

Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

Page 1

May 1, 2018 thru Jun 1, 2018

GRAB & GO BREAKFAST - ELEM

Generated on: 4/26/2018 10:05:03 AM

	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																
GRAB & GO BREAKFAST - WG CEREAL BAR	Total 1 EACH	1														
CHEESE STICK	1 EACH	1	150	0	115	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	30.0	3.0	0.50	0.00
FRUIT CHOICES	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	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 % of Calories			560	32	*525	*8.34	*0.63	*837.7	*1212	*340	*34.36	26.94 19.3%	91.91 65.7%	11.56 18.6%	5.68 9.1%	*0.00 *0.0%
Nutrient Guideline			350-50		540											<10.00

Wed - 05/02/2018																
GRAB & GO BREAKFAST - WG BANANA CHOCOLATE CHIP BREAD	Total 1 EACH	1														
CHEESE STICK	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
FRUIT CHOICES	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	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 % of Calories			700	82	*620	*8.34	1.71	877.7	1312	360	35.56	27.94 16.0%	95.91 54.8%	24.56 31.6%	9.68 12.5%	*0.00 *0.0%
Nutrient Guideline			350-50		540											<10.00

Thu - 05/03/2018																
GRAB & GO BREAKFAST - WG AWESOME ROUND	Total 1 EACH	1														
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*
Weighted Daily Average % of Calories			702	52	*495	6.95	2.43	653.9	2554	603	41.64	23.68 13.5%	113.24 64.5%	19.73 25.3%	9.70 12.4%	*0.00 *0.0%
Nutrient Guideline			350-50		540											<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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GRAB & GO BREAKFAST - ELEM

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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)
Fri - 05/04/2018																
GRAB & GO BREAKFAST - BANANA BREAD SLICE	Total SLICE	1														
	SLICE	1	280	0	220	200.00	1.08	80.0	100	20	0.0	5.0	44.0	10.0	2.00	0.00
FRUIT CHOICES	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	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			610	17	*430	205.34	1.71	717.7	1112	320	34.36	22.94	104.91	12.56	3.68	*0.00
% of Calories												15.0%	68.8%	18.5%	5.4%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Mon - 05/07/2018																
GRAB & GO BREAKFAST - FRENCH TOAST SNACK LOAF	Total LOAF	1														
	LOAF	1	270	60	250	2.00	1.08	40.0	100	20	0.0	4.0	34.0	14.0	3.50	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*
Weighted Daily Average			672	92	*665	*4.95	1.71	873.9	1354	363	41.64	27.68	93.24	22.73	8.70	*0.00
% of Calories												16.5%	55.5%	30.4%	11.7%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Tue - 05/08/2018																
GRAB & GO BREAKFAST - WG CEREAL BAR	Total 1 EACH	1														
	1 EACH	1	150	0	115	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	30.0	3.0	0.50	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 CHOICES	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	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

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Weighted Daily Average			560	32	*525	*8.34	*0.63	*837.7	*1212	*340	*34.36	26.94	91.91	11.56	5.68	*0.00
% of Calories												19.3%	65.7%	18.6%	9.1%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Wed - 05/09/2018																
GRAB & GO BREAKFAST -	Total	1														
WG BANANA CHOCOLATE CHI	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
P BREAD																
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 CHOICES	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	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			700	82	*620	*8.34	1.71	877.7	1312	360	35.56	27.94	95.91	24.56	9.68	*0.00
% of Calories												16.0%	54.8%	31.6%	12.5%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Thu - 05/10/2018																
GRAB & GO BREAKFAST -	Total	1														
WG AWESOME ROUND	1 EACH	1	380	35	280	4.00	1.80	20.0	1500	300	0.0	6.0	55.0	17.0	8.00	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*
Weighted Daily Average			702	52	*495	6.95	2.43	653.9	2554	603	41.64	23.68	113.24	19.73	9.70	*0.00
% of Calories												13.5%	64.5%	25.3%	12.4%	*0.0%
Nutrient Guideline			350-50		540											<10.00

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Fri - 05/11/2018																
GRAB & GO BREAKFAST - BANANA BREAD SLICE	Total SLICE	1														
FRUIT CHOICES	1 CUP	1	280	0	220	200.00	1.08	80.0	100	20	0.0	5.0	44.0	10.0	2.00	0.00
MILK,1% Lowfat	HALF PINT	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	0.0	0.00	0.00
MILK,Skim	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*
	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 % of Calories			610	17	*430	205.34	1.71	717.7	1112	320	34.36	22.94 15.0%	104.91 68.8%	12.56 18.5%	3.68 5.4%	*0.00 *0.0%
Nutrient Guideline			350-50		540											<10.00

Mon - 05/14/2018																
GRAB & GO BREAKFAST - BLUEBERRY BREAD LOAF	Total MINI LOAF	1														
CHEESE STICK	STICK	1	168	21	135	2.31	1.46	57.8	58	12	1.39	4.97	24.39	6.01	0.69	0.00
FRUIT CHOICES	1 CUP	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
MILK,1% Lowfat	HALF PINT	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	0.0	0.00	0.00
MILK,Skim	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*
	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 % of Calories			577	53	*546	*7.65	2.08	895.5	1270	352	35.75	28.91 20.0%	86.30 59.8%	14.57 22.7%	5.88 9.2%	*0.00 *0.0%
Nutrient Guideline			350-50		540											<10.00

Tue - 05/15/2018																
GRAB & GO BREAKFAST - WG CEREAL BAR	Total 1 EACH	1														
CHEESE STICK	STICK	1	150	0	115	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	30.0	3.0	0.50	0.00
FRUIT CHOICES	1 CUP	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
MILK,1% Lowfat	HALF PINT	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	0.0	0.00	0.00
MILK,Skim	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*
	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 % of Calories			560	32	*525	*8.34	*0.63	*837.7	*1212	*340	*34.36	26.94 19.3%	91.91 65.7%	11.56 18.6%	5.68 9.1%	*0.00 *0.0%
Nutrient Guideline			350-50		540											<10.00

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Wed - 05/16/2018																
GRAB & GO BREAKFAST - WG BANANA CHOCOLATE CHIP BREAD	Total	1														
CHEESE STICK	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
FRUIT CHOICES	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*
MILK,1% Lowfat	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	0.0	0.00	0.00
MILK,Skim	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*
	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			700	82	*620	*8.34	1.71	877.7	1312	360	35.56	27.94	95.91	24.56	9.68	*0.00
% of Calories												16.0%	54.8%	31.6%	12.5%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/17/2018																
GRAB & GO BREAKFAST - ANNIES GRAHAM	Total	1														
YOPLAIT GO BIG	1 OZ	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT CHOICES	4 OZ	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK,Skim	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	0.0	0.00	0.00
MILK,1% Lowfat	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*
	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*
Weighted Daily Average			330	17	*210	5.34	0.63	637.7	1012	300	34.36	17.94	60.91	2.56	1.68	*0.00
% of Calories												21.8%	73.9%	7.0%	4.6%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/18/2018																
GRAB & GO BREAKFAST - BANANA BREAD SLICE	Total	1														
FRUIT CHOICES	SLICE	1	280	0	220	200.00	1.08	80.0	100	20	0.0	5.0	44.0	10.0	2.00	0.00
MILK,1% Lowfat	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	0.0	0.00	0.00
MILK,Skim	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*
	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			610	17	*430	205.34	1.71	717.7	1112	320	34.36	22.94	104.91	12.56	3.68	*0.00
% of Calories												15.0%	68.8%	18.5%	5.4%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

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Mon - 05/21/2018																
GRAB & GO BREAKFAST -	Total	1														
FRENCH TOAST SNACK LOAF	LOAF	1	270	60	250	2.00	1.08	40.0	100	20	0.0	4.0	34.0	14.0	3.50	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*
Weighted Daily Average			672	92	*665	*4.95	1.71	873.9	1354	363	41.64	27.68	93.24	22.73	8.70	*0.00
% of Calories												16.5%	55.5%	30.4%	11.7%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

Tue - 05/22/2018																
GRAB & GO BREAKFAST -	Total	1														
WG CEREAL BAR	1 EACH	1	150	0	115	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	30.0	3.0	0.50	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 CHOICES	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	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			560	32	*525	*8.34	*0.63	*837.7	*1212	*340	*34.36	26.94	91.91	11.56	5.68	*0.00
% of Calories												19.3%	65.7%	18.6%	9.1%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

Wed - 05/23/2018																
GRAB & GO BREAKFAST -	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	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 CHOICES	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	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*

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Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

May 1, 2018 thru Jun 1, 2018

GRAB & GO BREAKFAST - ELEM

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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			700	82	*620	*8.34	1.71	877.7	1312	360	35.56	27.94	95.91	24.56	9.68	*0.00
% of Calories												16.0%	54.8%	31.6%	12.5%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

Thu - 05/24/2018																
GRAB & GO BREAKFAST -	Total	1														
WG AWESOME ROUND	1 EACH	1	380	35	280	4.00	1.80	20.0	1500	300	0.0	6.0	55.0	17.0	8.00	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*
Weighted Daily Average			702	52	*495	6.95	2.43	653.9	2554	603	41.64	23.68	113.24	19.73	9.70	*0.00
% of Calories												13.5%	64.5%	25.3%	12.4%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

Fri - 05/25/2018																
GRAB & GO BREAKFAST -	Total	1														
BANANA BREAD SLICE	SLICE	1	280	0	220	200.00	1.08	80.0	100	20	0.0	5.0	44.0	10.0	2.00	0.00
FRUIT CHOICES	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	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			610	17	*430	205.34	1.71	717.7	1112	320	34.36	22.94	104.91	12.56	3.68	*0.00
% of Calories												15.0%	68.8%	18.5%	5.4%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

Mon - 05/28/2018																
GRAB & GO 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			350-50		540										<10.00	

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Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

May 1, 2018 thru Jun 1, 2018

GRAB & GO BREAKFAST - ELEM

Generated on: 4/26/2018 10:05:03 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 ¹ (g)
Tue - 05/29/2018																
GRAB & GO BREAKFAST -	Total	1														
WG CEREAL BAR	1 EACH	1	150	0	115	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	30.0	3.0	0.50	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 CHOICES	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	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			560	32	*525	*8.34	*0.63	*837.7	*1212	*340	*34.36	26.94	91.91	11.56	5.68	*0.00
% of Calories												19.3%	65.7%	18.6%	9.1%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Wed - 05/30/2018																
GRAB & GO BREAKFAST -	Total	1														
WG BANANA CHOCOLATE CHI	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
P BREAD																
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 CHOICES	1 CUP	1	144	0	*N/A*	5.34	0.48	33.8	34	7	34.36	1.46	36.58	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			700	82	*620	*8.34	1.71	877.7	1312	360	35.56	27.94	95.91	24.56	9.68	*0.00
% of Calories												16.0%	54.8%	31.6%	12.5%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Thu - 05/31/2018																
GRAB & GO 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			350-50		540											<10.00

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Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2018 thru Jun 1, 2018

GRAB & GO BREAKFAST - ELEM

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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)
Fri - 06/01/2018																
GRAB & GO BREAKFAST - COOK'S CHOICE MENU	Total	1														
	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			350-50		540											<10.00

Weighted Average			624	50	*525	*45.17	*1.52	*794.8	*1415	*379	*36.44	25.69 16.5%	96.77 62.1%	16.79 24.2%	6.93 10.0%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	624		350 - 500	125%			124	Correction Required - Calories too High
Cholesterol (mg)	50							
Sodium (mg)	525		540		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	45.17				Missing			
Iron (mg)	1.52				Missing			
Calcium (mg)	794.8				Missing			
Vitamin A (IU)	1415				Missing			
Vitamin A (RE)	379				Missing			
Vitamin C (mg)	36.44				Missing			
Protein (g)	25.69	16.48%						
Carbohydrate (g)	96.77	62.07%						
Total Fat (g)	16.79	24.24%						
Saturated Fat (g)	6.93	10.01%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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