

Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2018 thru Jun 1, 2018

2ND CHANCE BREAKFAST

Generated on: 4/26/2018 10:05:34 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018																
2ND CHANCE BREAKFAST	Total	1														
BANANA BREAD SLICE	SLICE	1	280	0	220	200.00	1.08	80.0	100	20	0.0	5.0	44.0	10.0	2.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			732	22	*635	202.95	1.71	1013.9	1654	423	44.04	31.68	125.24	12.73	3.70	*0.00
% of Calories												17.3%	68.4%	15.6%	4.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Wed - 05/02/2018																
2ND CHANCE BREAKFAST	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Thu - 05/03/2018																
2ND CHANCE BREAKFAST	Total	1														
FRENCH TOAST SNACK BREAD	1 EACH	1	270	60	250	2.00	1.08	40.0	100	20	0.0	4.0	34.0	14.0	3.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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

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

2ND CHANCE BREAKFAST

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			802	97	*865	*4.95	1.71	1173.9	1854	463	44.04	36.68	116.24	22.73	8.70	*0.00
% of Calories												18.3%	58.0%	25.5%	9.8%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Fri - 05/04/2018																
2ND CHANCE BREAKFAST	Total	1														
WG BANANA CHOCOLATE CHI P BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Mon - 05/07/2018																
2ND CHANCE BREAKFAST	Total	1														
WG AWESOME ROUND	1 EACH	1	380	35	280	4.00	1.80	20.0	1500	300	0.0	6.0	55.0	17.0	8.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			832	57	*695	6.95	2.43	953.9	3054	703	44.04	32.68	136.24	19.73	9.70	*0.00
% of Calories												15.7%	65.5%	21.3%	10.5%	*0.0%
Nutrient Guideline			450-60		640										<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

2ND CHANCE BREAKFAST

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/08/2018																
2ND CHANCE BREAKFAST	Total	1														
BANANA BREAD SLICE	SLICE	1	280	0	220	200.00	1.08	80.0	100	20	0.0	5.0	44.0	10.0	2.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			732	22	*635	202.95	1.71	1013.9	1654	423	44.04	31.68	125.24	12.73	3.70	*0.00
% of Calories												17.3%	68.4%	15.6%	4.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Wed - 05/09/2018																
2ND CHANCE BREAKFAST	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Thu - 05/10/2018																
2ND CHANCE BREAKFAST	Total	1														
FRENCH TOAST SNACK BREAD	1 EACH	1	270	60	250	2.00	1.08	40.0	100	20	0.0	4.0	34.0	14.0	3.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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

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2ND CHANCE BREAKFAST

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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			802	97	*865	*4.95	1.71	1173.9	1854	463	44.04	36.68	116.24	22.73	8.70	*0.00
% of Calories												18.3%	58.0%	25.5%	9.8%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Fri - 05/11/2018																
2ND CHANCE BREAKFAST	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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Mon - 05/14/2018																
2ND CHANCE BREAKFAST	Total	1														
WG AWESOME ROUND	1 EACH	1	380	35	280	4.00	1.80	20.0	1500	300	0.0	6.0	55.0	17.0	8.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
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Weighted Daily Average			832	57	*695	6.95	2.43	953.9	3054	703	44.04	32.68	136.24	19.73	9.70	*0.00
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Wed - 05/16/2018																
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WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
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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			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Thu - 05/17/2018																
2ND CHANCE BREAKFAST	Total	1														
FRENCH TOAST SNACK BREAD	1 EACH	1	270	60	250	2.00	1.08	40.0	100	20	0.0	4.0	34.0	14.0	3.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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

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

Base Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2018 thru Jun 1, 2018

2ND CHANCE BREAKFAST

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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			802	97	*865	*4.95	1.71	1173.9	1854	463	44.04	36.68	116.24	22.73	8.70	*0.00
% of Calories												18.3%	58.0%	25.5%	9.8%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Fri - 05/18/2018																
2ND CHANCE BREAKFAST	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Mon - 05/21/2018																
2ND CHANCE BREAKFAST	Total	1														
WG AWESOME ROUND	1 EACH	1	380	35	280	4.00	1.80	20.0	1500	300	0.0	6.0	55.0	17.0	8.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			832	57	*695	6.95	2.43	953.9	3054	703	44.04	32.68	136.24	19.73	9.70	*0.00
% of Calories												15.7%	65.5%	21.3%	10.5%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

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Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

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2ND CHANCE BREAKFAST

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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																
2ND CHANCE BREAKFAST	Total	1														
BANANA BREAD SLICE	SLICE	1	280	0	220	200.00	1.08	80.0	100	20	0.0	5.0	44.0	10.0	2.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			732	22	*635	202.95	1.71	1013.9	1654	423	44.04	31.68	125.24	12.73	3.70	*0.00
% of Calories												17.3%	68.4%	15.6%	4.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Wed - 05/23/2018																
2ND CHANCE BREAKFAST	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Thu - 05/24/2018																
2ND CHANCE BREAKFAST	Total	1														
FRENCH TOAST SNACK BREAD	1 EACH	1	270	60	250	2.00	1.08	40.0	100	20	0.0	4.0	34.0	14.0	3.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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

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Bemidji Food Service

Base Menu Spreadsheet

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2ND CHANCE BREAKFAST

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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			802	97	*865	*4.95	1.71	1173.9	1854	463	44.04	36.68	116.24	22.73	8.70	*0.00
% of Calories												18.3%	58.0%	25.5%	9.8%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Fri - 05/25/2018																
2ND CHANCE BREAKFAST	Total	1														
WG BANANA CHOCOLATE CHI P BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Mon - 05/28/2018																
2ND CHANCE BREAKFAST	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			450-60		640										<10.00	

Tue - 05/29/2018																
2ND CHANCE BREAKFAST	Total	1														
BANANA BREAD SLICE	SLICE	1	280	0	220	200.00	1.08	80.0	100	20	0.0	5.0	44.0	10.0	2.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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

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Bemidji Food Service

Base Menu Spreadsheet

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2ND CHANCE BREAKFAST

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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			732	22	*635	202.95	1.71	1013.9	1654	423	44.04	31.68	125.24	12.73	3.70	*0.00
% of Calories												17.3%	68.4%	15.6%	4.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Wed - 05/30/2018																
2ND CHANCE BREAKFAST	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			450-60		640										<10.00	

Thu - 05/31/2018																
2ND CHANCE BREAKFAST	Total	1														
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			450-60		640										<10.00	

Fri - 06/01/2018																
2ND CHANCE BREAKFAST	Total	1														
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			450-60		640										<10.00	

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Bemidji Food Service

Base Menu Spreadsheet

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2ND CHANCE BREAKFAST

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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			798	69	*769	*52.81	1.81	1104.4	1978	487	44.55	34.92 17.5%	121.24 60.7%	20.78 23.4%	8.09 9.1%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	798		450 - 600	133%			198	Correction Required - Calories too High
Cholesterol (mg)	69							
Sodium (mg)	769		640		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	52.81				Missing			
Iron (mg)	1.81							
Calcium (mg)	1104.4							
Vitamin A (IU)	1978							
Vitamin A (RE)	487							
Vitamin C (mg)	44.55							
Protein (g)	34.92	17.49%						
Carbohydrate (g)	121.24	60.74%						
Total Fat (g)	20.78	23.42%						
Saturated Fat (g)	8.09	9.11%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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