | 5.82     |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Iron (mg)                  | 2.45     |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Calcium (mg)               | 401.7    |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Vitamin A (IU)             | 1363     |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Sugars (g)                 | 51       | 44.78%       |               |             |           | Missing   |           |           |            |            |            |           |          |           |           |                         |                         |
| Vitamin C (mg)             | 44.01    |              |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Protein (g)                | 14.24    | 12.45%       |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Carbohydrate (g)           | 87.19    | 76.21%       |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Total Fat (g)              | 6.24     | 12.27%       |               |             |           |           |           |           |            |            |            |           |          |           |           |                         |                         |
| Saturated Fat (g)          | 1.91     | 3.76%        | <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**