

Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1 CUP	1	9	0	16	1.10	0.72	30.0	0	0	8.4	0.84	1.76	0.13	0.02	0.00
ONIONS,RED,RAW	1/8 CUP	1	8	0	1	0.34	0.04	4.6	0	0	1.48	0.22	1.87	0.02	0.01	*N/A*
ROMAINE	1.5 CUP	1	12	0	6	1.50	0.81	30.0	6150	1230	17.1	1.5	1.5	0.0	0.00	0.00
SPINACH	1 CUP	1	7	0	22	0.67	2.70	80.0	8000	1600	24.0	0.67	1.0	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
TRI-COLOR ROTINI	1/2 CUP	1	200	0	0	1.00	1.80	0.0	0	0	0.0	7.0	41.0	0.5	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
GRAPES,Fresh	1/4 CUP	1	15	0	0	0.21	0.07	3.2	23	2	0.92	0.14	3.94	0.08	0.03	*N/A*
CRAISINS	1/8 CUP	1	17	0	0	0.46	0.00	0.0	0	0	0.0	0.01	4.6	0.06	0.02	*N/A*
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
CROUTONS	1/2 CUP	1	93	2	248	1.00	0.54	20.0	0	0	0.0	2.15	12.7	3.65	1.05	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
HONEY DRESSING	2 TBSP	1	40	1	25	0.00	0.09	31.0	40	8	1.1	0.93	8.93	0.3	0.16	*N/A*
SALAD DRESSING,Assorted	2 TBSP	1	120	4	287	0.09	0.18	7.0	62	25	0.37	0.28	3.65	11.77	1.70	*0.00
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
MEDITERRANEAN QUINOA SH AKER SA	1 EACH	1	522	13	790	12.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	17.0	71.0	20.0	4.00	0.00
Weighted Daily Average			1686	97	*2415	*23.46	*8.90	*1145.7	*17154	*3513	*151.73	75.51	236.47	51.38	*9.92	*0.00
% of Calories												17.9%	56.1%	27.4%	*5.3%	*0.0%
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

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

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 ¹ (g)
Wed - 05/02/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1.5 CUP	1	14	0	24	1.65	1.08	45.0	0	0	12.6	1.26	2.64	0.19	0.03	0.00
PEPPERS,SWEET,GREEN,RAW	1/8 CUP	1	4	0	1	0.32	0.06	1.9	69	12	14.97	0.16	0.86	0.03	0.01	*N/A*
CHERRY TOMATOES	1/4 CUP	1	7	0	2	0.45	0.09	2.5	312	62	4.8	0.32	1.45	0.07	0.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
DELI HAM	.5 OZ	1	15	7638	138	0.00	0.00	0.0	0	0	0.0	2.25	0.5	0.25	0.00	*N/A*
DELI TURKEY	.5 OZ	1	13	5	105	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	2.5	0.25	0.13	0.00	0.00
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
MANDARIN ORANGES	1/4 CUP	1	18	0	2	0.25	0.18	5.0	75	15	5.25	0.25	4.25	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
CRAISINS	1/8 CUP	1	17	0	0	0.46	0.00	0.0	0	0	0.0	0.01	4.6	0.06	0.02	*N/A*
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
ORANGE CREAM DRESSING	2 TBSP	1	50	5	19	0.08	0.06	44.5	65	15	5.0	1.25	8.29	1.61	1.00	*N/A*
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
BUFFALO CHICKEN & WHITE BARLEY	1 EACH	1	538	69	704	16.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	33.0	67.0	16.0	5.00	0.00
Weighted Daily Average			1452	7980	*2195	*23.88	*4.45	*1061.8	*2355	*600	*63.48	94.37	184.94	39.34	*10.60	*0.00
% of Calories												26.0%	51.0%	24.4%	*6.6%	*0.0%
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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/03/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1.5 CUP	1	14	0	24	1.65	1.08	45.0	0	0	12.6	1.26	2.64	0.19	0.03	0.00
ORIENTAL BLEND SALAD	1.5 CUP	1	15	0	8	1.50	0.54	0.0	3000	600	9.0	1.5	3.0	0.0	0.00	0.00
PEPPERS,SWEET, GREEN,RAW	1/8 CUP	1	4	0	1	0.32	0.06	1.9	69	12	14.97	0.16	0.86	0.03	0.01	*N/A*
PEAS: frozen,boiled	1/4 CUP	1	31	0	29	2.20	0.61	9.6	840	27	3.96	2.06	5.7	0.11	0.02	*N/A*
ONIONS,RED,RAW	1/8 CUP	1	8	0	1	0.34	0.04	4.6	0	0	1.48	0.22	1.87	0.02	0.01	*N/A*
WILD RICE,COOKED	1/4 CUP	1	41	0	1	0.74	0.25	1.2	1	0	0.0	1.64	8.75	0.14	0.02	*N/A*
MANDARIN ORANGES	1/4 CUP	1	18	0	2	0.25	0.18	5.0	75	15	5.25	0.25	4.25	0.0	0.00	0.00
CHOW MEIN NOODLES	1/4 CUP	1	60	0	50	0.50	2.16	10.0	0	0	0.0	0.95	6.48	3.45	0.50	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
CHEF'S WILD BLEND SHAKER SALAD	1 EACH	1	641	55	611	7.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	27.0	78.0	26.0	6.00	0.00
Weighted Daily Average			1384	117	*1657	18.16	*6.58	*1010.9	*5559	*1066	*68.11	75.58	191.91	39.94	9.49	*0.00
% of Calories												21.8%	55.5%	26.0%	6.2%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Fri - 05/04/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1 CUP	1	9	0	16	1.10	0.72	30.0	0	0	8.4	0.84	1.76	0.13	0.02	0.00
PEPPERS,SWEET,RED,RAW	1/8 CUP	1	6	0	1	0.39	0.08	1.3	583	106	23.78	0.18	1.12	0.06	0.01	*N/A*
SPINACH	1 CUP	1	7	0	22	0.67	2.70	80.0	8000	1600	24.0	0.67	1.0	0.0	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
MANDARIN ORANGES	1/8 CUP	1	9	0	1	0.13	0.09	2.5	37	7	2.62	0.13	2.13	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
HONEY DRESSING	2 TBSP	1	40	1	25	0.00	0.09	31.0	40	8	1.1	0.93	8.93	0.3	0.16	*N/A*
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
BBQ CHICKEN WILD BLEND S HAKER	1 EACH	1	521	64	277	5.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	25.0	65.0	20.0	3.00	0.00

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Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

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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 ¹ (g)
Weighted Daily Average			1144	127	*1272	10.95	*5.34	*1078.4	*10235	*2134	*80.75	68.29	160.29	30.48	6.09	*0.00
% of Calories												23.9%	56.1%	24.0%	4.8%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Mon - 05/07/2018																
Express Salads	Total	1														
ROMAINE	2 CUP	1	16	0	8	2.00	1.08	40.0	8200	1640	22.8	2.0	2.0	0.0	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
CHEESE, PARMESAN, GRATED	.5 OZ	1	61	12	217	0.00	0.13	157.2	123	25	0.0	5.45	0.58	4.06	2.45	*N/A*
CROUTONS	1/4 CUP	1	47	1	124	0.50	0.27	10.0	0	0	0.0	1.08	6.35	1.83	0.53	0.00
CAESAR DRESSING	1/8 CUP	1	159	0	317	0.13	0.31	13.8	12	3	0.07	0.63	1.0	17.0	2.62	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
SHAKER SALAD - S. W. BLACK BEA	1 EACH	1	644	0	599	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	19.0	111.0	17.0	2.00	0.00
Weighted Daily Average			1479	75	*2194	21.30	*3.45	*1154.5	*9909	*2080	*43.71	68.70	201.28	49.87	10.50	*0.00
% of Calories												18.6%	54.4%	30.3%	6.4%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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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 ¹ (g)
Tue - 05/08/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1 CUP	1	9	0	16	1.10	0.72	30.0	0	0	8.4	0.84	1.76	0.13	0.02	0.00
ONIONS,RED,RAW	1/8 CUP	1	8	0	1	0.34	0.04	4.6	0	0	1.48	0.22	1.87	0.02	0.01	*N/A*
ROMAINE	1.5 CUP	1	12	0	6	1.50	0.81	30.0	6150	1230	17.1	1.5	1.5	0.0	0.00	0.00
SPINACH	1 CUP	1	7	0	22	0.67	2.70	80.0	8000	1600	24.0	0.67	1.0	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
TRI-COLOR ROTINI	1/2 CUP	1	200	0	0	1.00	1.80	0.0	0	0	0.0	7.0	41.0	0.5	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
GRAPES,Fresh	1/4 CUP	1	15	0	0	0.21	0.07	3.2	23	2	0.92	0.14	3.94	0.08	0.03	*N/A*
CRAISINS	1/8 CUP	1	17	0	0	0.46	0.00	0.0	0	0	0.0	0.01	4.6	0.06	0.02	*N/A*
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
CROUTONS	1/2 CUP	1	93	2	248	1.00	0.54	20.0	0	0	0.0	2.15	12.7	3.65	1.05	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
HONEY DRESSING	2 TBSP	1	40	1	25	0.00	0.09	31.0	40	8	1.1	0.93	8.93	0.3	0.16	*N/A*
SALAD DRESSING,Assorted	2 TBSP	1	120	4	287	0.09	0.18	7.0	62	25	0.37	0.28	3.65	11.77	1.70	*0.00
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
MEDITERRANEAN QUINOA SH AKER SA	1 EACH	1	522	13	790	12.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	17.0	71.0	20.0	4.00	0.00
Weighted Daily Average			1686	97	*2415	*23.46	*8.90	*1145.7	*17154	*3513	*151.73	75.51	236.47	51.38	*9.92	*0.00
% of Calories												17.9%	56.1%	27.4%	*5.3%	*0.0%
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

Express Salads

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 ¹ (g)
Wed - 05/09/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1.5 CUP	1	14	0	24	1.65	1.08	45.0	0	0	12.6	1.26	2.64	0.19	0.03	0.00
PEPPERS,SWEET,GREEN,RAW	1/8 CUP	1	4	0	1	0.32	0.06	1.9	69	12	14.97	0.16	0.86	0.03	0.01	*N/A*
CHERRY TOMATOES	1/4 CUP	1	7	0	2	0.45	0.09	2.5	312	62	4.8	0.32	1.45	0.07	0.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
DELI HAM	.5 OZ	1	15	7638	138	0.00	0.00	0.0	0	0	0.0	2.25	0.5	0.25	0.00	*N/A*
DELI TURKEY	.5 OZ	1	13	5	105	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	2.5	0.25	0.13	0.00	0.00
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
MANDARIN ORANGES	1/4 CUP	1	18	0	2	0.25	0.18	5.0	75	15	5.25	0.25	4.25	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
CRAISINS	1/8 CUP	1	17	0	0	0.46	0.00	0.0	0	0	0.0	0.01	4.6	0.06	0.02	*N/A*
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
ORANGE CREAM DRESSING	2 TBSP	1	50	5	19	0.08	0.06	44.5	65	15	5.0	1.25	8.29	1.61	1.00	*N/A*
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
BUFFALO CHICKEN & WHITE BARLEY	1 EACH	1	538	69	704	16.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	33.0	67.0	16.0	5.00	0.00
Weighted Daily Average			1452	7980	*2195	*23.88	*4.45	*1061.8	*2355	*600	*63.48	94.37	184.94	39.34	*10.60	*0.00
% of Calories												26.0%	51.0%	24.4%	*6.6%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/10/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1.5 CUP	1	14	0	24	1.65	1.08	45.0	0	0	12.6	1.26	2.64	0.19	0.03	0.00
ORIENTAL BLEND SALAD	1.5 CUP	1	15	0	8	1.50	0.54	0.0	3000	600	9.0	1.5	3.0	0.0	0.00	0.00
PEPPERS,SWEET, GREEN,RAW	1/8 CUP	1	4	0	1	0.32	0.06	1.9	69	12	14.97	0.16	0.86	0.03	0.01	*N/A*
PEAS: frozen,boiled	1/4 CUP	1	31	0	29	2.20	0.61	9.6	840	27	3.96	2.06	5.7	0.11	0.02	*N/A*
ONIONS,RED,RAW	1/8 CUP	1	8	0	1	0.34	0.04	4.6	0	0	1.48	0.22	1.87	0.02	0.01	*N/A*
WILD RICE,COOKED	1/4 CUP	1	41	0	1	0.74	0.25	1.2	1	0	0.0	1.64	8.75	0.14	0.02	*N/A*
MANDARIN ORANGES	1/4 CUP	1	18	0	2	0.25	0.18	5.0	75	15	5.25	0.25	4.25	0.0	0.00	0.00
CHOW MEIN NOODLES	1/4 CUP	1	60	0	50	0.50	2.16	10.0	0	0	0.0	0.95	6.48	3.45	0.50	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
CHEF'S WILD BLEND SHAKER SALAD	1 EACH	1	641	55	611	7.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	27.0	78.0	26.0	6.00	0.00
Weighted Daily Average			1384	117	*1657	18.16	*6.58	*1010.9	*5559	*1066	*68.11	75.58	191.91	39.94	9.49	*0.00
% of Calories												21.8%	55.5%	26.0%	6.2%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Fri - 05/11/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1 CUP	1	9	0	16	1.10	0.72	30.0	0	0	8.4	0.84	1.76	0.13	0.02	0.00
PEPPERS,SWEET,RED,RAW	1/8 CUP	1	6	0	1	0.39	0.08	1.3	583	106	23.78	0.18	1.12	0.06	0.01	*N/A*
SPINACH	1 CUP	1	7	0	22	0.67	2.70	80.0	8000	1600	24.0	0.67	1.0	0.0	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
MANDARIN ORANGES	1/8 CUP	1	9	0	1	0.13	0.09	2.5	37	7	2.62	0.13	2.13	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
HONEY DRESSING	2 TBSP	1	40	1	25	0.00	0.09	31.0	40	8	1.1	0.93	8.93	0.3	0.16	*N/A*
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
BBQ CHICKEN WILD BLEND S HAKER	1 EACH	1	521	64	277	5.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	25.0	65.0	20.0	3.00	0.00

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

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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 ¹ (g)
Weighted Daily Average			1144	127	*1272	10.95	*5.34	*1078.4	*10235	*2134	*80.75	68.29	160.29	30.48	6.09	*0.00
% of Calories												23.9%	56.1%	24.0%	4.8%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Mon - 05/14/2018																
Express Salads	Total	1														
ROMAINE	2 CUP	1	16	0	8	2.00	1.08	40.0	8200	1640	22.8	2.0	2.0	0.0	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
CHEESE, PARMESAN, GRATED	.5 OZ	1	61	12	217	0.00	0.13	157.2	123	25	0.0	5.45	0.58	4.06	2.45	*N/A*
CROUTONS	1/4 CUP	1	47	1	124	0.50	0.27	10.0	0	0	0.0	1.08	6.35	1.83	0.53	0.00
CAESAR DRESSING	1/8 CUP	1	159	0	317	0.13	0.31	13.8	12	3	0.07	0.63	1.0	17.0	2.62	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
SHAKER SALAD - S. W. BLACK BEA	1 EACH	1	644	0	599	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	19.0	111.0	17.0	2.00	0.00
Weighted Daily Average			1479	75	*2194	21.30	*3.45	*1154.5	*9909	*2080	*43.71	68.70	201.28	49.87	10.50	*0.00
% of Calories												18.6%	54.4%	30.3%	6.4%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

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 ¹ (g)
Tue - 05/15/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1 CUP	1	9	0	16	1.10	0.72	30.0	0	0	8.4	0.84	1.76	0.13	0.02	0.00
ONIONS,RED,RAW	1/8 CUP	1	8	0	1	0.34	0.04	4.6	0	0	1.48	0.22	1.87	0.02	0.01	*N/A*
ROMAINE	1.5 CUP	1	12	0	6	1.50	0.81	30.0	6150	1230	17.1	1.5	1.5	0.0	0.00	0.00
SPINACH	1 CUP	1	7	0	22	0.67	2.70	80.0	8000	1600	24.0	0.67	1.0	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
TRI-COLOR ROTINI	1/2 CUP	1	200	0	0	1.00	1.80	0.0	0	0	0.0	7.0	41.0	0.5	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
GRAPES,Fresh	1/4 CUP	1	15	0	0	0.21	0.07	3.2	23	2	0.92	0.14	3.94	0.08	0.03	*N/A*
CRAISINS	1/8 CUP	1	17	0	0	0.46	0.00	0.0	0	0	0.0	0.01	4.6	0.06	0.02	*N/A*
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
CROUTONS	1/2 CUP	1	93	2	248	1.00	0.54	20.0	0	0	0.0	2.15	12.7	3.65	1.05	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
HONEY DRESSING	2 TBSP	1	40	1	25	0.00	0.09	31.0	40	8	1.1	0.93	8.93	0.3	0.16	*N/A*
SALAD DRESSING,Assorted	2 TBSP	1	120	4	287	0.09	0.18	7.0	62	25	0.37	0.28	3.65	11.77	1.70	*0.00
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
MEDITERRANEAN QUINOA SH AKER SA	1 EACH	1	522	13	790	12.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	17.0	71.0	20.0	4.00	0.00
Weighted Daily Average			1686	97	*2415	*23.46	*8.90	*1145.7	*17154	*3513	*151.73	75.51	236.47	51.38	*9.92	*0.00
% of Calories												17.9%	56.1%	27.4%	*5.3%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

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 ¹ (g)
Wed - 05/16/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1.5 CUP	1	14	0	24	1.65	1.08	45.0	0	0	12.6	1.26	2.64	0.19	0.03	0.00
PEPPERS,SWEET,GREEN,RAW	1/8 CUP	1	4	0	1	0.32	0.06	1.9	69	12	14.97	0.16	0.86	0.03	0.01	*N/A*
CHERRY TOMATOES	1/4 CUP	1	7	0	2	0.45	0.09	2.5	312	62	4.8	0.32	1.45	0.07	0.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
DELI HAM	.5 OZ	1	15	7638	138	0.00	0.00	0.0	0	0	0.0	2.25	0.5	0.25	0.00	*N/A*
DELI TURKEY	.5 OZ	1	13	5	105	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	2.5	0.25	0.13	0.00	0.00
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
MANDARIN ORANGES	1/4 CUP	1	18	0	2	0.25	0.18	5.0	75	15	5.25	0.25	4.25	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
CRAISINS	1/8 CUP	1	17	0	0	0.46	0.00	0.0	0	0	0.0	0.01	4.6	0.06	0.02	*N/A*
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
ORANGE CREAM DRESSING	2 TBSP	1	50	5	19	0.08	0.06	44.5	65	15	5.0	1.25	8.29	1.61	1.00	*N/A*
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
BUFFALO CHICKEN & WHITE BARLEY	1 EACH	1	538	69	704	16.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	33.0	67.0	16.0	5.00	0.00
Weighted Daily Average			1452	7980	*2195	*23.88	*4.45	*1061.8	*2355	*600	*63.48	94.37	184.94	39.34	*10.60	*0.00
% of Calories												26.0%	51.0%	24.4%	*6.6%	*0.0%
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

Express Salads

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/17/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1.5 CUP	1	14	0	24	1.65	1.08	45.0	0	0	12.6	1.26	2.64	0.19	0.03	0.00
ORIENTAL BLEND SALAD	1.5 CUP	1	15	0	8	1.50	0.54	0.0	3000	600	9.0	1.5	3.0	0.0	0.00	0.00
PEPPERS,SWEET, GREEN,RAW	1/8 CUP	1	4	0	1	0.32	0.06	1.9	69	12	14.97	0.16	0.86	0.03	0.01	*N/A*
PEAS: frozen,boiled	1/4 CUP	1	31	0	29	2.20	0.61	9.6	840	27	3.96	2.06	5.7	0.11	0.02	*N/A*
ONIONS,RED,RAW	1/8 CUP	1	8	0	1	0.34	0.04	4.6	0	0	1.48	0.22	1.87	0.02	0.01	*N/A*
WILD RICE,COOKED	1/4 CUP	1	41	0	1	0.74	0.25	1.2	1	0	0.0	1.64	8.75	0.14	0.02	*N/A*
MANDARIN ORANGES	1/4 CUP	1	18	0	2	0.25	0.18	5.0	75	15	5.25	0.25	4.25	0.0	0.00	0.00
CHOW MEIN NOODLES	1/4 CUP	1	60	0	50	0.50	2.16	10.0	0	0	0.0	0.95	6.48	3.45	0.50	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
CHEF'S WILD BLEND SHAKER SALAD	1 EACH	1	641	55	611	7.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	27.0	78.0	26.0	6.00	0.00
Weighted Daily Average			1384	117	*1657	18.16	*6.58	*1010.9	*5559	*1066	*68.11	75.58	191.91	39.94	9.49	*0.00
% of Calories												21.8%	55.5%	26.0%	6.2%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Fri - 05/18/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1 CUP	1	9	0	16	1.10	0.72	30.0	0	0	8.4	0.84	1.76	0.13	0.02	0.00
PEPPERS,SWEET,RED,RAW	1/8 CUP	1	6	0	1	0.39	0.08	1.3	583	106	23.78	0.18	1.12	0.06	0.01	*N/A*
SPINACH	1 CUP	1	7	0	22	0.67	2.70	80.0	8000	1600	24.0	0.67	1.0	0.0	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
MANDARIN ORANGES	1/8 CUP	1	9	0	1	0.13	0.09	2.5	37	7	2.62	0.13	2.13	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
HONEY DRESSING	2 TBSP	1	40	1	25	0.00	0.09	31.0	40	8	1.1	0.93	8.93	0.3	0.16	*N/A*
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
BBQ CHICKEN WILD BLEND S HAKER	1 EACH	1	521	64	277	5.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	25.0	65.0	20.0	3.00	0.00

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

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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 ¹ (g)
Weighted Daily Average			1144	127	*1272	10.95	*5.34	*1078.4	*10235	*2134	*80.75	68.29	160.29	30.48	6.09	*0.00
% of Calories												23.9%	56.1%	24.0%	4.8%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

Mon - 05/21/2018																
Express Salads	Total	1														
ROMAINE	2 CUP	1	16	0	8	2.00	1.08	40.0	8200	1640	22.8	2.0	2.0	0.0	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
CHEESE, PARMESAN, GRATED	.5 OZ	1	61	12	217	0.00	0.13	157.2	123	25	0.0	5.45	0.58	4.06	2.45	*N/A*
CROUTONS	1/4 CUP	1	47	1	124	0.50	0.27	10.0	0	0	0.0	1.08	6.35	1.83	0.53	0.00
CAESAR DRESSING	1/8 CUP	1	159	0	317	0.13	0.31	13.8	12	3	0.07	0.63	1.0	17.0	2.62	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
SHAKER SALAD - S. W. BLACK BEA	1 EACH	1	644	0	599	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	19.0	111.0	17.0	2.00	0.00
Weighted Daily Average			1479	75	*2194	21.30	*3.45	*1154.5	*9909	*2080	*43.71	68.70	201.28	49.87	10.50	*0.00
% of Calories												18.6%	54.4%	30.3%	6.4%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1 CUP	1	9	0	16	1.10	0.72	30.0	0	0	8.4	0.84	1.76	0.13	0.02	0.00
ONIONS,RED,RAW	1/8 CUP	1	8	0	1	0.34	0.04	4.6	0	0	1.48	0.22	1.87	0.02	0.01	*N/A*
ROMAINE	1.5 CUP	1	12	0	6	1.50	0.81	30.0	6150	1230	17.1	1.5	1.5	0.0	0.00	0.00
SPINACH	1 CUP	1	7	0	22	0.67	2.70	80.0	8000	1600	24.0	0.67	1.0	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
TRI-COLOR ROTINI	1/2 CUP	1	200	0	0	1.00	1.80	0.0	0	0	0.0	7.0	41.0	0.5	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
GRAPES,Fresh	1/4 CUP	1	15	0	0	0.21	0.07	3.2	23	2	0.92	0.14	3.94	0.08	0.03	*N/A*
CRAISINS	1/8 CUP	1	17	0	0	0.46	0.00	0.0	0	0	0.0	0.01	4.6	0.06	0.02	*N/A*
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
CROUTONS	1/2 CUP	1	93	2	248	1.00	0.54	20.0	0	0	0.0	2.15	12.7	3.65	1.05	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
HONEY DRESSING	2 TBSP	1	40	1	25	0.00	0.09	31.0	40	8	1.1	0.93	8.93	0.3	0.16	*N/A*
SALAD DRESSING,Assorted	2 TBSP	1	120	4	287	0.09	0.18	7.0	62	25	0.37	0.28	3.65	11.77	1.70	*0.00
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
MEDITERRANEAN QUINOA SH AKER SA	1 EACH	1	522	13	790	12.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	17.0	71.0	20.0	4.00	0.00
Weighted Daily Average			1686	97	*2415	*23.46	*8.90	*1145.7	*17154	*3513	*151.73	75.51	236.47	51.38	*9.92	*0.00
% of Calories												17.9%	56.1%	27.4%	*5.3%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/23/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1.5 CUP	1	14	0	24	1.65	1.08	45.0	0	0	12.6	1.26	2.64	0.19	0.03	0.00
PEPPERS,SWEET,GREEN,RAW	1/8 CUP	1	4	0	1	0.32	0.06	1.9	69	12	14.97	0.16	0.86	0.03	0.01	*N/A*
CHERRY TOMATOES	1/4 CUP	1	7	0	2	0.45	0.09	2.5	312	62	4.8	0.32	1.45	0.07	0.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
DELI HAM	.5 OZ	1	15	7638	138	0.00	0.00	0.0	0	0	0.0	2.25	0.5	0.25	0.00	*N/A*
DELI TURKEY	.5 OZ	1	13	5	105	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	2.5	0.25	0.13	0.00	0.00
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
MANDARIN ORANGES	1/4 CUP	1	18	0	2	0.25	0.18	5.0	75	15	5.25	0.25	4.25	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
CRAISINS	1/8 CUP	1	17	0	0	0.46	0.00	0.0	0	0	0.0	0.01	4.6	0.06	0.02	*N/A*
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
ORANGE CREAM DRESSING	2 TBSP	1	50	5	19	0.08	0.06	44.5	65	15	5.0	1.25	8.29	1.61	1.00	*N/A*
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
BUFFALO CHICKEN & WHITE BARLEY	1 EACH	1	538	69	704	16.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	33.0	67.0	16.0	5.00	0.00
Weighted Daily Average			1452	7980	*2195	*23.88	*4.45	*1061.8	*2355	*600	*63.48	94.37	184.94	39.34	*10.60	*0.00
% of Calories												26.0%	51.0%	24.4%	*6.6%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/24/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1.5 CUP	1	14	0	24	1.65	1.08	45.0	0	0	12.6	1.26	2.64	0.19	0.03	0.00
ORIENTAL BLEND SALAD	1.5 CUP	1	15	0	8	1.50	0.54	0.0	3000	600	9.0	1.5	3.0	0.0	0.00	0.00
PEPPERS,SWEET, GREEN,RAW	1/8 CUP	1	4	0	1	0.32	0.06	1.9	69	12	14.97	0.16	0.86	0.03	0.01	*N/A*
PEAS: frozen,boiled	1/4 CUP	1	31	0	29	2.20	0.61	9.6	840	27	3.96	2.06	5.7	0.11	0.02	*N/A*
ONIONS,RED,RAW	1/8 CUP	1	8	0	1	0.34	0.04	4.6	0	0	1.48	0.22	1.87	0.02	0.01	*N/A*
WILD RICE,COOKED	1/4 CUP	1	41	0	1	0.74	0.25	1.2	1	0	0.0	1.64	8.75	0.14	0.02	*N/A*
MANDARIN ORANGES	1/4 CUP	1	18	0	2	0.25	0.18	5.0	75	15	5.25	0.25	4.25	0.0	0.00	0.00
CHOW MEIN NOODLES	1/4 CUP	1	60	0	50	0.50	2.16	10.0	0	0	0.0	0.95	6.48	3.45	0.50	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
CHEF'S WILD BLEND SHAKER SALAD	1 EACH	1	641	55	611	7.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	27.0	78.0	26.0	6.00	0.00
Weighted Daily Average			1384	117	*1657	18.16	*6.58	*1010.9	*5559	*1066	*68.11	75.58	191.91	39.94	9.49	*0.00
% of Calories												21.8%	55.5%	26.0%	6.2%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Fri - 05/25/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1 CUP	1	9	0	16	1.10	0.72	30.0	0	0	8.4	0.84	1.76	0.13	0.02	0.00
PEPPERS,SWEET,RED,RAW	1/8 CUP	1	6	0	1	0.39	0.08	1.3	583	106	23.78	0.18	1.12	0.06	0.01	*N/A*
SPINACH	1 CUP	1	7	0	22	0.67	2.70	80.0	8000	1600	24.0	0.67	1.0	0.0	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
MANDARIN ORANGES	1/8 CUP	1	9	0	1	0.13	0.09	2.5	37	7	2.62	0.13	2.13	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
HONEY DRESSING	2 TBSP	1	40	1	25	0.00	0.09	31.0	40	8	1.1	0.93	8.93	0.3	0.16	*N/A*
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
BBQ CHICKEN WILD BLEND S HAKER	1 EACH	1	521	64	277	5.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	25.0	65.0	20.0	3.00	0.00

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

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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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1144	127	*1272	10.95	*5.34	*1078.4	*10235	*2134	*80.75	68.29	160.29	30.48	6.09	*0.00
% of Calories												23.9%	56.1%	24.0%	4.8%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

Mon - 05/28/2018																
Express Salads	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																
Express Salads	Total	1														
MIXED SALAD GREENS	1 CUP	1	9	0	16	1.10	0.72	30.0	0	0	8.4	0.84	1.76	0.13	0.02	0.00
ONIONS,RED,RAW	1/8 CUP	1	8	0	1	0.34	0.04	4.6	0	0	1.48	0.22	1.87	0.02	0.01	*N/A*
ROMAINE	1.5 CUP	1	12	0	6	1.50	0.81	30.0	6150	1230	17.1	1.5	1.5	0.0	0.00	0.00
SPINACH	1 CUP	1	7	0	22	0.67	2.70	80.0	8000	1600	24.0	0.67	1.0	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
TRI-COLOR ROTINI	1/2 CUP	1	200	0	0	1.00	1.80	0.0	0	0	0.0	7.0	41.0	0.5	0.00	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
GRAPES,Fresh	1/4 CUP	1	15	0	0	0.21	0.07	3.2	23	2	0.92	0.14	3.94	0.08	0.03	*N/A*
CRAISINS	1/8 CUP	1	17	0	0	0.46	0.00	0.0	0	0	0.0	0.01	4.6	0.06	0.02	*N/A*
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
CROUTONS	1/2 CUP	1	93	2	248	1.00	0.54	20.0	0	0	0.0	2.15	12.7	3.65	1.05	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
HONEY DRESSING	2 TBSP	1	40	1	25	0.00	0.09	31.0	40	8	1.1	0.93	8.93	0.3	0.16	*N/A*
SALAD DRESSING,Assorted	2 TBSP	1	120	4	287	0.09	0.18	7.0	62	25	0.37	0.28	3.65	11.77	1.70	*0.00
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
MEDITERRANEAN QUINOA SH	1 EACH	1	522	13	790	12.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	17.0	71.0	20.0	4.00	0.00
AKER SA																

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

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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 ¹ (g)
Weighted Daily Average			1686	97	*2415	*23.46	*8.90	*1145.7	*17154	*3513	*151.73	75.51	236.47	51.38	*9.92	*0.00
% of Calories												17.9%	56.1%	27.4%	*5.3%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Wed - 05/30/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1.5 CUP	1	14	0	24	1.65	1.08	45.0	0	0	12.6	1.26	2.64	0.19	0.03	0.00
PEPPERS,SWEET,GREEN,RAW	1/8 CUP	1	4	0	1	0.32	0.06	1.9	69	12	14.97	0.16	0.86	0.03	0.01	*N/A*
CHERRY TOMATOES	1/4 CUP	1	7	0	2	0.45	0.09	2.5	312	62	4.8	0.32	1.45	0.07	0.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
DELI HAM	.5 OZ	1	15	7638	138	0.00	0.00	0.0	0	0	0.0	2.25	0.5	0.25	0.00	*N/A*
DELI TURKEY	.5 OZ	1	13	5	105	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	2.5	0.25	0.13	0.00	0.00
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
MANDARIN ORANGES	1/4 CUP	1	18	0	2	0.25	0.18	5.0	75	15	5.25	0.25	4.25	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
CRAISINS	1/8 CUP	1	17	0	0	0.46	0.00	0.0	0	0	0.0	0.01	4.6	0.06	0.02	*N/A*
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
ORANGE CREAM DRESSING	2 TBSP	1	50	5	19	0.08	0.06	44.5	65	15	5.0	1.25	8.29	1.61	1.00	*N/A*
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
BUFFALO CHICKEN & WHITE BARLEY	1 EACH	1	538	69	704	16.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	33.0	67.0	16.0	5.00	0.00
Weighted Daily Average			1452	7980	*2195	*23.88	*4.45	*1061.8	*2355	*600	*63.48	94.37	184.94	39.34	*10.60	*0.00
% of Calories												26.0%	51.0%	24.4%	*6.6%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

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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 ¹ (g)
Thu - 05/31/2018																
Express Salads	Total	1														
MIXED SALAD GREENS	1.5 CUP	1	14	0	24	1.65	1.08	45.0	0	0	12.6	1.26	2.64	0.19	0.03	0.00
ORIENTAL BLEND SALAD	1.5 CUP	1	15	0	8	1.50	0.54	0.0	3000	600	9.0	1.5	3.0	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/8 CUP	1	4	0	1	0.32	0.06	1.9	69	12	14.97	0.16	0.86	0.03	0.01	*N/A*
PEAS: frozen,boiled	1/4 CUP	1	31	0	29	2.20	0.61	9.6	840	27	3.96	2.06	5.7	0.11	0.02	*N/A*
ONIONS,RED,RAW	1/8 CUP	1	8	0	1	0.34	0.04	4.6	0	0	1.48	0.22	1.87	0.02	0.01	*N/A*
WILD RICE,COOKED	1/4 CUP	1	41	0	1	0.74	0.25	1.2	1	0	0.0	1.64	8.75	0.14	0.02	*N/A*
MANDARIN ORANGES	1/4 CUP	1	18	0	2	0.25	0.18	5.0	75	15	5.25	0.25	4.25	0.0	0.00	0.00
CHOW MEIN NOODLES	1/4 CUP	1	60	0	50	0.50	2.16	10.0	0	0	0.0	0.95	6.48	3.45	0.50	0.00
CHICKEN FAJITA STRIPS	2 OZ	1	90	40	400	0.00	0.54	8.5	79	16	1.24	11.34	0.74	6.43	1.22	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
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
CHEF'S WILD BLEND SHAKER SALAD	1 EACH	1	641	55	611	7.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	27.0	78.0	26.0	6.00	0.00
Weighted Daily Average			1384	117	*1657	18.16	*6.58	*1010.9	*5559	*1066	*68.11	75.58	191.91	39.94	9.49	*0.00
% of Calories												21.8%	55.5%	26.0%	6.2%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Fri - 06/01/2018																
Express Salads	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	

Weighted Average			1437	1896	*1955	*19.78	*5.97	*1085.0	*8909	*1849	*85.03	77.57	195.98	42.04	*9.36	*0.00
												21.6%	54.5%	26.3%	*5.9%	*0.0%

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Express Salads

Weighted Values - Detailed

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Nutrient	Menu AVG	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 ¹ (g)	
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	1437		750 - 850	169%			587	Correction Required - Calories too High										
Cholesterol (mg)	1896																	
Sodium (mg)	1955		1420		Missing					*Target effective with 2014-2015 School Year!								
Fiber (g)	19.78				Missing													
Iron (mg)	5.97				Missing													
Calcium (mg)	1085.0				Missing													
Vitamin A (IU)	8909				Missing													
Vitamin A (RE)	1849				Missing													
Vitamin C (mg)	85.03				Missing													
Protein (g)	77.57	21.59%																
Carbohydrate (g)	195.98	54.54%																
Total Fat (g)	42.04	26.32%																
Saturated Fat (g)	9.36	5.86%	<10.00%		Missing													
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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