

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Senior High Breakfast

Weighted Values - Detailed

Page 1

Generated on: 4/26/2018 10:04:11 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/01/2018																
Senior High Breakfast	Total	1														
WHOLE GRAIN BAGEL	1 EACH	1	140	0	180	4.00	1.80	40.0	0	0	0.0	6.0	29.0	1.0	0.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST BURRITO W/ SALSA	1 EACH	1	258	196	564	2.29	2.94	143.0	552	110	5.39	12.21	31.32	9.05	2.90	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			998	411	*1382	*9.24	5.96	1597.9	2440	580	*50.02	57.70	142.84	22.53	8.10	*0.09
% of Calories												23.1%	57.3%	20.3%	7.3%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/02/2018																
Senior High Breakfast	Total	1														
FLATBREAD	1 EACH	1	150	0	300	1.00	1.80	40.0	0	0	0.0	4.0	26.0	3.5	0.50	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST PIZZA	SLICE	1	230	25	535	*N/A*	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			980	240	*1473	*3.95	4.41	1604.9	3388	770	*44.63	53.49	131.53	25.98	9.70	*0.09
% of Calories												21.8%	53.7%	23.9%	8.9%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

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Base Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/03/2018																
Senior High Breakfast	Total	1														
WG BISCUIT	1 EACH	1	260	0	390	3.00	1.80	200.0	0	0	0.0	4.0	31.0	13.0	7.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST PIZZA	SLICE	1	230	25	535	*N/A*	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1090	240	*1563	*5.95	4.41	1764.9	3388	770	*44.63	53.49	136.52	35.48	16.21	*0.09
% of Calories												19.6%	50.1%	29.3%	13.4%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

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Fri - 05/04/2018																
Senior High Breakfast	Total	1														
WHOLE GRAIN BAGEL	1 EACH	1	140	0	180	4.00	1.80	40.0	0	0	0.0	6.0	29.0	1.0	0.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST BURRITO W/ SALSA	1 EACH	1	258	196	564	2.29	2.94	143.0	552	110	5.39	12.21	31.32	9.05	2.90	*N/A*
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FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
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Mon - 05/07/2018																
Senior High Breakfast	Total	1														
FLATBREAD	1 EACH	1	150	0	300	1.00	1.80	40.0	0	0	0.0	4.0	26.0	3.5	0.50	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST PIZZA	SLICE	1	230	25	535	*N/A*	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	*N/A*
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Tue - 05/08/2018																
Senior High Breakfast	Total	1														
WG BISCUIT	1 EACH	1	260	0	390	3.00	1.80	200.0	0	0	0.0	4.0	31.0	13.0	7.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
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EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
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EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST BURRITO	1 EACH	1	270	110	610	2.00	0.00	0.0	0	0	0.0	10.0	32.0	11.0	4.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1130	325	*1638	*7.95	3.01	1614.9	1888	470	*44.63	53.49	145.52	36.48	16.20	*0.09
% of Calories												18.9%	51.5%	29.1%	12.9%	*0.1%
Nutrient Guideline			750-85		1420											<10.00

Mon - 05/14/2018																
Senior High Breakfast	Total	1														
WHOLE GRAIN BAGEL	1 EACH	1	140	0	180	4.00	1.80	40.0	0	0	0.0	6.0	29.0	1.0	0.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST BURRITO W/ SALSA	1 EACH	1	258	196	564	2.29	2.94	143.0	552	110	5.39	12.21	31.32	9.05	2.90	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			998	411	*1382	*9.24	5.96	1597.9	2440	580	*50.02	57.70	142.84	22.53	8.10	*0.09
% of Calories												23.1%	57.3%	20.3%	7.3%	*0.1%
Nutrient Guideline			750-85		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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Senior High Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/15/2018																
Senior High Breakfast	Total	1														
FLATBREAD	1 EACH	1	150	0	300	1.00	1.80	40.0	0	0	0.0	4.0	26.0	3.5	0.50	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST PIZZA	SLICE	1	230	25	535	*N/A*	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			980	240	*1473	*3.95	4.41	1604.9	3388	770	*44.63	53.49	131.53	25.98	9.70	*0.09
% of Calories												21.8%	53.7%	23.9%	8.9%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

Wed - 05/16/2018																
Senior High Breakfast	Total	1														
WG BISCUIT	1 EACH	1	260	0	390	3.00	1.80	200.0	0	0	0.0	4.0	31.0	13.0	7.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST PIZZA	SLICE	1	230	25	535	*N/A*	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1090	240	*1563	*5.95	4.41	1764.9	3388	770	*44.63	53.49	136.52	35.48	16.21	*0.09
% of Calories												19.6%	50.1%	29.3%	13.4%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

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 \* - 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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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Senior High Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/17/2018																
Senior High Breakfast	Total	1														
WHOLE GRAIN BAGEL	1 EACH	1	140	0	180	4.00	1.80	40.0	0	0	0.0	6.0	29.0	1.0	0.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST BURRITO W/ SALSA	1 EACH	1	258	196	564	2.29	2.94	143.0	552	110	5.39	12.21	31.32	9.05	2.90	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			998	411	*1382	*9.24	5.96	1597.9	2440	580	*50.02	57.70	142.84	22.53	8.10	*0.09
% of Calories												23.1%	57.3%	20.3%	7.3%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/18/2018																
Senior High Breakfast	Total	1														
FLATBREAD	1 EACH	1	150	0	300	1.00	1.80	40.0	0	0	0.0	4.0	26.0	3.5	0.50	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST PIZZA	SLICE	1	230	25	535	*N/A*	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			980	240	*1473	*3.95	4.41	1604.9	3388	770	*44.63	53.49	131.53	25.98	9.70	*0.09
% of Calories												21.8%	53.7%	23.9%	8.9%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Senior High Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/21/2018																
Senior High Breakfast	Total	1														
WG BISCUIT	1 EACH	1	260	0	390	3.00	1.80	200.0	0	0	0.0	4.0	31.0	13.0	7.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST PIZZA	SLICE	1	230	25	535	*N/A*	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1090	240	*1563	*5.95	4.41	1764.9	3388	770	*44.63	53.49	136.52	35.48	16.21	*0.09
% of Calories												19.6%	50.1%	29.3%	13.4%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

Tue - 05/22/2018																
Senior High Breakfast	Total	1														
WHOLE GRAIN BAGEL	1 EACH	1	140	0	180	4.00	1.80	40.0	0	0	0.0	6.0	29.0	1.0	0.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST BURRITO W/ SALSA	1 EACH	1	258	196	564	2.29	2.94	143.0	552	110	5.39	12.21	31.32	9.05	2.90	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			998	411	*1382	*9.24	5.96	1597.9	2440	580	*50.02	57.70	142.84	22.53	8.10	*0.09
% of Calories												23.1%	57.3%	20.3%	7.3%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

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

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Senior High Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/23/2018																
Senior High Breakfast	Total	1														
FLATBREAD	1 EACH	1	150	0	300	1.00	1.80	40.0	0	0	0.0	4.0	26.0	3.5	0.50	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST PIZZA	SLICE	1	230	25	535	*N/A*	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			980	240	*1473	*3.95	4.41	1604.9	3388	770	*44.63	53.49	131.53	25.98	9.70	*0.09
% of Calories												21.8%	53.7%	23.9%	8.9%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/24/2018																
Senior High Breakfast	Total	1														
WG BISCUIT	1 EACH	1	260	0	390	3.00	1.80	200.0	0	0	0.0	4.0	31.0	13.0	7.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST PIZZA	SLICE	1	230	25	535	*N/A*	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1090	240	*1563	*5.95	4.41	1764.9	3388	770	*44.63	53.49	136.52	35.48	16.21	*0.09
% of Calories												19.6%	50.1%	29.3%	13.4%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Senior High Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/25/2018																
Senior High Breakfast	Total	1														
WHOLE GRAIN BAGEL	1 EACH	1	140	0	180	4.00	1.80	40.0	0	0	0.0	6.0	29.0	1.0	0.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST BURRITO W/ SALSA	1 EACH	1	258	196	564	2.29	2.94	143.0	552	110	5.39	12.21	31.32	9.05	2.90	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			998	411	*1382	*9.24	5.96	1597.9	2440	580	*50.02	57.70	142.84	22.53	8.10	*0.09
% of Calories												23.1%	57.3%	20.3%	7.3%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

Mon - 05/28/2018																
Senior High Breakfast	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-85		1420										<10.00	

Tue - 05/29/2018																
Senior High Breakfast	Total	1														
FLATBREAD	1 EACH	1	150	0	300	1.00	1.80	40.0	0	0	0.0	4.0	26.0	3.5	0.50	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST PIZZA	SLICE	1	230	25	535	*N/A*	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

## Base Menu Spreadsheet

Senior High Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			980	240	*1473	*3.95	4.41	1604.9	3388	770	*44.63	53.49	131.53	25.98	9.70	*0.09
% of Calories												21.8%	53.7%	23.9%	8.9%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

Wed - 05/30/2018																
Senior High Breakfast	Total	1														
WG BISCUIT	1 EACH	1	260	0	390	3.00	1.80	200.0	0	0	0.0	4.0	31.0	13.0	7.00	0.00
EGG PATTY	PATTY	1	60	155	55	0.00	0.53	34.2	230	46	0.09	5.0	1.0	3.5	1.00	*N/A*
SAUSAGE PATTY	PATTY	1	61	31	122	0.00	0.05	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
AMERICAN CHEESE SLICE	1/4 OZ	1	26	7	46	*N/A*	0.00	435.0	63	13	*N/A*	1.57	0.13	2.2	1.40	*N/A*
BREAKFAST PIZZA	SLICE	1	230	25	535	*N/A*	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1090	240	*1563	*5.95	4.41	1764.9	3388	770	*44.63	53.49	136.52	35.48	16.21	*0.09
% of Calories												19.6%	50.1%	29.3%	13.4%	*0.1%
Nutrient Guideline			750-85		1420										<10.00	

Thu - 05/31/2018																
Senior High Breakfast	Total	1														
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-85		1420										<10.00	

Fri - 06/01/2018																
Senior High Breakfast	Total	1														
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-85		1420										<10.00	

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# Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

Page 12

May 1, 2018 thru Jun 1, 2018

Senior High Breakfast

Generated on: 4/26/2018 10:04:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Average			1024	301	*1476	*6.48	4.86	1648.8	3001	692	*46.43	54.89 21.4%	137.39 53.6%	28.04 24.6%	11.34 10.0%	*0.09 *0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1024		750 - 850	121%			174	Correction Required - Calories too High
Cholesterol (mg)	301							
Sodium (mg)	1476		1420		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	6.48				Missing			
Iron (mg)	4.86							
Calcium (mg)	1648.8							
Vitamin A (IU)	3001							
Vitamin A (RE)	692							
Vitamin C (mg)	46.43				Missing			
Protein (g)	54.89	21.43%						
Carbohydrate (g)	137.39	53.64%						
Total Fat (g)	28.04	24.63%						
Saturated Fat (g)	11.34	9.96%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.09	0.08%			Missing			

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

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