

Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

Weighted Values - Detailed

Page 1

Generated on: 4/26/2018 10:02:21 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 - 05/01/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
GRILLED VEGGIE-TURKEY SANDWICH	1 EACH	1	450	45	650	4.00	3.60	150.0	2500	500	42.0	24.0	55.0	8.0	1.00	0.00
FAJITA CHICKEN BREAST	1 EACH	1	117	53	648	0.00	0.75	13.1	52	10	2.2	16.49	2.91	3.9	1.05	0.00
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1834	171	*4403	*27.32	12.04	*2119.4	*20408	*4179	*134.77	94.35	251.53	45.70	13.88	*0.00
% of Calories												20.6%	54.8%	22.4%	6.8%	*0.0%
Nutrient Guideline			750-85		1420										<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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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)
Wed - 05/02/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
BARBECUED CHICKEN	SERVINGS	1	295	86	476	0.49	1.60	27.0	492	98	5.09	27.25	15.82	13.43	3.73	*N/A*
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1562	159	*3581	*23.81	9.28	*1983.2	*18348	*3767	*95.66	81.10	209.44	47.23	15.56	*0.00
% of Calories												20.8%	53.6%	27.2%	9.0%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

Weighted Values - Detailed

Page 3

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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)
Thu - 05/03/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
SPICY CHICKEN BREAST	1 EACH	1	232	27	767	1.69	1.84	30.1	144	29	0.54	14.6	15.7	12.5	2.60	0.00
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1499	100	*3872	*25.01	9.53	*1986.3	*18000	*3697	*91.11	68.46	209.32	46.30	14.43	*0.00
% of Calories												18.3%	55.8%	27.8%	8.7%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

Weighted Values - Detailed

Page 4

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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																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
WHOLE WHEAT TORTILLA	1 EACH	1	130	0	330	3.00	0.00	0.0	0	0	0.0	4.0	26.0	2.0	0.00	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
Weighted Daily Average			1583	113	*3776	*26.65	8.80	*1962.6	*17695	*3636	*85.39	71.23	220.65	49.69	14.81	*0.00
% of Calories												18.0%	55.8%	28.2%	8.4%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Base Menu Spreadsheet

Lumberjack Grill

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)
Mon - 05/07/2018																
Lumberjack Grill	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	1/2 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
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
BAKED SOUTHWEST SANDWICH	1 EACH	1	435	45	379	4.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	39.0	36.0	15.0	3.00	0.00
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
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
BBQ RIB	1 EACH	1	190	30	*N/A*	2.00	1.44	40.0	100	20	*N/A*	12.0	3.0	14.0	5.00	*N/A*
Weighted Daily Average			1810	148	*3375	*27.32	*9.13	*1977.2	*15569	*3211	*62.57	103.86	227.62	56.11	18.83	*0.00
% of Calories												22.9%	50.3%	27.9%	9.4%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Base Menu Spreadsheet

Lumberjack Grill

Weighted Values - Detailed

Page 6

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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)
Tue - 05/08/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
GRILLED VEGGIE-TURKEY SANDWICH	1 EACH	1	450	45	650	4.00	3.60	150.0	2500	500	42.0	24.0	55.0	8.0	1.00	0.00
FAJITA CHICKEN BREAST	1 EACH	1	117	53	648	0.00	0.75	13.1	52	10	2.2	16.49	2.91	3.9	1.05	0.00
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1834	171	*4403	*27.32	12.04	*2119.4	*20408	*4179	*134.77	94.35	251.53	45.70	13.88	*0.00
% of Calories												20.6%	54.8%	22.4%	6.8%	*0.0%
Nutrient Guideline			750-85		1420										<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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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)
Wed - 05/09/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
BARBECUED CHICKEN	SERVINGS	1	295	86	476	0.49	1.60	27.0	492	98	5.09	27.25	15.82	13.43	3.73	*N/A*
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1562	159	*3581	*23.81	9.28	*1983.2	*18348	*3767	*95.66	81.10	209.44	47.23	15.56	*0.00
% of Calories												20.8%	53.6%	27.2%	9.0%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

Weighted Values - Detailed

Page 8

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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)
Thu - 05/10/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
SPICY CHICKEN BREAST	1 EACH	1	232	27	767	1.69	1.84	30.1	144	29	0.54	14.6	15.7	12.5	2.60	0.00
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1499	100	*3872	*25.01	9.53	*1986.3	*18000	*3697	*91.11	68.46	209.32	46.30	14.43	*0.00
% of Calories												18.3%	55.8%	27.8%	8.7%	*0.0%
Nutrient Guideline			750-85		1420										<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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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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)
Fri - 05/11/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
WHOLE WHEAT TORTILLA	1 EACH	1	130	0	330	3.00	0.00	0.0	0	0	0.0	4.0	26.0	2.0	0.00	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
Weighted Daily Average			1583	113	*3776	*26.65	8.80	*1962.6	*17695	*3636	*85.39	71.23	220.65	49.69	14.81	*0.00
% of Calories												18.0%	55.8%	28.2%	8.4%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

Weighted Values - Detailed

Page 10

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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)
Mon - 05/14/2018																
Lumberjack Grill	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	1/2 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
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
BAKED SOUTHWEST SANDWICH	1 EACH	1	435	45	379	4.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	39.0	36.0	15.0	3.00	0.00
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
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
BBQ RIB	1 EACH	1	190	30	*N/A*	2.00	1.44	40.0	100	20	*N/A*	12.0	3.0	14.0	5.00	*N/A*
Weighted Daily Average			1810	148	*3375	*27.32	*9.13	*1977.2	*15569	*3211	*62.57	103.86	227.62	56.11	18.83	*0.00
% of Calories												22.9%	50.3%	27.9%	9.4%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/15/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
GRILLED VEGGIE-TURKEY SANDWICH	1 EACH	1	450	45	650	4.00	3.60	150.0	2500	500	42.0	24.0	55.0	8.0	1.00	0.00
FAJITA CHICKEN BREAST	1 EACH	1	117	53	648	0.00	0.75	13.1	52	10	2.2	16.49	2.91	3.9	1.05	0.00
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1834	171	*4403	*27.32	12.04	*2119.4	*20408	*4179	*134.77	94.35	251.53	45.70	13.88	*0.00
% of Calories												20.6%	54.8%	22.4%	6.8%	*0.0%
Nutrient Guideline			750-85		1420										<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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/16/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
BARBECUED CHICKEN	SERVINGS	1	295	86	476	0.49	1.60	27.0	492	98	5.09	27.25	15.82	13.43	3.73	*N/A*
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1562	159	*3581	*23.81	9.28	*1983.2	*18348	*3767	*95.66	81.10	209.44	47.23	15.56	*0.00
% of Calories												20.8%	53.6%	27.2%	9.0%	*0.0%
Nutrient Guideline			750-85		1420										<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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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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 - 05/17/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
SPICY CHICKEN BREAST	1 EACH	1	232	27	767	1.69	1.84	30.1	144	29	0.54	14.6	15.7	12.5	2.60	0.00
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1499	100	*3872	*25.01	9.53	*1986.3	*18000	*3697	*91.11	68.46	209.32	46.30	14.43	*0.00
% of Calories												18.3%	55.8%	27.8%	8.7%	*0.0%
Nutrient Guideline			750-85		1420										<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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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

Weighted Values - Detailed

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	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 - 05/18/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
WHOLE WHEAT TORTILLA	1 EACH	1	130	0	330	3.00	0.00	0.0	0	0	0.0	4.0	26.0	2.0	0.00	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
Weighted Daily Average			1583	113	*3776	*26.65	8.80	*1962.6	*17695	*3636	*85.39	71.23	220.65	49.69	14.81	*0.00
% of Calories												18.0%	55.8%	28.2%	8.4%	*0.0%
Nutrient Guideline			750-85		1420										<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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/21/2018																
Lumberjack Grill	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	1/2 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
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
BAKED SOUTHWEST SANDWICH	1 EACH	1	435	45	379	4.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	39.0	36.0	15.0	3.00	0.00
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
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
BBQ RIB	1 EACH	1	190	30	*N/A*	2.00	1.44	40.0	100	20	*N/A*	12.0	3.0	14.0	5.00	*N/A*
Weighted Daily Average			1810	148	*3375	*27.32	*9.13	*1977.2	*15569	*3211	*62.57	103.86	227.62	56.11	18.83	*0.00
% of Calories												22.9%	50.3%	27.9%	9.4%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
GRILLED VEGGIE-TURKEY SANDWICH	1 EACH	1	450	45	650	4.00	3.60	150.0	2500	500	42.0	24.0	55.0	8.0	1.00	0.00
FAJITA CHICKEN BREAST	1 EACH	1	117	53	648	0.00	0.75	13.1	52	10	2.2	16.49	2.91	3.9	1.05	0.00
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1834	171	*4403	*27.32	12.04	*2119.4	*20408	*4179	*134.77	94.35	251.53	45.70	13.88	*0.00
% of Calories												20.6%	54.8%	22.4%	6.8%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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 - 05/23/2018																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
BARBECUED CHICKEN	SERVINGS	1	295	86	476	0.49	1.60	27.0	492	98	5.09	27.25	15.82	13.43	3.73	*N/A*
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1562	159	*3581	*23.81	9.28	*1983.2	*18348	*3767	*95.66	81.10	209.44	47.23	15.56	*0.00
% of Calories												20.8%	53.6%	27.2%	9.0%	*0.0%
Nutrient Guideline			750-85		1420										<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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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																
Lumberjack Grill	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	1/2 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
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
VEGGIE SANDWICH TOPPER	1/2 CUP	1	82	0	109	2.00	0.00	19.0	2387	477	28.0	1.0	5.0	6.7	1.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP	4 TBSP	1	60	0	760	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
FRESH VEGGIES	1 CUP	1	79	0	100	9.07	2.00	72.6	11362	2272	5.9	1.45	18.69	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
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*
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
SPICY CHICKEN BREAST	1 EACH	1	232	27	767	1.69	1.84	30.1	144	29	0.54	14.6	15.7	12.5	2.60	0.00
ONIONS,RED,RAW	1/10 CUP	1	6	0	1	0.27	0.03	3.7	0	0	1.18	0.18	1.49	0.02	0.01	*N/A*
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*
Weighted Daily Average			1499	100	*3872	*25.01	9.53	*1986.3	*18000	*3697	*91.11	68.46	209.32	46.30	14.43	*0.00
% of Calories												18.3%	55.8%	27.8%	8.7%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Fri - 05/25/2018																
Lumberjack Grill	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			750-85		1420										<10.00	

Mon - 05/28/2018																
Lumberjack Grill	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

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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)
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			750-85		1420											<10.00

Tue - 05/29/2018																
Lumberjack Grill	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			750-85		1420											<10.00

Wed - 05/30/2018																
Lumberjack Grill	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			750-85		1420											<10.00

Thu - 05/31/2018																
Lumberjack Grill	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			750-85		1420											<10.00

Fri - 06/01/2018																
Lumberjack Grill	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			750-85		1420											<10.00

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Grill

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			1654	139	*3827	*25.91	*9.84	*2009.7	*18156	*3728	*96.11	83.38 20.2%	223.66 54.1%	48.58 26.4%	15.36 8.4%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1654		750 - 850	195%			804	Correction Required - Calories too High
Cholesterol (mg)	139							
Sodium (mg)	3827		1420		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	25.91				Missing			
Iron (mg)	9.84				Missing			
Calcium (mg)	2009.7				Missing			
Vitamin A (IU)	18156				Missing			
Vitamin A (RE)	3728				Missing			
Vitamin C (mg)	96.11				Missing			
Protein (g)	83.38	20.17%						
Carbohydrate (g)	223.66	54.10%						
Total Fat (g)	48.58	26.44%						
Saturated Fat (g)	15.36	8.36%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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