

Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

Page 1

Generated on: 9/24/2019 6:58:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/04/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Celery Sticks	1/2 Cup	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		767	43	1080	10.12	2.81	775.1	6713	41.83	*57	28.02	118.05	21.72	6.94	0.00
% of Calories										*29.9%	14.6%	61.6%	25.5%	8.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/05/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Cherry Tomato Bites 1/2 c.	1/2 Cup	16	0	7	0.83	0.34	3.8	471	14.44	*N/A*	0.64	3.51	0.25	0.03	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		773	43	1035	9.92	3.02	752.9	6893	54.26	*56	28.22	119.64	21.86	6.95	0.00
% of Calories										*29.2%	14.6%	61.9%	25.5%	8.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

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

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/06/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Cold Corn & Peas 1/2 cup	1/2 Cup	84	0	0	2.49	0.95	13.5	450	10.06	4	3.98	16.37	0.49	0.00	0.00
VEG Cucumber Slices	1/2 Cup	11	0	2	0.38	0.21	12.1	79	2.12	1	0.49	2.74	0.08	0.03	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		823	43	975	10.29	3.53	758.1	1948	47.00	*62	31.21	128.58	22.19	6.95	0.00
% of Calories										*30.2%	15.2%	62.5%	24.3%	7.6%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

Vending Machine, Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/07/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Cherry Tomato Bites 1/2 c.	1/2 Cup	16	0	7	0.83	0.34	3.8	471	14.44	*N/A*	0.64	3.51	0.25	0.03	0.00
VEG Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		847	43	985	12.70	4.66	790.2	2145	54.48	*58	37.57	120.59	26.31	7.48	0.01
% of Calories										*27.5%	17.7%	57.0%	28.0%	8.0%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/08/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		664	33	945	8.01	2.19	744.4	6577	68.72	*48	26.80	99.78	18.58	5.80	0.00
% of Calories										*28.8%	16.2%	60.1%	25.2%	7.9%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/11/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Celery Sticks	1/2 Cup	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		767	43	1080	10.12	2.81	775.1	6713	41.83	*57	28.02	118.05	21.72	6.94	0.00
% of Calories										*29.9%	14.6%	61.6%	25.5%	8.1%	0.0%
Nutrient Guideline		750-850		1420										<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

Vending Machine, Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/12/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Cherry Tomato Bites 1/2 c.	1/2 Cup	16	0	7	0.83	0.34	3.8	471	14.44	*N/A*	0.64	3.51	0.25	0.03	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		773	43	1035	9.92	3.02	752.9	6893	54.26	*56	28.22	119.64	21.86	6.95	0.00
% of Calories										*29.2%	14.6%	61.9%	25.5%	8.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

Vending Machine, Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/13/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Cold Corn & Peas 1/2 cup	1/2 Cup	84	0	0	2.49	0.95	13.5	450	10.06	4	3.98	16.37	0.49	0.00	0.00
VEG Cucumber Slices	1/2 Cup	11	0	2	0.38	0.21	12.1	79	2.12	1	0.49	2.74	0.08	0.03	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		823	43	975	10.29	3.53	758.1	1948	47.00	*62	31.21	128.58	22.19	6.95	0.00
% of Calories										*30.2%	15.2%	62.5%	24.3%	7.6%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

Vending Machine, Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/14/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Cherry Tomato Bites 1/2 c.	1/2 Cup	16	0	7	0.83	0.34	3.8	471	14.44	*N/A*	0.64	3.51	0.25	0.03	0.00
VEG Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		847	43	985	12.70	4.66	790.2	2145	54.48	*58	37.57	120.59	26.31	7.48	0.01
% of Calories										*27.5%	17.7%	57.0%	28.0%	8.0%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/15/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		664	33	945	8.01	2.19	744.4	6577	68.72	*48	26.80	99.78	18.58	5.80	0.00
% of Calories										*28.8%	16.2%	60.1%	25.2%	7.9%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/18/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Celery Sticks	1/2 Cup	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		767	43	1080	10.12	2.81	775.1	6713	41.83	*57	28.02	118.05	21.72	6.94	0.00
% of Calories										*29.9%	14.6%	61.6%	25.5%	8.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

Vending Machine, Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/19/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Cherry Tomato Bites 1/2 c.	1/2 Cup	16	0	7	0.83	0.34	3.8	471	14.44	*N/A*	0.64	3.51	0.25	0.03	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		773	43	1035	9.92	3.02	752.9	6893	54.26	*56	28.22	119.64	21.86	6.95	0.00
% of Calories										*29.2%	14.6%	61.9%	25.5%	8.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/20/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Cold Corn & Peas 1/2 cup	1/2 Cup	84	0	0	2.49	0.95	13.5	450	10.06	4	3.98	16.37	0.49	0.00	0.00
VEG Cucumber Slices	1/2 Cup	11	0	2	0.38	0.21	12.1	79	2.12	1	0.49	2.74	0.08	0.03	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		823	43	975	10.29	3.53	758.1	1948	47.00	*62	31.21	128.58	22.19	6.95	0.00
% of Calories										*30.2%	15.2%	62.5%	24.3%	7.6%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/21/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Cherry Tomato Bites 1/2 c.	1/2 Cup	16	0	7	0.83	0.34	3.8	471	14.44	*N/A*	0.64	3.51	0.25	0.03	0.00
VEG Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		847	43	985	12.70	4.66	790.2	2145	54.48	*58	37.57	120.59	26.31	7.48	0.01
% of Calories										*27.5%	17.7%	57.0%	28.0%	8.0%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Vending Machine, Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/22/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Broccoli Bites 1/2 cup	1/2 Cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		664	33	945	8.01	2.19	744.4	6577	68.72	*48	26.80	99.78	18.58	5.80	0.00
% of Calories										*28.8%	16.2%	60.1%	25.2%	7.9%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

Vending Machine, Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/25/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Celery Sticks	1/2 Cup	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03	0.00
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		767	43	1080	10.12	2.81	775.1	6713	41.83	*57	28.02	118.05	21.72	6.94	0.00
% of Calories										*29.9%	14.6%	61.6%	25.5%	8.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

Vending Machine, Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/26/2019															
Vending Machine, Lunch	Total														
ENT Sand, Deli Sub, Hoagie	Each	238	42	665	3.00	0.83	115.0	150	3.99	3	18.24	27.33	6.13	2.07	0.00
ENT Sand, PBJ Variety	1 Each	300	0	280	3.50	1.08	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	20	202	0.00	0.00	202.5	202	0.0	1	6.08	2.03	6.08	4.05	0.00
GRAIN Goldfish Crackers	Pack	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
ENT Fruit & Yogurt Plate Bagel	1 Each	337	35	543	2.00	0.72	822.7	405	0.0	19	15.1	49.05	10.12	6.08	0.00
BRKF Yog Parfait Grnla&Graham	1 Each	453	5	320	4.90	1.94	628.3	48	17.75	48	10.76	87.51	6.41	0.02	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
VEG Carrots, Baby 13-14	1/2 Cup	29	0	54	1.67	0.30	16.7	5003	5.0	*N/A*	0.83	6.67	0.0	0.00	0.00
VEG Cherry Tomato Bites 1/2 c.	1/2 Cup	16	0	7	0.83	0.34	3.8	471	14.44	*N/A*	0.64	3.51	0.25	0.03	0.00
COND Mayonnaise, Light	1 Packet	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim White	Carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
DSSRT Cookie, WG ChocChp	1 each	104	10	94	1.92	0.72	20.0	46	0.0	9	1.69	18.5	3.15	1.13	0.00
Weighted Daily Average		773	43	1035	9.92	3.02	752.9	6893	54.26	*56	28.22	119.64	21.86	6.95	0.00
% of Calories										*29.2%	14.6%	61.9%	25.5%	8.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		774	41	1010	10.19	3.20	764.1	5084	52.65	*56 *65.6%	30.10 15.6%	117.51 60.7%	22.09 25.7%	6.84 8.0%	0.00 0.0%
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

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

Laramie County School District 1

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Vending Machine, Lunch

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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	774		750 - 850	100%													
Cholesterol (mg)	41																
Sodium 1 (mg)	1010		1420														
Sodium 2 (mg)	1010		1080														
Fiber (g)	10.19																
Iron (mg)	3.20																
Calcium (mg)	764.1																
Vitamin A (IU)	5084																
Sugars (g)	56	29.17%				Missing											
Vitamin C (mg)	52.65																
Protein (g)	30.10	15.55%															
Carbohydrate (g)	117.51	60.72%															
Total Fat (g)	22.09	25.68%															
Saturated Fat (g)	6.84	7.95%	<10.00%														
Trans Fat ¹ (g)	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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- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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October 14, 2015