

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

## Base Menu Spreadsheet

Soup & Salad Combo

### 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 - 05/01/2018																
Soup & Salad Combo	Total	1														
TACO MEAT	1 OZ	1	105	*N/A*	480	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.5	0.0	9.0	2.00	*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*
REFRIED VEGETARIAN BEANS	1/4 CUP	1	85	0	294	2.80	0.95	34.5	0	0	1.2	3.9	13.0	1.85	0.50	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	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*
BEANS,BLACK,CND,DRND	1/2 OZ	1	34	0	55	0.68	0.31	6.8	1	0	0.35	1.15	2.38	0.06	0.02	*N/A*
SOUR CREAM LITE	1 TBSP	1	20	5	20	0.00	0.04	24.4	115	23	0.15	0.5	1.5	1.5	1.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			938	*42	*1816	*11.07	*3.74	*1030.0	*6297	*1314	*54.44	46.61	127.05	25.06	*5.27	*0.00
% of Calories												19.9%	54.2%	24.1%	*5.1%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/02/2018																
Soup & Salad Combo	Total	1														
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
DELI TURKEY	1 OZ	1	25	10	210	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	5.0	0.5	0.25	0.00	0.00
DELI HAM	1 OZ	1	30	15275	275	0.00	0.00	0.0	0	0	0.0	4.5	1.0	0.5	0.00	*N/A*
AMERICAN CHEESE SLICE	1 OZ	1	106	27	184	*N/A*	0.00	1740.0	250	50	*N/A*	6.27	0.5	8.8	5.60	*N/A*
SWISS AMERICAN CHEESE	1/2 OUNC	1	50	10	230	0.00	*N/A*	100.0	150	30	*N/A*	3.0	0.5	4.0	2.50	0.00
WHOLE GRAIN SQUARE CROI	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
SSANT	NT															
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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
TUNA SALAD SANDWICH	SERVINGS	1	304	33	806	1.99	3.02	76.0	86	17	1.9	23.94	34.41	7.18	1.20	*N/A*
EGG SALAD SANDWICH	SERVINGS	1	244	216	453	1.50	2.29	86.0	302	60	0.89	10.68	30.05	8.69	2.15	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

## Base Menu Spreadsheet

Soup & Salad Combo

### 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			1610	15638	*3219	*15.08	*9.54	3019.5	*2957	*677	*40.05	91.48	207.38	46.75	21.38	*0.00
% of Calories												22.7%	51.5%	26.1%	12.0%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Thu - 05/03/2018																
	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)
Soup & Salad Combo	Total	1														
WILD RICE SOUP	1 CUP	1	200	25	1020	1.00	0.72	100.0	500	100	0.0	5.0	24.0	10.0	4.50	0.50
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
ASPARAGUS: fresh,boiled	1/4 CUP	1	10	0	6	0.90	0.41	10.4	453	24	3.47	1.08	1.85	0.1	0.02	*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
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
BROCCOLI,raw: fresh	1/4 CUP	1	8	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01	*N/A*
CARROT STICKS	1/4 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
CAULIFLOWER,raw: fresh	1/4 CUP	1	6	0	8	0.50	0.11	5.5	0	1	12.05	0.48	1.24	0.07	0.02	*N/A*
CUCUMBER,RAW	1 OZ	1	3	0	1	0.20	0.06	4.0	20	2	0.91	0.17	0.61	0.05	0.00	*N/A*
JICAMA	1/4 CUP	1	13	0	1	0.50	0.72	10.0	50	10	24.0	0.25	2.75	0.0	0.00	0.00
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*
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*
RADISHES	1/4	1	5	0	0	0.53	0.11	8.3	2	0	4.9	0.23	1.13	0.0	0.00	0.00
RED CABBAGE	1/4 CUP	1	8	0	7	0.50	0.20	11.3	279	1	14.25	0.38	1.85	0.04	0.00	0.00
SPINACH	1/4 CUP	1	2	0	5	0.17	0.68	20.0	2000	400	6.0	0.17	0.25	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	0.00
SHREDDED CARROTS	1/4 CUP	1	9	0	7	0.75	0.09	5.0	6000	1200	2.25	0.25	2.25	0.0	0.00	0.00
ZUCCHINI	1/4 CUP	1	5	0	3	1.00	0.36	20.0	150	30	6.0	0.5	1.0	0.0	0.00	0.00
SHREDDED CHEESE MIX	1/4 CUP	1	108	28	190	0.00	0.72	760.0	1000	200	0.0	7.24	0.46	8.6	5.35	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			1036	75	*1959	20.06	7.83	1967.2	24051	4446	233.36	51.36	152.66	23.39	11.98	*0.55
% of Calories												19.8%	59.0%	20.3%	10.4%	*0.5%
Nutrient Guideline			600-70		1360											<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.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Soup & Salad Combo

Weighted Values - Detailed

Page 3

Generated on: 4/26/2018 10:00:00 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 - 05/04/2018																
Soup & Salad Combo	Total	1														
TACO MEAT	1.5 OZ	1	158	*N/A*	720	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	9.75	0.0	13.5	3.00	*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*
REFRIED VEGETARIAN BEANS	1/4 CUP	1	85	0	294	2.80	0.95	34.5	0	0	1.2	3.9	13.0	1.85	0.50	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	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*
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
SOUR CREAM LITE	1 TBSP	1	20	5	20	0.00	0.04	24.4	115	23	0.15	0.5	1.5	1.5	1.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			1024	*42	*2111	*11.75	*4.05	*1036.8	*6298	*1314	*54.79	51.01	129.43	29.63	*6.29	*0.00
% of Calories												19.9%	50.6%	26.0%	*5.5%	*0.0%
Nutrient Guideline			600-70		1360										<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

Soup & Salad Combo

### 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)
Mon - 05/07/2018																
Soup & Salad Combo	Total	1														
CHICKEN DUMPLING SOUP	1 CUP	1	230	45	1010	0.50	1.16	77.0	1117	223	0.58	9.0	19.0	13.0	3.00	0.00
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
ASPARAGUS: fresh,boiled	1/4 CUP	1	10	0	6	0.90	0.41	10.4	453	24	3.47	1.08	1.85	0.1	0.02	*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
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
BROCCOLI,raw: fresh	1/4 CUP	1	8	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01	*N/A*
CARROT STICKS	1/4 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
CAULIFLOWER,raw: fresh	1/4 CUP	1	6	0	8	0.50	0.11	5.5	0	1	12.05	0.48	1.24	0.07	0.02	*N/A*
CUCUMBER,RAW	1 OZ	1	3	0	1	0.20	0.06	4.0	20	2	0.91	0.17	0.61	0.05	0.00	*N/A*
JICAMA	1/4 CUP	1	13	0	1	0.50	0.72	10.0	50	10	24.0	0.25	2.75	0.0	0.00	0.00
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*
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*
RADISHES	1/4	1	5	0	0	0.53	0.11	8.3	2	0	4.9	0.23	1.13	0.0	0.00	0.00
RED CABBAGE	1/4 CUP	1	8	0	7	0.50	0.20	11.3	279	1	14.25	0.38	1.85	0.04	0.00	0.00
SPINACH	1/4 CUP	1	2	0	5	0.17	0.68	20.0	2000	400	6.0	0.17	0.25	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	0.00
SHREDDED CARROTS	1/4 CUP	1	9	0	7	0.75	0.09	5.0	6000	1200	2.25	0.25	2.25	0.0	0.00	0.00
ZUCCHINI	1/4 CUP	1	5	0	3	1.00	0.36	20.0	150	30	6.0	0.5	1.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			957	67	*1759	19.56	7.55	1184.2	23668	4369	233.94	48.12	147.20	17.79	5.13	*0.05
% of Calories												20.1%	61.5%	16.7%	4.8%	*0.0%
Nutrient Guideline			600-70		1360										<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

Soup & Salad Combo

### 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 - 05/08/2018																
Soup & Salad Combo	Total	1														
TACO MEAT	1 OZ	1	105	*N/A*	480	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.5	0.0	9.0	2.00	*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*
REFRIED VEGETARIAN BEANS	1/4 CUP	1	85	0	294	2.80	0.95	34.5	0	0	1.2	3.9	13.0	1.85	0.50	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	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*
BEANS,BLACK,CND,DRND	1/2 OZ	1	34	0	55	0.68	0.31	6.8	1	0	0.35	1.15	2.38	0.06	0.02	*N/A*
SOUR CREAM LITE	1 TBSP	1	20	5	20	0.00	0.04	24.4	115	23	0.15	0.5	1.5	1.5	1.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			938	*42	*1816	*11.07	*3.74	*1030.0	*6297	*1314	*54.44	46.61	127.05	25.06	*5.27	*0.00
% of Calories												19.9%	54.2%	24.1%	*5.1%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/09/2018																
Soup & Salad Combo	Total	1														
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
DELI TURKEY	1 OZ	1	25	10	210	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	5.0	0.5	0.25	0.00	0.00
DELI HAM	1 OZ	1	30	15275	275	0.00	0.00	0.0	0	0	0.0	4.5	1.0	0.5	0.00	*N/A*
AMERICAN CHEESE SLICE	1 OZ	1	106	27	184	*N/A*	0.00	1740.0	250	50	*N/A*	6.27	0.5	8.8	5.60	*N/A*
SWISS AMERICAN CHEESE	1/2 OUNC	1	50	10	230	0.00	*N/A*	100.0	150	30	*N/A*	3.0	0.5	4.0	2.50	0.00
WHOLE GRAIN SQUARE CROI	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
SSANT	NT															
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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
TUNA SALAD SANDWICH	SERVINGS	1	304	33	806	1.99	3.02	76.0	86	17	1.9	23.94	34.41	7.18	1.20	*N/A*
EGG SALAD SANDWICH	SERVINGS	1	244	216	453	1.50	2.29	86.0	302	60	0.89	10.68	30.05	8.69	2.15	*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  
 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

Soup & Salad Combo

### 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			1610	15638	*3219	*15.08	*9.54	3019.5	*2957	*677	*40.05	91.48	207.38	46.75	21.38	*0.00
% of Calories												22.7%	51.5%	26.1%	12.0%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Thu - 05/10/2018																
Soup & Salad Combo	Total	1														
WILD RICE SOUP	1 CUP	1	200	25	1020	1.00	0.72	100.0	500	100	0.0	5.0	24.0	10.0	4.50	0.50
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
ASPARAGUS: fresh,boiled	1/4 CUP	1	10	0	6	0.90	0.41	10.4	453	24	3.47	1.08	1.85	0.1	0.02	*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
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
BROCCOLI,raw: fresh	1/4 CUP	1	8	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01	*N/A*
CARROT STICKS	1/4 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
CAULIFLOWER,raw: fresh	1/4 CUP	1	6	0	8	0.50	0.11	5.5	0	1	12.05	0.48	1.24	0.07	0.02	*N/A*
CUCUMBER,RAW	1 OZ	1	3	0	1	0.20	0.06	4.0	20	2	0.91	0.17	0.61	0.05	0.00	*N/A*
JICAMA	1/4 CUP	1	13	0	1	0.50	0.72	10.0	50	10	24.0	0.25	2.75	0.0	0.00	0.00
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*
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*
RADISHES	1/4	1	5	0	0	0.53	0.11	8.3	2	0	4.9	0.23	1.13	0.0	0.00	0.00
RED CABBAGE	1/4 CUP	1	8	0	7	0.50	0.20	11.3	279	1	14.25	0.38	1.85	0.04	0.00	0.00
SPINACH	1/4 CUP	1	2	0	5	0.17	0.68	20.0	2000	400	6.0	0.17	0.25	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	0.00
SHREDDED CARROTS	1/4 CUP	1	9	0	7	0.75	0.09	5.0	6000	1200	2.25	0.25	2.25	0.0	0.00	0.00
ZUCCHINI	1/4 CUP	1	5	0	3	1.00	0.36	20.0	150	30	6.0	0.5	1.0	0.0	0.00	0.00
SHREDDED CHEESE MIX	1/4 CUP	1	108	28	190	0.00	0.72	760.0	1000	200	0.0	7.24	0.46	8.6	5.35	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			1036	75	*1959	20.06	7.83	1967.2	24051	4446	233.36	51.36	152.66	23.39	11.98	*0.55
% of Calories												19.8%	59.0%	20.3%	10.4%	*0.5%
Nutrient Guideline			600-70		1360											<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

Soup & Salad Combo

Weighted Values - Detailed

Page 7

Generated on: 4/26/2018 10:00:00 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 - 05/11/2018																
Soup & Salad Combo	Total	1														
TACO MEAT	1.5 OZ	1	158	*N/A*	720	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	9.75	0.0	13.5	3.00	*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*
REFRIED VEGETARIAN BEANS	1/4 CUP	1	85	0	294	2.80	0.95	34.5	0	0	1.2	3.9	13.0	1.85	0.50	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	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*
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
SOUR CREAM LITE	1 TBSP	1	20	5	20	0.00	0.04	24.4	115	23	0.15	0.5	1.5	1.5	1.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			1024	*42	*2111	*11.75	*4.05	*1036.8	*6298	*1314	*54.79	51.01	129.43	29.63	*6.29	*0.00
% of Calories												19.9%	50.6%	26.0%	*5.5%	*0.0%
Nutrient Guideline			600-70		1360										<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

Soup & Salad Combo

Weighted Values - Detailed

Page 8

Generated on: 4/26/2018 10:00:00 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)
Mon - 05/14/2018																
Soup & Salad Combo	Total	1														
CHICKEN NOODLE SOUP	1 CUP	1	100	15	1000	0.70	1.00	20.0	1000	200	0.0	3.0	16.0	2.5	0.50	0.00
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
ASPARAGUS: fresh,boiled	1/4 CUP	1	10	0	6	0.90	0.41	10.4	453	24	3.47	1.08	1.85	0.1	0.02	*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
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
BROCCOLI,raw: fresh	1/4 CUP	1	8	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01	*N/A*
CARROT STICKS	1/4 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
CAULIFLOWER,raw: fresh	1/4 CUP	1	6	0	8	0.50	0.11	5.5	0	1	12.05	0.48	1.24	0.07	0.02	*N/A*
CUCUMBER,RAW	1 OZ	1	3	0	1	0.20	0.06	4.0	20	2	0.91	0.17	0.61	0.05	0.00	*N/A*
JICAMA	1/4 CUP	1	13	0	1	0.50	0.72	10.0	50	10	24.0	0.25	2.75	0.0	0.00	0.00
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*
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*
RADISHES	1/4	1	5	0	0	0.53	0.11	8.3	2	0	4.9	0.23	1.13	0.0	0.00	0.00
RED CABBAGE	1/4 CUP	1	8	0	7	0.50	0.20	11.3	279	1	14.25	0.38	1.85	0.04	0.00	0.00
SPINACH	1/4 CUP	1	2	0	5	0.17	0.68	20.0	2000	400	6.0	0.17	0.25	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	0.00
SHREDDED CARROTS	1/4 CUP	1	9	0	7	0.75	0.09	5.0	6000	1200	2.25	0.25	2.25	0.0	0.00	0.00
ZUCCHINI	1/4 CUP	1	5	0	3	1.00	0.36	20.0	150	30	6.0	0.5	1.0	0.0	0.00	0.00
SHREDDED CHEESE MIX	1/4 CUP	1	108	28	190	0.00	0.72	760.0	1000	200	0.0	7.24	0.46	8.6	5.35	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			936	65	*1939	19.76	8.11	1887.2	24551	4546	233.36	49.36	144.66	15.89	7.98	*0.05
% of Calories												21.1%	61.8%	15.3%	7.7%	*0.1%
Nutrient Guideline			600-70		1360										<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

Soup & Salad Combo

### 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																
Soup & Salad Combo	Total	1														
TACO MEAT	1 OZ	1	105	*N/A*	480	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.5	0.0	9.0	2.00	*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*
REFRIED VEGETARIAN BEANS	1/4 CUP	1	85	0	294	2.80	0.95	34.5	0	0	1.2	3.9	13.0	1.85	0.50	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	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*
BEANS,BLACK,CND,DRND	1/2 OZ	1	34	0	55	0.68	0.31	6.8	1	0	0.35	1.15	2.38	0.06	0.02	*N/A*
SOUR CREAM LITE	1 TBSP	1	20	5	20	0.00	0.04	24.4	115	23	0.15	0.5	1.5	1.5	1.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			938	*42	*1816	*11.07	*3.74	*1030.0	*6297	*1314	*54.44	46.61	127.05	25.06	*5.27	*0.00
% of Calories												19.9%	54.2%	24.1%	*5.1%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/16/2018																
Soup & Salad Combo	Total	1														
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
DELI TURKEY	1 OZ	1	25	10	210	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	5.0	0.5	0.25	0.00	0.00
DELI HAM	1 OZ	1	30	15275	275	0.00	0.00	0.0	0	0	0.0	4.5	1.0	0.5	0.00	*N/A*
AMERICAN CHEESE SLICE	1 OZ	1	106	27	184	*N/A*	0.00	1740.0	250	50	*N/A*	6.27	0.5	8.8	5.60	*N/A*
SWISS AMERICAN CHEESE	1/2 OUNC	1	50	10	230	0.00	*N/A*	100.0	150	30	*N/A*	3.0	0.5	4.0	2.50	0.00
WHOLE GRAIN SQUARE CROI	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
SSANT	NT															
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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
TUNA SALAD SANDWICH	SERVINGS	1	304	33	806	1.99	3.02	76.0	86	17	1.9	23.94	34.41	7.18	1.20	*N/A*
EGG SALAD SANDWICH	SERVINGS	1	244	216	453	1.50	2.29	86.0	302	60	0.89	10.68	30.05	8.69	2.15	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

## Base Menu Spreadsheet

Soup & Salad Combo

### 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			1610	15638	*3219	*15.08	*9.54	3019.5	*2957	*677	*40.05	91.48	207.38	46.75	21.38	*0.00
% of Calories												22.7%	51.5%	26.1%	12.0%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Thu - 05/17/2018																
Soup & Salad Combo	Total	1														
WILD RICE SOUP	1 CUP	1	200	25	1020	1.00	0.72	100.0	500	100	0.0	5.0	24.0	10.0	4.50	0.50
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
ASPARAGUS: fresh,boiled	1/4 CUP	1	10	0	6	0.90	0.41	10.4	453	24	3.47	1.08	1.85	0.1	0.02	*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
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
BROCCOLI,raw: fresh	1/4 CUP	1	8	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01	*N/A*
CARROT STICKS	1/4 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
CAULIFLOWER,raw: fresh	1/4 CUP	1	6	0	8	0.50	0.11	5.5	0	1	12.05	0.48	1.24	0.07	0.02	*N/A*
CUCUMBER,RAW	1 OZ	1	3	0	1	0.20	0.06	4.0	20	2	0.91	0.17	0.61	0.05	0.00	*N/A*
JICAMA	1/4 CUP	1	13	0	1	0.50	0.72	10.0	50	10	24.0	0.25	2.75	0.0	0.00	0.00
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*
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*
RADISHES	1/4	1	5	0	0	0.53	0.11	8.3	2	0	4.9	0.23	1.13	0.0	0.00	0.00
RED CABBAGE	1/4 CUP	1	8	0	7	0.50	0.20	11.3	279	1	14.25	0.38	1.85	0.04	0.00	0.00
SPINACH	1/4 CUP	1	2	0	5	0.17	0.68	20.0	2000	400	6.0	0.17	0.25	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	0.00
SHREDDED CARROTS	1/4 CUP	1	9	0	7	0.75	0.09	5.0	6000	1200	2.25	0.25	2.25	0.0	0.00	0.00
ZUCCHINI	1/4 CUP	1	5	0	3	1.00	0.36	20.0	150	30	6.0	0.5	1.0	0.0	0.00	0.00
SHREDDED CHEESE MIX	1/4 CUP	1	108	28	190	0.00	0.72	760.0	1000	200	0.0	7.24	0.46	8.6	5.35	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			1036	75	*1959	20.06	7.83	1967.2	24051	4446	233.36	51.36	152.66	23.39	11.98	*0.55
% of Calories												19.8%	59.0%	20.3%	10.4%	*0.5%
Nutrient Guideline			600-70		1360											<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

Soup & Salad Combo

### 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 - 05/18/2018																
Soup & Salad Combo	Total	1														
TACO MEAT	1.5 OZ	1	158	*N/A*	720	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	9.75	0.0	13.5	3.00	*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*
REFRIED VEGETARIAN BEANS	1/4 CUP	1	85	0	294	2.80	0.95	34.5	0	0	1.2	3.9	13.0	1.85	0.50	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	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*
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
SOUR CREAM LITE	1 TBSP	1	20	5	20	0.00	0.04	24.4	115	23	0.15	0.5	1.5	1.5	1.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			1024	*42	*2111	*11.75	*4.05	*1036.8	*6298	*1314	*54.79	51.01	129.43	29.63	*6.29	*0.00
% of Calories												19.9%	50.6%	26.0%	*5.5%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Mon - 05/21/2018																
Soup & Salad Combo	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			600-70		1360										<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

Soup & Salad Combo

### 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 - 05/22/2018																
Soup & Salad Combo	Total	1														
TACO MEAT	1 OZ	1	105	*N/A*	480	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.5	0.0	9.0	2.00	*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*
REFRIED VEGETARIAN BEANS	1/4 CUP	1	85	0	294	2.80	0.95	34.5	0	0	1.2	3.9	13.0	1.85	0.50	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	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*
BEANS,BLACK,CND,DRND	1/2 OZ	1	34	0	55	0.68	0.31	6.8	1	0	0.35	1.15	2.38	0.06	0.02	*N/A*
SOUR CREAM LITE	1 TBSP	1	20	5	20	0.00	0.04	24.4	115	23	0.15	0.5	1.5	1.5	1.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			938	*42	*1816	*11.07	*3.74	*1030.0	*6297	*1314	*54.44	46.61	127.05	25.06	*5.27	*0.00
% of Calories												19.9%	54.2%	24.1%	*5.1%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/23/2018																
Soup & Salad Combo	Total	1														
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
DELI TURKEY	1 OZ	1	25	10	210	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	5.0	0.5	0.25	0.00	0.00
DELI HAM	1 OZ	1	30	15275	275	0.00	0.00	0.0	0	0	0.0	4.5	1.0	0.5	0.00	*N/A*
AMERICAN CHEESE SLICE	1 OZ	1	106	27	184	*N/A*	0.00	1740.0	250	50	*N/A*	6.27	0.5	8.8	5.60	*N/A*
SWISS AMERICAN CHEESE	1/2 OUNC	1	50	10	230	0.00	*N/A*	100.0	150	30	*N/A*	3.0	0.5	4.0	2.50	0.00
WHOLE GRAIN SQUARE CROI	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
SSANT	NT															
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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
TUNA SALAD SANDWICH	SERVINGS	1	304	33	806	1.99	3.02	76.0	86	17	1.9	23.94	34.41	7.18	1.20	*N/A*
EGG SALAD SANDWICH	SERVINGS	1	244	216	453	1.50	2.29	86.0	302	60	0.89	10.68	30.05	8.69	2.15	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

## Base Menu Spreadsheet

Soup & Salad Combo

### 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			1610	15638	*3219	*15.08	*9.54	3019.5	*2957	*677	*40.05	91.48	207.38	46.75	21.38	*0.00
% of Calories												22.7%	51.5%	26.1%	12.0%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Thu - 05/24/2018																
Soup & Salad Combo	Total	1														
WILD RICE SOUP	1 CUP	1	200	25	1020	1.00	0.72	100.0	500	100	0.0	5.0	24.0	10.0	4.50	0.50
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
ASPARAGUS: fresh,boiled	1/4 CUP	1	10	0	6	0.90	0.41	10.4	453	24	3.47	1.08	1.85	0.1	0.02	*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
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
BROCCOLI,raw: fresh	1/4 CUP	1	8	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01	*N/A*
CARROT STICKS	1/4 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
CAULIFLOWER,raw: fresh	1/4 CUP	1	6	0	8	0.50	0.11	5.5	0	1	12.05	0.48	1.24	0.07	0.02	*N/A*
CUCUMBER,RAW	1 OZ	1	3	0	1	0.20	0.06	4.0	20	2	0.91	0.17	0.61	0.05	0.00	*N/A*
JICAMA	1/4 CUP	1	13	0	1	0.50	0.72	10.0	50	10	24.0	0.25	2.75	0.0	0.00	0.00
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*
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*
RADISHES	1/4	1	5	0	0	0.53	0.11	8.3	2	0	4.9	0.23	1.13	0.0	0.00	0.00
RED CABBAGE	1/4 CUP	1	8	0	7	0.50	0.20	11.3	279	1	14.25	0.38	1.85	0.04	0.00	0.00
SPINACH	1/4 CUP	1	2	0	5	0.17	0.68	20.0	2000	400	6.0	0.17	0.25	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	0.00
SHREDDED CARROTS	1/4 CUP	1	9	0	7	0.75	0.09	5.0	6000	1200	2.25	0.25	2.25	0.0	0.00	0.00
ZUCCHINI	1/4 CUP	1	5	0	3	1.00	0.36	20.0	150	30	6.0	0.5	1.0	0.0	0.00	0.00
SHREDDED CHEESE MIX	1/4 CUP	1	108	28	190	0.00	0.72	760.0	1000	200	0.0	7.24	0.46	8.6	5.35	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			1036	75	*1959	20.06	7.83	1967.2	24051	4446	233.36	51.36	152.66	23.39	11.98	*0.55
% of Calories												19.8%	59.0%	20.3%	10.4%	*0.5%
Nutrient Guideline			600-70		1360											<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.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

## Base Menu Spreadsheet

Soup & Salad Combo

### 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 <sup>1</sup> (g)
Fri - 05/25/2018																
Soup & Salad Combo	Total	1														
TACO MEAT	1.5 OZ	1	158	*N/A*	720	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	9.75	0.0	13.5	3.00	*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*
REFRIED VEGETARIAN BEANS	1/4 CUP	1	85	0	294	2.80	0.95	34.5	0	0	1.2	3.9	13.0	1.85	0.50	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	0.00
SALSA:COMMUNITY	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*
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
SOUR CREAM LITE	1 TBSP	1	20	5	20	0.00	0.04	24.4	115	23	0.15	0.5	1.5	1.5	1.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			1024	*42	*2111	*11.75	*4.05	*1036.8	*6298	*1314	*54.79	51.01	129.43	29.63	*6.29	*0.00
% of Calories												19.9%	50.6%	26.0%	*5.5%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Mon - 05/28/2018																
Soup & Salad Combo	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			600-70		1360										<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

Soup & Salad Combo

### 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 - 05/29/2018																
Soup & Salad Combo	Total	1														
TACO MEAT	1 OZ	1	105	*N/A*	480	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.5	0.0	9.0	2.00	*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*
REFRIED VEGETARIAN BEANS	1/4 CUP	1	85	0	294	2.80	0.95	34.5	0	0	1.2	3.9	13.0	1.85	0.50	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	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*
BEANS,BLACK,CND,DRND	1/2 OZ	1	34	0	55	0.68	0.31	6.8	1	0	0.35	1.15	2.38	0.06	0.02	*N/A*
SOUR CREAM LITE	1 TBSP	1	20	5	20	0.00	0.04	24.4	115	23	0.15	0.5	1.5	1.5	1.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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			938	*42	*1816	*11.07	*3.74	*1030.0	*6297	*1314	*54.44	46.61	127.05	25.06	*5.27	*0.00
% of Calories												19.9%	54.2%	24.1%	*5.1%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/30/2018																
Soup & Salad Combo	Total	1														
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
DELI TURKEY	1 OZ	1	25	10	210	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	5.0	0.5	0.25	0.00	0.00
DELI HAM	1 OZ	1	30	15275	275	0.00	0.00	0.0	0	0	0.0	4.5	1.0	0.5	0.00	*N/A*
AMERICAN CHEESE SLICE	1 OZ	1	106	27	184	*N/A*	0.00	1740.0	250	50	*N/A*	6.27	0.5	8.8	5.60	*N/A*
SWISS AMERICAN CHEESE	1/2 OUNC	1	50	10	230	0.00	*N/A*	100.0	150	30	*N/A*	3.0	0.5	4.0	2.50	0.00
WHOLE GRAIN SQUARE CROI	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
SSANT	NT															
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*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
TUNA SALAD SANDWICH	SERVINGS	1	304	33	806	1.99	3.02	76.0	86	17	1.9	23.94	34.41	7.18	1.20	*N/A*
EGG SALAD SANDWICH	SERVINGS	1	244	216	453	1.50	2.29	86.0	302	60	0.89	10.68	30.05	8.69	2.15	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

## Base Menu Spreadsheet

Soup & Salad Combo

### 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			1610	15638	*3219	*15.08	*9.54	3019.5	*2957	*677	*40.05	91.48	207.38	46.75	21.38	*0.00
% of Calories												22.7%	51.5%	26.1%	12.0%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Thu - 05/31/2018																
Soup & Salad Combo	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			600-70		1360											<10.00

Fri - 06/01/2018																
Soup & Salad Combo	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			600-70		1360											<10.00

Weighted Average			1143	*3950	*2258	*14.86	*6.48	*1766.8	*10794	*2095	*104.62	59.87	154.62	30.24	*10.97	*0.12
												20.9%	54.1%	23.8%	*8.6%	*0.1%

\*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

Soup & Salad Combo

Weighted Values - Detailed

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	1143		600 - 700	163%			443	Correction Required - Calories too High									
Cholesterol (mg)	3950				Missing			*Target effective with 2014-2015 School Year!									
Sodium (mg)	2258		1360		Missing												
Fiber (g)	14.86				Missing												
Iron (mg)	6.48				Missing												
Calcium (mg)	1766.8				Missing												
Vitamin A (IU)	10794				Missing												
Vitamin A (RE)	2095				Missing												
Vitamin C (mg)	104.62				Missing												
Protein (g)	59.87	20.95%															
Carbohydrate (g)	154.62	54.09%															
Total Fat (g)	30.24	23.80%															
Saturated Fat (g)	10.97	8.64%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.12	0.09%			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.