

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 1

Generated on: 4/26/2018 9:58:24 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																
Middle School Breakfast	Total	1														
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			682	47	*950	*2.95	2.03	1083.9	3054	703	*44.04	36.68	104.24	12.73	5.70	*0.00
% of Calories												21.5%	61.1%	16.8%	7.5%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Wed - 05/02/2018																
Middle School Breakfast	Total	1														
WHOLE GRAIN CEREAL	BOWL	1	80	0	130	2.00	5.40	60.0	300	60	3.6	2.0	16.0	1.0	0.00	0.00
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	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			622	22	*620	4.95	6.03	1293.9	1854	463	48.84	31.68	116.24	3.73	1.70	*0.00
% of Calories												20.4%	74.7%	5.4%	2.5%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Thu - 05/03/2018																
Middle School Breakfast	Total	1														
FRUIT & YOGURT PARFAIT W/ GANO	PARFAIT	1	167	7	106	1.00	0.72	130.0	50	10	10.8	4.0	33.0	2.0	1.00	0.00
GOLDFISH GRAHAM	PACKAGE	1	120	0	110	1.00	0.72	100.0	0	0	0.0	1.0	19.0	4.0	1.00	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

\*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.

**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.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 2

Generated on: 4/26/2018 9:58:24 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 Daily Average			739	29	*631	4.95	2.07	1163.9	1604	413	54.84	31.68	133.24	8.73	3.70	*0.00
% of Calories												17.1%	72.1%	10.6%	4.5%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Fri - 05/04/2018																
Middle School Breakfast	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
TURKEY SAUSAGE PATTY	1 EACH	1	61	31	122	*N/A*	0.00	11.8	5	8	0.5	6.2	0.2	4.1	1.10	*N/A*
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*
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			722	60	*922	*4.51	4.93	1443.9	1621	424	*45.25	41.56	117.42	10.18	4.48	*0.00
% of Calories												23.0%	65.0%	12.7%	5.6%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Mon - 05/07/2018																
Middle School 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*
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*
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			799	184	*906	*5.95	2.96	1603.1	1846	461	*44.13	37.25	113.36	21.43	11.10	*0.00
% of Calories												18.7%	56.8%	24.1%	12.5%	*0.0%
Nutrient Guideline			400-55		600										<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.

**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.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 3

Generated on: 4/26/2018 9:58:24 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 - 05/08/2018																
Middle School Breakfast	Total	1														
WG FRENCH TOAST STICKS	3 STICKS	1	280	0	540	2.00	2.94	168.0	318	64	5.82	7.0	42.0	10.0	1.50	0.00
SYRUP	1 EACH	1	110	0	20	0.00	0.00	0.0	0	0	0.0	0.0	28.0	0.0	0.00	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			842	22	*975	4.95	3.57	1101.9	1872	466	49.86	33.68	151.24	12.73	3.20	*0.00
% of Calories												16.0%	71.8%	13.6%	3.4%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Wed - 05/09/2018																
Middle School Breakfast	Total	1														
WHOLE GRAIN CEREAL	BOWL	1	80	0	130	2.00	5.40	60.0	300	60	3.6	2.0	16.0	1.0	0.00	0.00
NUTRI-GRAIN BAR	BAR	1	120	0	11	3.00	1.80	200.0	750	150	0.0	2.0	24.0	3.0	0.50	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			652	22	*556	7.95	7.83	1193.9	2604	613	47.64	30.68	121.24	6.73	2.20	*0.00
% of Calories												18.8%	74.4%	9.3%	3.0%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Thu - 05/10/2018																
Middle School Breakfast	Total	1														
EGG & CHEESE OMELET	1 EACH	1	110	195	210	*N/A*	0.70	85.0	369	74	0.0	8.0	1.0	8.0	3.00	*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

\*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.

**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.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 4

Generated on: 4/26/2018 9:58:24 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			562	217	*625	*2.95	1.33	1018.9	1923	477	44.04	34.68	82.24	10.73	4.70	*0.00
% of Calories												24.7%	58.5%	17.2%	7.5%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Fri - 05/11/2018																
Middle School Breakfast	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
TURKEY SAUSAGE PATTY	1 EACH	1	61	31	122	*N/A*	0.00	11.8	5	8	0.5	6.2	0.2	4.1	1.10	*N/A*
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*
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			722	60	*922	*4.51	4.93	1443.9	1621	424	*45.25	41.56	117.42	10.18	4.48	*0.00
% of Calories												23.0%	65.0%	12.7%	5.6%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Mon - 05/14/2018																
Middle School 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*
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*
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			799	184	*906	*5.95	2.96	1603.1	1846	461	*44.13	37.25	113.36	21.43	11.10	*0.00
% of Calories												18.7%	56.8%	24.1%	12.5%	*0.0%
Nutrient Guideline			400-55		600										<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.

**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.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 5

Generated on: 4/26/2018 9:58:24 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/15/2018																
Middle School Breakfast	Total	1														
EGG & CHEESE WRAP	1 EACH	1	190	190	490	0.00	1.50	98.0	366	90	0.0	10.0	16.0	10.0	4.00	0.00
SALSA:COMMODITY	2 OZ	1	20	0	244	0.79	1.27	6.8	312	31	2.27	0.85	3.97	0.11	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
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*
Weighted Daily Average			540	207	*944	6.13	3.40	742.5	1690	421	36.63	28.79	80.88	12.68	5.70	*0.00
% of Calories												21.3%	59.9%	21.1%	9.5%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Wed - 05/16/2018																
Middle School Breakfast	Total	1														
WHOLE GRAIN CEREAL	BOWL	1	80	0	130	2.00	5.40	60.0	300	60	3.6	2.0	16.0	1.0	0.00	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*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			612	37	*745	*4.95	6.03	1193.9	2054	503	47.64	34.68	98.24	9.73	5.20	*0.00
% of Calories												22.7%	64.2%	14.3%	7.7%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Thu - 05/17/2018																
Middle School Breakfast	Total	1														
PANCAKES	2 PANCAKES	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SYRUP	1 EACH	1	110	0	20	0.00	0.00	0.0	0	0	0.0	0.0	28.0	0.0	0.00	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*

\*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.

**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.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 6

Generated on: 4/26/2018 9:58:24 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			432	17	*235	2.95	0.63	633.9	1054	303	41.64	17.68	86.24	2.73	1.70	*0.00
% of Calories												16.4%	79.8%	5.7%	3.5%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Fri - 05/18/2018																
Middle School Breakfast	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
TURKEY SAUSAGE PATTY	1 EACH	1	61	31	122	*N/A*	0.00	11.8	5	8	0.5	6.2	0.2	4.1	1.10	*N/A*
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*
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			722	60	*922	*4.51	4.93	1443.9	1621	424	*45.25	41.56	117.42	10.18	4.48	*0.00
% of Calories												23.0%	65.0%	12.7%	5.6%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Mon - 05/21/2018																
Middle School 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*
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*
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			799	184	*906	*5.95	2.96	1603.1	1846	461	*44.13	37.25	113.36	21.43	11.10	*0.00
% of Calories												18.7%	56.8%	24.1%	12.5%	*0.0%
Nutrient Guideline			400-55		600										<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.

**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.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 7

Generated on: 4/26/2018 9:58:24 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/22/2018																
Middle School Breakfast	Total	1														
WHOLE GRAIN CINNAMON ROLL	ROLL	1	210	*N/A*	*N/A*	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	5.0	36.0	5.0	*N/A*	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	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			752	*22	*490	3.95	*0.63	*1233.9	*1554	*403	*45.24	34.68	136.24	7.73	*1.70	*0.00
% of Calories												18.4%	72.4%	9.2%	*2.0%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Wed - 05/23/2018																
Middle School Breakfast	Total	1														
WHOLE GRAIN CEREAL	BOWL	1	80	0	130	2.00	5.40	60.0	300	60	3.6	2.0	16.0	1.0	0.00	0.00
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	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			622	22	*620	4.95	6.03	1293.9	1854	463	48.84	31.68	116.24	3.73	1.70	*0.00
% of Calories												20.4%	74.7%	5.4%	2.5%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Thu - 05/24/2018																
Middle School 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			400-55		600											<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.

**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.

# Bemidji Food Service

## Base Menu Spreadsheet

### Weighted Values - Detailed

May 1, 2018 thru Jun 1, 2018

Middle School Breakfast

Generated on: 4/26/2018 9:58:24 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)
Fri - 05/25/2018																
Middle School Breakfast	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
TURKEY SAUSAGE PATTY	1 EACH	1	61	31	122	*N/A*	0.00	11.8	5	8	0.5	6.2	0.2	4.1	1.10	*N/A*
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*
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			722	60	*922	*4.51	4.93	1443.9	1621	424	*45.25	41.56	117.42	10.18	4.48	*0.00
% of Calories												23.0%	65.0%	12.7%	5.6%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Mon - 05/28/2018																
Middle School 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			400-55		600										<10.00	

Tue - 05/29/2018																
Middle School 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			400-55		600										<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.

**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.



# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School 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)
Wed - 05/30/2018																
Middle School Breakfast	Total	1														
WHOLE GRAIN CEREAL	BOWL	1	80	0	130	2.00	5.40	60.0	300	60	3.6	2.0	16.0	1.0	0.00	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*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			612	37	*745	*4.95	6.03	1193.9	2054	503	47.64	34.68	98.24	9.73	5.20	*0.00
% of Calories												22.7%	64.2%	14.3%	7.7%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Thu - 05/31/2018																
Middle School 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			400-55		600											<10.00

Fri - 06/01/2018																
Middle School 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			400-55		600											<10.00

Weighted Average			682	*79	*765	*4.87	*3.91	*1249.2	*1852	*464	*45.80	34.70	112.33	10.88	*4.93	*0.00
												20.4%	65.9%	14.4%	*6.5%	*0.0%

\*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.

**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.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 10

Generated on: 4/26/2018 9:58:24 AM

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 <sup>1</sup> (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	682		400 - 550	124%					132	Correction Required - Calories too High							
Cholesterol (mg)	79				Missing					*Target effective with 2014-2015 School Year!							
Sodium (mg)	765		600		Missing												
Fiber (g)	4.87				Missing												
Iron (mg)	3.91				Missing												
Calcium (mg)	1249.2				Missing												
Vitamin A (IU)	1852				Missing												
Vitamin A (RE)	464				Missing												
Vitamin C (mg)	45.80				Missing												
Protein (g)	34.70	20.35%															
Carbohydrate (g)	112.33	65.89%															
Total Fat (g)	10.88	14.36%															
Saturated Fat (g)	4.93	6.51%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

\*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.

**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.