

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Grab & Go

Weighted Values - Detailed

Page 1

Generated on: 4/26/2018 10:03:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/01/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/02/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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
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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Grab & Go

Weighted Values - Detailed

Page 2

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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 <sup>1</sup> (g)
Thu - 05/03/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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
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Fri - 05/04/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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
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May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Grab & Go

Weighted Values - Detailed

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Mon - 05/07/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
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Tue - 05/08/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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*
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May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Grab & Go

Weighted Values - Detailed

Page 4

Generated on: 4/26/2018 10:03:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/09/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
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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*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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Thu - 05/10/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
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Weighted Values - Detailed

Page 5

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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 <sup>1</sup> (g)
Fri - 05/11/2018																
Grab & Go	Total	1														
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PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

Mon - 05/14/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*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

<sup>1</sup> - 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

Grab & Go

Weighted Values - Detailed

Page 6

Generated on: 4/26/2018 10:03:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/15/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/16/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*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

<sup>1</sup> - 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

Grab & Go

Weighted Values - Detailed

Page 7

Generated on: 4/26/2018 10:03:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/17/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/18/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*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

<sup>1</sup> - 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

Grab & Go

Weighted Values - Detailed

Page 8

Generated on: 4/26/2018 10:03:48 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 <sup>1</sup> (g)
Mon - 05/21/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

Tue - 05/22/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

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

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Grab & Go

Weighted Values - Detailed

Page 9

Generated on: 4/26/2018 10:03:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/23/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/24/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*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

<sup>1</sup> - 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

Grab & Go

Weighted Values - Detailed

Page 10

Generated on: 4/26/2018 10:03:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/25/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Mon - 05/28/2018																
Grab & Go	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	

Tue - 05/29/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Grab & Go

Weighted Values - Detailed

Page 11

Generated on: 4/26/2018 10:03:48 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 <sup>1</sup> (g)
Weighted Daily Average			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Wed - 05/30/2018																
	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 <sup>1</sup> (g)
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Thu - 05/31/2018																
	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 <sup>1</sup> (g)
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Grab & Go

Weighted Values - Detailed

Page 12

Generated on: 4/26/2018 10:03:49 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 06/01/2018																
Grab & Go	Total	1														
BAGELS,PLAIN,ENRICHED	1 EACH	1	182	0	339	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
PEANUT BUTTER SANDWICH	1 EACH	1	220	0	180	2.00	1.80	20.0	0	0	0.0	7.0	26.5	9.0	2.00	0.00
CHEESE,CREAM	2 TBSP	1	99	32	93	0.00	0.11	28.4	389	111	0.0	1.72	1.18	9.93	5.59	*N/A*
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
YOGURT	1 EACH	1	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
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
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			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
% of Calories												17.6%	61.5%	21.3%	9.7%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Weighted Average			1211	69	*1397	*17.97	8.83	1621.9	13464	2823	44.57	53.23	186.13	28.64	13.06	*0.00
												17.6%	61.5%	21.3%	9.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1211		750 - 850	142%			361	Correction Required - Calories too High
Cholesterol (mg)	69							
Sodium (mg)	1397		1420		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	17.97				Missing			
Iron (mg)	8.83							
Calcium (mg)	1621.9							
Vitamin A (IU)	13464							
Vitamin A (RE)	2823							
Vitamin C (mg)	44.57							
Protein (g)	53.23	17.58%						
Carbohydrate (g)	186.13	61.49%						
Total Fat (g)	28.64	21.29%						
Saturated Fat (g)	13.06	9.70%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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