

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Breakfast

Weighted Values - Detailed

Page 1

Generated on: 4/26/2018 9:55:00 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)
Tue - 05/01/2018																
Elementary Breakfast	Total	1														
WG MINI CINNIS	PACKAGE	1	240	0	300	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	5.0	40.0	8.0	2.00	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
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			570	17	*510	7.34	*0.63	*637.7	*1012	*300	*34.36	22.94	100.91	10.56	3.68	*0.00
% of Calories												16.1%	70.8%	16.7%	5.8%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

Wed - 05/02/2018																
Elementary 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
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
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			560	17	*455	10.34	*6.03	*697.7	*1312	*360	*37.96	22.94	106.91	6.56	2.18	*0.00
% of Calories												16.4%	76.4%	10.6%	3.5%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

Thu - 05/03/2018																
Elementary Breakfast	Total	1														
FRUIT & YOGURT PARFAIT W/ GRAN	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 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*

\*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

Elementary Breakfast

Weighted Values - Detailed

Page 2

Generated on: 4/26/2018 9:55:00 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 <sup>1</sup> (g)
Weighted Daily Average			617	24	*426	7.34	2.07	867.7	1062	310	45.16	22.94	112.91	8.56	3.68	*0.00
% of Calories												14.9%	73.2%	12.5%	5.4%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Fri - 05/04/2018																
Elementary 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

Mon - 05/07/2018																
Elementary 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			350-50		540											<10.00

Tue - 05/08/2018																
Elementary 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 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*

\*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

Elementary Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			500	17	*415	7.34	6.03	997.7	1312	360	39.16	22.94	95.91	3.56	1.68	*0.00
% of Calories												18.4%	76.8%	6.4%	3.0%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Wed - 05/09/2018																
Elementary Breakfast	Total	1														
WG MINI PANCAKES	POUCH	1	170	5	200	2.00	0.72	40.0	0	0	0.0	4.0	30.0	5.0	0.50	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
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			500	22	*410	7.34	1.35	677.7	1012	300	34.36	21.94	90.91	7.56	2.18	*0.00
% of Calories												17.6%	72.8%	13.6%	3.9%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Thu - 05/10/2018																
Elementary Breakfast	Total	1														
WG BELGIAN WAFFLE STIX	3 STIX	1	210	0	375	3.00	2.16	30.0	0	0	0.0	6.0	40.5	3.0	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 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			650	17	*605	8.34	2.79	667.7	1012	300	34.36	23.94	129.41	5.56	1.68	*0.00
% of Calories												14.7%	79.7%	7.7%	2.3%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Fri - 05/11/2018																
Elementary 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

\*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

Elementary Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % 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							0.0%	0.0%	0.0%	0.0%	<10.00

Mon - 05/14/2018																
Elementary 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 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 % of Calories			440	17	*230	5.34	0.63	637.7	1012	300	34.36	17.94	88.91	2.56	1.68	*0.00
Nutrient Guideline			350-50		540							16.3%	80.9%	5.2%	3.4%	<10.00

Tue - 05/15/2018																
Elementary 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*
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	1/2 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 % of Calories			620	*32	*410	*6.34	*0.63	*837.7	*1212	*340	*34.36	28.94	97.91	13.56	*5.18	*0.00
Nutrient Guideline			350-50		540							18.7%	63.2%	19.7%	*7.5%	<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

Elementary 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 - 05/16/2018																
Elementary 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
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
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 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			559	204	*402	10.01	6.86	739.6	1589	448	55.14	26.96	95.76	8.87	3.32	*0.00
% of Calories												19.3%	68.5%	14.3%	5.3%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Thu - 05/17/2018																
Elementary 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
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			610	17	*750	7.34	3.57	805.7	1330	364	40.18	24.94	102.91	12.56	3.18	*0.00
% of Calories												16.4%	67.5%	18.5%	4.7%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Fri - 05/18/2018																
Elementary 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

\*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

Elementary Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/21/2018																
Elementary Breakfast	Total	1														
WHOLE GRAIN BLUEBERRY MUFFIN	1 EACH	1	140	35	180	2.00	4.50	200.0	1000	200	0.0	3.0	25.0	4.0	1.00	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 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			550	67	*590	*7.34	5.13	1037.7	2212	540	34.36	26.94	86.91	12.56	6.18	*0.00
% of Calories												19.6%	63.2%	20.6%	10.1%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

Tue - 05/22/2018																
Elementary 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 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			676	179	*701	*8.34	2.96	1306.9	1305	359	*34.45	28.51	93.03	21.26	11.08	*0.00
% of Calories												16.9%	55.0%	28.3%	14.7%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

Wed - 05/23/2018																
Elementary Breakfast	Total	1														
WG BREAKFAST PIZZA	1 EACH	1	230	25	535	1.00	1.40	150.0	1500	300	*N/A*	10.0	23.0	10.0	4.00	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
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.

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			560	42	*745	6.34	2.03	787.7	2512	600	*34.36	27.94	83.91	12.56	5.68	*0.00
% of Calories												20.0%	60.0%	20.2%	9.1%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

Thu - 05/24/2018																
Elementary 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 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 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			572	17	*415	10.01	6.27	1014.6	1329	364	56.34	23.67	114.20	3.56	1.68	*0.00
% of Calories												16.6%	79.9%	5.6%	2.6%	*0.0%
Nutrient Guideline			350-50		540										<10.00	

Fri - 05/25/2018																
Elementary 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	

Mon - 05/28/2018																
Elementary 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	

\*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

Elementary Breakfast

### 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)
Tue - 05/29/2018																
Elementary Breakfast	Total	1														
CHERRY FRUDEL	1 EACH	1	210	0	270	2.00	1.08	0.0	0	0	0.0	5.0	36.0	6.0	1.50	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
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	17	*480	7.34	1.71	637.7	1012	300	34.36	22.94	96.91	8.56	3.18	*0.00
% of Calories												17.0%	71.8%	14.3%	5.3%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Wed - 05/30/2018																
Elementary 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
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
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 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			632	17	*455	13.01	*6.27	*714.6	*1329	*364	*55.14	23.67	125.20	6.56	2.18	*0.00
% of Calories												15.0%	79.3%	9.3%	3.1%	*0.0%
Nutrient Guideline			350-50		540											<10.00

Thu - 05/31/2018																
Elementary 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

Fri - 06/01/2018																
Elementary 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

\*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

Elementary Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % 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							0.0%	0.0%	0.0%	0.0%	0.0%

Weighted Average			570	*55	*526	*7.98	*3.43	*812.3	*1368	*372	*39.71	24.64	100.20	9.28	*3.77	*0.00
												17.3%	70.3%	14.6%	*6.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	570		350 - 500	114%			70	Correction Required - Calories too High
Cholesterol (mg)	55				Missing			
Sodium (mg)	526		540		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	7.98				Missing			
Iron (mg)	3.43				Missing			
Calcium (mg)	812.3				Missing			
Vitamin A (IU)	1368				Missing			
Vitamin A (RE)	372				Missing			
Vitamin C (mg)	39.71				Missing			
Protein (g)	24.64	17.28%						
Carbohydrate (g)	100.20	70.29%						
Total Fat (g)	9.28	14.64%						
Saturated Fat (g)	3.77	5.95%	<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.