

Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/02/2018																
Elementary Lunch	Total	1														
CHICKEN, DICED	1.5 OZ	1	64	39	19	0.00	1.62	0.0	0	0	0.0	12.9	0.0	1.74	0.49	*N/A*
CHICKEN GRAVY	4 TBSP	1	46	0	70	0.20	0.24	6.0	128	26	0.2	0.75	3.98	3.0	0.62	*N/A*
MASHED POTATOES	1/2 CUP	1	80	0	404	1.40	0.30	7.0	0	0	4.5	1.8	15.0	1.5	1.40	*N/A*
GREEN BEANS: frozen,boiled	1/2 CUP	1	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*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
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
WATERMELON,CHUNKS	1/2 CUP	1	23	0	1	0.30	0.18	5.3	432	28	6.16	0.46	5.74	0.11	0.01	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1044	61	2512	*17.37	8.52	1119.3	21516	3827	209.32	53.64	154.71	26.32	6.50	*0.00
% of Calories												20.6%	59.3%	22.7%	5.6%	*0.0%
Nutrient Guideline			550-65		1230										<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 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/03/2018																
Elementary Lunch	Total	1														
CORN DOG	1 EACH	1	220	40	650	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	10.0	31.0	7.0	1.50	*N/A*
KETCHUP	2 TBSP	1	30	0	380	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
BAKED BEANS	1/4 CUP	1	70	0	275	2.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	14.5	0.5	0.00	0.00
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
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*
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
STRAWBERRIES, fresh	1/2 CUP	1	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	1	35	0	5	0.50	0.36	10.0	150	30	10.5	0.5	8.5	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
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1067	62	3206	*18.74	*5.44	*1088.9	*20723	*3777	*223.56	47.66	166.03	26.49	5.45	*0.00
% of Calories												17.9%	62.2%	22.3%	4.6%	*0.0%
Nutrient Guideline			550-65		1230										<10.00	

Fri - 05/04/2018																
Elementary Lunch	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

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Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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			550-65		1230											<10.00

Mon - 05/07/2018																
	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Elementary Lunch	Total	1														
SLOPPY JOE/WHOLE GRAIN BUN	1 EACH	1	331	32	1209	2.52	3.50	189.4	556	69	9.47	18.05	45.97	9.55	3.20	0.00
ROMAINE GARDEN SALAD	1/2 CUP	1	22	0	4	1.50	2.70	10.0	2050	410	6.0	1.3	4.3	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
BABY BAKER POTATOES	3 OZ	1	90	0	170	0.00	0.72	20.0	0	0	0.0	3.0	15.0	2.0	0.00	0.00
KETCHUP	2 TBSP	1	30	0	380	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
GRAPES,Fresh	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1203	54	3340	*16.02	11.96	1284.1	18103	3372	211.19	56.07	183.88	30.49	7.19	*0.00
% of Calories												18.7%	61.2%	22.8%	5.4%	*0.0%
Nutrient Guideline			550-65		1230											<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/08/2018																
Elementary Lunch	Total	1														
CHICKEN FAJITAS	1 EACH	1	241	51	284	1.80	2.10	54.0	240	48	6.7	21.99	23.37	6.28	1.40	*N/A*
WHOLE WHEAT TORTILLA	1 EACH	1	110	0	280	3.00	0.00	60.0	0	0	0.0	3.0	18.0	2.5	1.00	0.00
SHREDDED CHEESE MIX	1/8 CUP	1	54	14	95	0.00	0.36	380.0	500	100	0.0	3.62	0.23	4.3	2.68	0.00
FRESH DICED TOMATOES	1/4 CUP	1	10	0	77	0.50	0.75	18.6	70	36	5.4	0.6	2.4	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
ROMAINE	1/4 CUP	1	2	0	1	0.25	0.14	5.0	1025	205	2.85	0.25	0.25	0.0	0.00	0.00
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
SPANISH BROWN RICE	1/3 CUP	1	69	0	134	1.40	0.78	14.0	266	53	6.7	1.58	13.69	0.84	0.15	0.00
SALSA:COMMODITY	4 OZ	1	41	0	488	1.59	2.54	13.6	624	62	4.54	1.7	7.94	0.23	0.03	*N/A*
BEANS,BLACK,CND,DRND	2 OZ	1	134	0	220	2.72	1.25	27.2	4	1	1.42	4.58	9.53	0.26	0.07	*N/A*
WATERMELON,CHUNKS	1/2 CUP	1	23	0	1	0.30	0.18	5.3	432	28	6.16	0.46	5.74	0.11	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1435	97	2903	*24.43	13.43	1693.5	20361	3725	281.88	73.18	189.15	36.43	11.30	*0.00
% of Calories												20.4%	52.7%	22.8%	7.1%	*0.0%
Nutrient Guideline			550-65		1230										<10.00	

Wed - 05/09/2018																
	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 ¹ (g)
Elementary Lunch	Total	1														
WG PEPPERONI PIZZA SLICE	1 EACH	1	370	20	700	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	16.0	39.0	12.0	5.00	0.00
ROASTED VEGETABLES	1/2 CUP	1	60	0	10	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.5	10.5	2.25	0.00	0.00
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	0.01	*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*
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
GRAPES,Fresh	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
PEARS: canned,light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1218	42	2622	*14.74	*5.34	*1088.7	*15739	*2928	*191.96	52.10	173.80	33.24	9.00	*0.00
% of Calories												17.1%	57.1%	24.6%	6.6%	*0.0%
Nutrient Guideline			550-65		1230										<10.00	

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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 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/10/2018																
Elementary Lunch	Total	1														
WHOLE WHEAT TORTILLA	1 EACH	1	110	0	280	3.00	0.00	60.0	0	0	0.0	3.0	18.0	2.5	1.00	0.00
CHICKEN TENDERS	3 TENDER	1	240	40	650	1.00	1.44	20.0	100	20	0.0	14.0	15.0	14.0	3.00	0.00
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
SHREDDED CHEESE MIX	1/8 CUP	1	54	14	95	0.00	0.36	380.0	500	100	0.0	3.62	0.23	4.3	2.68	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
SWEET POTATO FRIES	1/2 CUP	1	160	0	210	4.00	0.36	40.0	4500	900	4.8	2.0	24.0	6.0	1.00	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*
PEACHES: canned,light syrup	1/2 CUP	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
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*
SALSA:COMMUNITY	1 OZ	1	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING	2 TBSP	1	35	5	181	0.10	0.10	35.0	26	5	0.5	1.05	3.5	1.88	0.52	*N/A*
Weighted Daily Average			1331	81	2276	22.70	6.95	1605.4	21105	3981	194.67	58.01	173.38	47.59	12.16	*0.00
% of Calories												17.4%	52.1%	32.2%	8.2%	*0.0%
Nutrient Guideline			550-65		1230										<10.00	

Fri - 05/11/2018																
Elementary Lunch	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

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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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			550-65		1230											<10.00

Mon - 05/14/2018																
	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Elementary Lunch	Total	1														
MINI CORN DOGS	6 PIECES	1	315	30	795	3.00	15.00	6.0	0	0	45.0	9.0	37.5	18.0	3.75	0.00
KETCHUP	2 TBSP	1	30	0	380	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
BAKED BEANS	1/4 CUP	1	70	0	275	2.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	14.5	0.5	0.00	0.00
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
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*
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
BANANAS, fresh	1 EACH	1	105	0	1	3.07	0.31	5.9	76	9	10.27	1.29	26.95	0.39	0.13	*N/A*
PEARS: canned,light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1280	52	3353	*21.87	*20.44	*1085.5	*20640	*3754	*226.86	47.20	204.49	37.70	7.82	*0.00
% of Calories												14.7%	63.9%	26.5%	5.5%	*0.0%
Nutrient Guideline			550-65		1230											<10.00

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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/15/2018																
Elementary Lunch	Total	1														
NACHOS WITH GROUND BEEF	SERVINGS	1	281	42	590	2.10	1.67	277.0	410	82	0.4	17.8	19.28	15.13	6.10	*N/A*
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	2 OZ	1	134	0	220	2.72	1.25	27.2	4	1	1.42	4.58	9.53	0.26	0.07	*N/A*
SHREDDED CHEESE MIX	1/8 CUP	1	54	14	95	0.00	0.36	380.0	500	100	0.0	3.62	0.23	4.3	2.68	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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
TORTILLA CORN CHIPS	10 CHIPS	1	150	0	105	2.00	0.36	20.0	0	0	1.2	2.0	18.0	7.0	1.00	0.00
SLICED APPLES, fresh	1/2 CUP	1	36	0	1	1.66	0.09	4.2	37	3	3.15	0.2	9.55	0.0	0.00	0.00
PEARS: canned,light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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*
CAULIFLOWER:fresh boiled	1/4 CUP	1	7	0	5	0.71	0.10	5.0	4	1	13.73	0.57	1.27	0.14	0.02	*N/A*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
CUCUMBER,RAW	2 OZ	1	7	0	1	0.40	0.12	7.9	41	4	1.81	0.33	1.22	0.09	0.01	*N/A*
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
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
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
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
ROMAINE	1/4 CUP	1	2	0	1	0.25	0.14	5.0	1025	205	2.85	0.25	0.25	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1418	88	2569	*22.22	9.56	1812.1	16060	2975	178.87	63.95	166.80	48.61	15.79	*0.00
% of Calories												18.0%	47.0%	30.8%	10.0%	*0.0%
Nutrient Guideline			550-65		1230										<10.00	

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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/16/2018																
Elementary Lunch	Total	1														
ROAST PORK SANDWICH	SANDWIC	1	276	39	789	2.10	3.40	87.0	427	85	8.0	16.74	35.73	7.16	2.33	0.00
BARBECUE SAUCE	2 TBSP	1	48	0	309	0.40	0.30	10.0	261	52	4.0	0.45	12.48	0.1	0.02	*N/A*
POTATO SMILES	3 OZ.	1	150	10	240	2.00	0.36	0.0	0	0	0.0	2.0	24.0	5.0	0.50	0.00
ROMAINE GARDEN SALAD	1/2 CUP	1	22	0	4	1.50	2.70	10.0	2050	410	6.0	1.3	4.3	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
BANANAS, fresh	1 EACH	1	105	0	1	3.07	0.31	5.9	76	9	10.27	1.29	26.95	0.39	0.13	*N/A*
PEACHES: canned,light syrup	1/2 CUP	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
ASPARAGUS: fresh,boiled	1/2 CUP	1	20	0	13	1.80	0.82	20.7	905	49	6.93	2.16	3.7	0.2	0.04	*N/A*
BROCCOLI,raw: fresh	1/2 CUP	1	15	0	15	1.18	0.33	21.4	283	70	40.59	1.28	3.02	0.17	0.02	*N/A*
CAULIFLOWER,raw: fresh	1/2 CUP	1	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CELERY STICKS	1/2 CUP	1	10	0	48	0.96	0.12	24.0	269	8	1.86	0.41	1.78	0.1	0.03	*N/A*
CARROT STICKS	1/2 CUP	1	25	0	42	1.71	0.18	20.1	10255	1716	3.6	0.57	5.84	0.15	0.02	0.00
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*
RED CABBAGE	1/2 CUP	1	16	0	13	1.00	0.40	22.5	558	2	28.5	0.76	3.7	0.08	0.00	0.00
SPINACH	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	0.0	0.00	0.00
ZUCCHINI	1/2 CUP	1	10	0	6	2.00	0.72	40.0	300	60	12.0	1.0	2.0	0.0	0.00	0.00
CHERRY TOMATOES	1/2 CUP	1	14	0	4	0.90	0.18	5.0	625	125	9.6	0.65	2.9	0.15	0.00	0.00
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
PEAS: frozen,boiled	1/2 CUP	1	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*N/A*
PEPPERS,SWEET, GREEN,RAW	1/2 CUP	1	15	0	2	1.27	0.25	7.5	276	47	59.9	0.64	3.46	0.13	0.04	*N/A*
PEPPERS,SWEET,RED,RAW	1/2 CUP	1	23	0	3	1.56	0.32	5.2	2333	425	95.14	0.74	4.49	0.22	0.02	*N/A*
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1414	71	2715	*29.64	14.00	1271.4	26347	4373	343.81	62.00	230.91	32.21	7.05	*0.00
% of Calories												17.5%	65.3%	20.5%	4.5%	*0.0%
Nutrient Guideline			550-65		1230										<10.00	

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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/17/2018																
Elementary Lunch	Total	1														
WHOLE GRAIN PENNE PASTA	2.5 OZ	1	110	0	2	3.50	1.44	0.0	0	0	0.0	4.0	24.5	0.75	0.00	0.00
ALFREDO SAUCE	1/2 CUP	1	140	25	255	0.00	0.00	100.0	375	75	0.0	2.5	5.5	12.0	5.50	0.50
CHICKEN, DICED	1 OZ	1	43	26	13	0.00	1.08	0.0	0	0	0.0	8.6	0.0	1.16	0.33	*N/A*
STUFFED MOZZ. STICKS	1 EACH	1	160	18	295	0.50	0.90	175.0	1250	250	0.0	8.5	16.0	7.0	3.50	*N/A*
ROMAINE GARDEN SALAD	1/2 CUP	1	22	0	4	1.50	2.70	10.0	2050	410	6.0	1.3	4.3	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
MELON MIX	1/2 CUP	1	36	0	12	1.00	0.20	7.0	605	121	20.0	0.5	9.0	0.14	0.03	0.00
PEACHES: canned,light syrup	1/2 CUP	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1226	91	2162	*18.38	11.40	1349.1	20141	3785	197.03	59.19	166.53	39.75	13.28	*0.50
% of Calories												19.3%	54.3%	29.2%	9.7%	*0.4%
Nutrient Guideline			550-65		1230										<10.00	

Fri - 05/18/2018																
Elementary Lunch	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

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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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			550-65		1230											<10.00

Mon - 05/21/2018																
Elementary Lunch	Total	1														
MEAT LOAF	3/4" SLICE	1	195	67	122	1.29	2.23	47.0	154	31	2.9	17.04	8.0	10.29	4.22	*N/A*
MASHED POTATOES	1/2 CUP	1	80	0	404	1.40	0.30	7.0	0	0	4.5	1.8	15.0	1.5	1.40	*N/A*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
BANANAS, fresh	1 EACH	1	105	0	1	3.07	0.31	5.9	76	9	10.27	1.29	26.95	0.39	0.13	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1211	89	2567	*19.35	8.83	1157.2	20956	3788	197.88	57.30	179.68	32.11	9.71	*0.00
% of Calories												18.9%	59.4%	23.9%	7.2%	*0.0%
Nutrient Guideline			550-65		1230											<10.00

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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2018																
Elementary Lunch	Total	1														
CHICKEN TACO	1 EACH	1	132	23	126	1.49	0.88	97.5	311	62	4.1	9.54	10.18	6.11	1.75	*N/A*
WHOLE WHEAT TORTILLA	1 EACH	1	110	0	280	3.00	0.00	60.0	0	0	0.0	3.0	18.0	2.5	1.00	0.00
SHREDDED CHEESE MIX	1/8 CUP	1	54	14	95	0.00	0.36	380.0	500	100	0.0	3.62	0.23	4.3	2.68	0.00
FRESH DICED TOMATOES	1/4 CUP	1	10	0	77	0.50	0.75	18.6	70	36	5.4	0.6	2.4	0.0	0.00	0.00
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
BEANS,BLACK,CND,DRND	2 OZ	1	134	0	220	2.72	1.25	27.2	4	1	1.42	4.58	9.53	0.26	0.07	*N/A*
SALSA:COMMODITY	4 OZ	1	41	0	488	1.59	2.54	13.6	624	62	4.54	1.7	7.94	0.23	0.03	*N/A*
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
CORN TORTILLA CHIPS	BAG	1	140	0	105	1.00	0.00	40.0	0	0	0.0	2.0	19.0	7.0	1.00	0.00
ORANGES, fresh	1 EACH	1	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.03	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1416	70	2708	*25.20	11.37	1819.1	19549	3631	268.61	61.45	186.08	42.36	12.49	*0.00
% of Calories												17.4%	52.6%	26.9%	7.9%	*0.0%
Nutrient Guideline			550-65		1230										<10.00	

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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/23/2018																
Elementary Lunch	Total	1														
MAX STIX	2 STIX	1	320	10	820	*N/A*	0.00	*N/A*	*N/A*	*N/A*	*N/A*	16.0	32.0	14.0	5.00	*N/A*
MARINARA SAUCE	1/2 CUP	1	50	0	20	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12.0	2.0	10.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*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*
MANDARIN ORANGES	1/2 CUP	1	35	0	5	0.50	0.36	10.0	150	30	10.5	0.5	8.5	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
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1236	32	2429	*19.65	*11.02	*1102.5	*20005	*3775	*223.08	57.31	182.79	34.48	9.06	*0.00
% of Calories												18.5%	59.2%	25.1%	6.6%	*0.0%
Nutrient Guideline			550-65		1230										<10.00	

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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/24/2018																
Elementary Lunch	Total	1														
HAMBURGER PATTY	PATTY	1	162	37	477	1.10	1.71	24.7	54	11	*N/A*	12.64	1.33	11.97	4.92	*N/A*
WHOLE GRAIN HAMBURGER BUN	BUN	1	140	0	300	2.00	1.80	*N/A*	*N/A*	*N/A*	*N/A*	5.0	25.0	2.5	0.50	*N/A*
AMERICAN CHEESE SLICE	1/2 OZ	1	53	14	92	*N/A*	0.00	870.0	125	25	*N/A*	3.14	0.25	4.4	2.80	*N/A*
ROMAINE	1/4 CUP	1	2	0	1	0.25	0.14	5.0	1025	205	2.85	0.25	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
POTATO WEDGES	3 OZ	1	140	0	430	3.00	2.16	0.0	0	0	14.4	2.0	18.0	6.0	1.50	0.00
KETCHUP	2 TBSP	1	30	0	380	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
ORANGES, fresh	1 EACH	1	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1286	73	2961	*21.95	10.92	*2011.7	*17016	*3173	*257.63	57.82	170.83	43.72	13.67	*0.00
% of Calories												18.0%	53.1%	30.6%	9.6%	*0.0%
Nutrient Guideline			550-65		1230										<10.00	

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Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

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May 2, 2018 thru Jun 1, 2018

Elementary Lunch

Generated on: 4/26/2018 9:56:50 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)
Fri - 05/25/2018																
Elementary Lunch	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			550-65		1230											<10.00

	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)
Mon - 05/28/2018																
Elementary Lunch	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			550-65		1230											<10.00

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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/29/2018																
Elementary Lunch	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*
WHOLE WHEAT TORTILLA	1 EACH	1	110	0	280	3.00	0.00	60.0	0	0	0.0	3.0	18.0	2.5	1.00	0.00
SHREDDED CHEESE MIX	1/8 CUP	1	54	14	95	0.00	0.36	380.0	500	100	0.0	3.62	0.23	4.3	2.68	0.00
FRESH DICED TOMATOES	1/4 CUP	1	10	0	77	0.50	0.75	18.6	70	36	5.4	0.6	2.4	0.0	0.00	0.00
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
BEANS, BLACK, CND, DRND	2 OZ	1	134	0	220	2.72	1.25	27.2	4	1	1.42	4.58	9.53	0.26	0.07	*N/A*
SALSA: COMMODITY	4 OZ	1	41	0	488	1.59	2.54	13.6	624	62	4.54	1.7	7.94	0.23	0.03	*N/A*
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
CORN TORTILLA CHIPS	BAG	1	140	0	105	1.00	0.00	40.0	0	0	0.0	2.0	19.0	7.0	1.00	0.00
SLICED APPLES, fresh	1/2 CUP	1	36	0	1	1.66	0.09	4.2	37	3	3.15	0.2	9.55	0.0	0.00	0.00
MANDARIN ORANGES	1/2 CUP	1	35	0	5	0.50	0.36	10.0	150	30	10.5	0.5	8.5	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
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*
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*
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	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
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*
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	1/2 CUP	1	3	0	11	0.33	1.35	40.0	4000	800	12.0	0.33	0.5	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
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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
PEPPERS, SWEET, GREEN, RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS, SWEET, RED, RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
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*
BLACK BEANS	1/4 CUP	1	30	0	107	2.00	0.00	0.0	0	0	0.0	2.0	5.25	0.0	0.00	0.00
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	21	2.2	0.16	2.84	15.37	2.14	*N/A*
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1385	*46	3306	*21.71	*10.31	*1665.8	*19083	*3573	*199.02	60.68	161.61	49.44	13.70	*0.00
% of Calories												17.5%	46.7%	32.1%	8.9%	*0.0%
Nutrient Guideline			550-65		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/30/2018																
Elementary Lunch	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			550-65		1230											<10.00

Thu - 05/31/2018																
Elementary Lunch	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			550-65		1230											<10.00

Fri - 06/01/2018																
Elementary Lunch	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			550-65		1230											<10.00

Weighted Average			1278	*67	2775	*20.93	*10.63	*1410.3	*19823	*3629	*227.02	57.84 18.1%	179.38 56.1%	37.40 26.3%	10.28 7.2%	*0.03 *0.0%
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Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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Generated on: 4/26/2018 9:56:50 AM

Nutrient	Menu AVG	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1278		550 - 650	197%			628	Correction Required - Calories too High									
Cholesterol (mg)	67				Missing			*Target effective with 2014-2015 School Year!									
Sodium (mg)	2775		1230														
Fiber (g)	20.93				Missing												
Iron (mg)	10.63				Missing												
Calcium (mg)	1410.3				Missing												
Vitamin A (IU)	19823				Missing												
Vitamin A (RE)	3629				Missing												
Vitamin C (mg)	227.02				Missing												
Protein (g)	57.84	18.10%															
Carbohydrate (g)	179.38	56.14%															
Total Fat (g)	37.40	26.34%															
Saturated Fat (g)	10.28	7.24%	<10.00%														
Trans Fat ¹ (g)	0.03	0.02%			Missing												

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