

Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

Page 1

May 1, 2018 thru Jun 1, 2018

Soup, Salad, Sandwich Combo

Generated on: 4/26/2018 10:03:19 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)
Thu - 05/03/2018																
Soup, Salad, Sandwich Com	Total	1														
CHEESY CHICKEN TORTILLA SOUP	1 CUP	1	220	20	1450	2.00	0.72	80.0	200	40	2.4	14.0	20.0	10.0	4.00	*N/A*
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
WHOLE GRAIN SQUARE CROISSANT	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
DELI HAM	2 OZ	1	60	30550	550	0.00	0.00	0.0	0	0	0.0	9.0	2.0	1.0	0.00	*N/A*
DELI TURKEY	2 OZ	1	50	20	420	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	10.0	1.0	0.5	0.00	0.00
CHICKEN SALAD W/ALMONDS	3/4 CUP	1	260	29	214	2.84	1.63	74.5	119	8	4.26	15.78	25.45	11.05	1.60	*0.00
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*
MAYONNAISE LIGHT	1 TBSP	1	43	0	0	*N/A*	0.00	0.0	0	0	0.0	0.2	1.4	4.0	0.40	0.00
MUSTARD	1 TSP	1	3	0	57	0.16	0.08	2.9	4	1	0.07	0.21	0.27	0.2	0.01	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
FRESH VEGGIES	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	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
Weighted Daily Average			1637	30700	*4018	*21.92	8.54	2093.9	*10291	*2141	*53.94	92.73	209.64	49.27	18.94	*0.05
% of Calories												22.7%	51.2%	27.1%	10.4%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

Page 2

May 1, 2018 thru Jun 1, 2018

Soup, Salad, Sandwich Combo

Generated on: 4/26/2018 10:03:19 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)
Fri - 05/04/2018																
Soup, Salad, Sandwich Com	Total	1														
WILD RICE SOUP	1 CUP	1	200	25	1020	1.00	0.72	100.0	500	100	0.0	5.0	24.0	10.0	4.50	0.50
CHEESY BROCCOLI SOUP	1 CUP	1	240	30	280	6.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	17.0	22.0	10.0	6.00	*N/A*
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
WHOLE GRAIN SQUARE CROISSANT	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
DELI HAM	2 OZ	1	60	30550	550	0.00	0.00	0.0	0	0	0.0	9.0	2.0	1.0	0.00	*N/A*
DELI TURKEY	2 OZ	1	50	20	420	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	10.0	1.0	0.5	0.00	0.00
CHICKEN SALAD W/ALMONDS	3/4 CUP	1	260	29	214	2.84	1.63	74.5	119	8	4.26	15.78	25.45	11.05	1.60	*0.00
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*
MAYONNAISE LIGHT	1 TBSP	1	43	0	0	*N/A*	0.00	0.0	0	0	0.0	0.2	1.4	4.0	0.40	0.00
MUSTARD	1 TSP	1	3	0	57	0.16	0.08	2.9	4	1	0.07	0.21	0.27	0.2	0.01	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
FRESH VEGGIES	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	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
Weighted Daily Average			1857	30735	*3868	*26.92	*8.54	*2113.9	*10591	*2201	*51.54	100.73	235.64	59.27	25.44	*0.55
% of Calories												21.7%	50.8%	28.7%	12.3%	*0.3%
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

Base Menu Spreadsheet

Weighted Values - Detailed

Page 3

May 1, 2018 thru Jun 1, 2018

Soup, Salad, Sandwich Combo

Generated on: 4/26/2018 10:03:19 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)
Thu - 05/10/2018																
Soup, Salad, Sandwich Com	Total	1														
CHEESY CHICKEN TORTILLA SOUP	1 CUP	1	220	20	1450	2.00	0.72	80.0	200	40	2.4	14.0	20.0	10.0	4.00	*N/A*
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
WHOLE GRAIN SQUARE CROISSANT	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
DELI HAM	2 OZ	1	60	30550	550	0.00	0.00	0.0	0	0	0.0	9.0	2.0	1.0	0.00	*N/A*
DELI TURKEY	2 OZ	1	50	20	420	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	10.0	1.0	0.5	0.00	0.00
CHICKEN SALAD W/ALMONDS	3/4 CUP	1	260	29	214	2.84	1.63	74.5	119	8	4.26	15.78	25.45	11.05	1.60	*0.00
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*
MAYONNAISE LIGHT	1 TBSP	1	43	0	0	*N/A*	0.00	0.0	0	0	0.0	0.2	1.4	4.0	0.40	0.00
MUSTARD	1 TSP	1	3	0	57	0.16	0.08	2.9	4	1	0.07	0.21	0.27	0.2	0.01	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
FRESH VEGGIES	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	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
Weighted Daily Average			1637	30700	*4018	*21.92	8.54	2093.9	*10291	*2141	*53.94	92.73	209.64	49.27	18.94	*0.05
% of Calories												22.7%	51.2%	27.1%	10.4%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

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Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

Page 4

May 1, 2018 thru Jun 1, 2018

Soup, Salad, Sandwich Combo

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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 - 05/11/2018																
Soup, Salad, Sandwich Com	Total	1														
WILD RICE SOUP	1 CUP	1	200	25	1020	1.00	0.72	100.0	500	100	0.0	5.0	24.0	10.0	4.50	0.50
CHICKEN DUMPLING SOUP	1 CUP	1	230	45	1010	0.50	1.16	77.0	1117	223	0.58	9.0	19.0	13.0	3.00	0.00
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
WHOLE GRAIN SQUARE CROISSANT	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
DELI HAM	2 OZ	1	60	30550	550	0.00	0.00	0.0	0	0	0.0	9.0	2.0	1.0	0.00	*N/A*
DELI TURKEY	2 OZ	1	50	20	420	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	10.0	1.0	0.5	0.00	0.00
CHICKEN SALAD W/ALMONDS	3/4 CUP	1	260	29	214	2.84	1.63	74.5	119	8	4.26	15.78	25.45	11.05	1.60	*0.00
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*
MAYONNAISE LIGHT	1 TBSP	1	43	0	0	*N/A*	0.00	0.0	0	0	0.0	0.2	1.4	4.0	0.40	0.00
MUSTARD	1 TSP	1	3	0	57	0.16	0.08	2.9	4	1	0.07	0.21	0.27	0.2	0.01	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
FRESH VEGGIES	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	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
Weighted Daily Average			1847	30750	*4598	*21.42	9.69	2190.9	*11708	*2424	*52.12	92.73	232.65	62.27	22.44	*0.55
% of Calories												20.1%	50.4%	30.3%	10.9%	*0.3%
Nutrient Guideline			750-85		1420										<10.00	

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Base Menu Spreadsheet

Weighted Values - Detailed

Page 5

May 1, 2018 thru Jun 1, 2018

Soup, Salad, Sandwich Combo

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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 - 05/17/2018																
Soup, Salad, Sandwich Com	Total	1														
CHEESY CHICKEN TORTILLA SOUP	1 CUP	1	220	20	1450	2.00	0.72	80.0	200	40	2.4	14.0	20.0	10.0	4.00	*N/A*
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
WHOLE GRAIN SQUARE CROISSANT	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
DELI HAM	2 OZ	1	60	30550	550	0.00	0.00	0.0	0	0	0.0	9.0	2.0	1.0	0.00	*N/A*
DELI TURKEY	2 OZ	1	50	20	420	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	10.0	1.0	0.5	0.00	0.00
CHICKEN SALAD W/ALMONDS	3/4 CUP	1	260	29	214	2.84	1.63	74.5	119	8	4.26	15.78	25.45	11.05	1.60	*0.00
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*
MAYONNAISE LIGHT	1 TBSP	1	43	0	0	*N/A*	0.00	0.0	0	0	0.0	0.2	1.4	4.0	0.40	0.00
MUSTARD	1 TSP	1	3	0	57	0.16	0.08	2.9	4	1	0.07	0.21	0.27	0.2	0.01	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
FRESH VEGGIES	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	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
Weighted Daily Average			1637	30700	*4018	*21.92	8.54	2093.9	*10291	*2141	*53.94	92.73	209.64	49.27	18.94	*0.05
% of Calories												22.7%	51.2%	27.1%	10.4%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

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Weighted Values - Detailed

Page 6

May 1, 2018 thru Jun 1, 2018

Soup, Salad, Sandwich Combo

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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 - 05/18/2018																
Soup, Salad, Sandwich Com	Total	1														
WILD RICE SOUP	1 CUP	1	200	25	1020	1.00	0.72	100.0	500	100	0.0	5.0	24.0	10.0	4.50	0.50
CHEESY BROCCOLI SOUP	1 CUP	1	240	30	280	6.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	17.0	22.0	10.0	6.00	*N/A*
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
WHOLE GRAIN SQUARE CROISSANT	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
DELI HAM	2 OZ	1	60	30550	550	0.00	0.00	0.0	0	0	0.0	9.0	2.0	1.0	0.00	*N/A*
DELI TURKEY	2 OZ	1	50	20	420	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	10.0	1.0	0.5	0.00	0.00
CHICKEN SALAD W/ALMONDS	3/4 CUP	1	260	29	214	2.84	1.63	74.5	119	8	4.26	15.78	25.45	11.05	1.60	*0.00
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*
MAYONNAISE LIGHT	1 TBSP	1	43	0	0	*N/A*	0.00	0.0	0	0	0.0	0.2	1.4	4.0	0.40	0.00
MUSTARD	1 TSP	1	3	0	57	0.16	0.08	2.9	4	1	0.07	0.21	0.27	0.2	0.01	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
FRESH VEGGIES	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	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
Weighted Daily Average			1857	30735	*3868	*26.92	*8.54	*2113.9	*10591	*2201	*51.54	100.73	235.64	59.27	25.44	*0.55
% of Calories												21.7%	50.8%	28.7%	12.3%	*0.3%
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

Base Menu Spreadsheet

Weighted Values - Detailed

Page 7

May 1, 2018 thru Jun 1, 2018

Soup, Salad, Sandwich Combo

Generated on: 4/26/2018 10:03:19 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)
Thu - 05/24/2018																
Soup, Salad, Sandwich Com	Total	1														
CHEESY CHICKEN TORTILLA SOUP	1 CUP	1	220	20	1450	2.00	0.72	80.0	200	40	2.4	14.0	20.0	10.0	4.00	*N/A*
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
WHOLE GRAIN SQUARE CROISSANT	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
DELI HAM	2 OZ	1	60	30550	550	0.00	0.00	0.0	0	0	0.0	9.0	2.0	1.0	0.00	*N/A*
DELI TURKEY	2 OZ	1	50	20	420	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	10.0	1.0	0.5	0.00	0.00
CHICKEN SALAD W/ALMONDS	3/4 CUP	1	260	29	214	2.84	1.63	74.5	119	8	4.26	15.78	25.45	11.05	1.60	*0.00
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*
MAYONNAISE LIGHT	1 TBSP	1	43	0	0	*N/A*	0.00	0.0	0	0	0.0	0.2	1.4	4.0	0.40	0.00
MUSTARD	1 TSP	1	3	0	57	0.16	0.08	2.9	4	1	0.07	0.21	0.27	0.2	0.01	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
FRESH VEGGIES	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	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
Weighted Daily Average			1637	30700	*4018	*21.92	8.54	2093.9	*10291	*2141	*53.94	92.73	209.64	49.27	18.94	*0.05
% of Calories												22.7%	51.2%	27.1%	10.4%	*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

Base Menu Spreadsheet

Weighted Values - Detailed

Page 8

May 1, 2018 thru Jun 1, 2018

Soup, Salad, Sandwich Combo

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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 - 05/25/2018																
Soup, Salad, Sandwich Com	Total	1														
WILD RICE SOUP	1 CUP	1	200	25	1020	1.00	0.72	100.0	500	100	0.0	5.0	24.0	10.0	4.50	0.50
CHEESY BROCCOLI SOUP	1 CUP	1	240	30	280	6.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	17.0	22.0	10.0	6.00	*N/A*
CRACKERS	4 EACH	1	51	0	123	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
WHOLE GRAIN BREAD	SLICE	1	120	0	220	3.00	1.80	40.0	0	0	0.0	5.0	22.0	1.5	0.20	0.00
WHOLE GRAIN SQUARE CROISSANT	CROISSA	1	270	45	430	3.00	1.80	40.0	500	100	0.0	6.0	34.0	13.0	8.00	0.00
DELI HAM	2 OZ	1	60	30550	550	0.00	0.00	0.0	0	0	0.0	9.0	2.0	1.0	0.00	*N/A*
DELI TURKEY	2 OZ	1	50	20	420	*N/A*	0.00	0.0	*N/A*	*N/A*	*N/A*	10.0	1.0	0.5	0.00	0.00
CHICKEN SALAD W/ALMONDS	3/4 CUP	1	260	29	214	2.84	1.63	74.5	119	8	4.26	15.78	25.45	11.05	1.60	*0.00
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*
MAYONNAISE LIGHT	1 TBSP	1	43	0	0	*N/A*	0.00	0.0	0	0	0.0	0.2	1.4	4.0	0.40	0.00
MUSTARD	1 TSP	1	3	0	57	0.16	0.08	2.9	4	1	0.07	0.21	0.27	0.2	0.01	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
FRESH VEGGIES	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	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
Weighted Daily Average			1857	30735	*3868	*26.92	*8.54	*2113.9	*10591	*2201	*51.54	100.73	235.64	59.27	25.44	*0.55
% of Calories												21.7%	50.8%	28.7%	12.3%	*0.3%
Nutrient Guideline			750-85		1420										<10.00	

Thu - 05/31/2018																
Soup, Salad, Sandwich Com	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																
Soup, Salad, Sandwich Com	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

Base Menu Spreadsheet

Weighted Values - Detailed

Page 9

May 1, 2018 thru Jun 1, 2018

Soup, Salad, Sandwich Combo

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-85		1420							0.0%	0.0%	0.0%	0.0%	<10.00

Weighted Average			1745	30719	*4034	*23.74	*8.68	*2113.5	*10581	*2199	*52.81	95.73	222.27	54.65	21.81	*0.30
												21.9%	50.9%	28.2%	11.2%	*0.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1745		750 - 850	205%			895	Correction Required - Calories too High
Cholesterol (mg)	30719							
Sodium (mg)	4034		1420		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	23.74				Missing			
Iron (mg)	8.68				Missing			
Calcium (mg)	2113.5				Missing			
Vitamin A (IU)	10581				Missing			
Vitamin A (RE)	2199				Missing			
Vitamin C (mg)	52.81				Missing			
Protein (g)	95.73	21.94%						
Carbohydrate (g)	222.27	50.94%						
Total Fat (g)	54.65	28.18%						
Saturated Fat (g)	21.81	11.25%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.30	0.16%			Missing			

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