

# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Italian Bistro

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 <sup>1</sup> (g)
Wed - 05/02/2018																
Italian Bistro	Total	1														
TRI-COLOR ROTINI	1/2 CUP	1	200	0	0	1.00	1.80	0.0	0	0	0.0	7.0	41.0	0.5	0.00	0.00
ALFREDO SAUCE	1/2 CUP	1	140	25	255	0.00	0.00	100.0	375	75	0.0	2.5	5.5	12.0	5.50	0.50
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
SAUSAGE PIZZA	SLICE	1	310	20	690	3.00	3.00	188.0	442	88	1.0	16.0	36.0	11.0	2.50	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1968	142	*3853	*17.34	15.91	1868.7	7729	1644	*53.36	96.04	266.01	57.06	23.68	*0.50
% of Calories												19.5%	54.1%	26.1%	10.8%	*0.2%
Nutrient Guideline			750-85		1420										<10.00	

Thu - 05/03/2018																
Italian Bistro	Total	1														
CHICKEN TETRAZZINI	SERVINGS	1	313	56	355	1.59	1.88	156.0	2490	498	3.4	23.52	24.27	13.11	3.59	*N/A*
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1631	153	*3263	*14.93	12.99	1736.7	9402	1978	*55.76	94.06	207.78	46.67	19.27	*0.00
% of Calories												23.1%	51.0%	25.8%	10.6%	*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 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Italian Bistro

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 <sup>1</sup> (g)
Fri - 05/04/2018																
Italian Bistro	Total	1														
MANICOTTI, CHEESE	PIECE	1	150	45	180	0.00	0.00	0.0	0	0	0.0	8.0	14.0	7.0	4.00	0.00
SPAGHETTI SAUCE	1/4 CUP	1	41	0	290	1.50	0.36	10.0	250	50	1.2	1.0	6.87	1.0	0.50	0.00
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
SAUSAGE PIZZA	SLICE	1	310	20	690	3.00	3.00	188.0	442	88	1.0	16.0	36.0	11.0	2.50	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1818	162	*4068	*17.84	14.47	1778.7	7604	1619	*54.56	95.54	240.38	52.56	22.68	*0.00
% of Calories												21.0%	52.9%	26.0%	11.2%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Mon - 05/07/2018																
Italian Bistro	Total	1														
CHEESE TORTELLINI	1/2 CUP	1	320	40	200	3.00	3.60	150.0	300	60	*N/A*	16.0	51.0	6.0	3.50	0.00
SPAGHETTI SAUCE	1/2 CUP	1	81	0	580	3.00	0.72	20.0	500	100	2.4	2.0	13.75	2.0	1.00	0.00
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
BBQ CHICKEN PIZZA	SLICE	1	221	40	636	1.00	1.79	21.3	43	9	0.0	18.33	21.31	6.34	2.72	0.00
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1940	177	*4324	*20.34	17.22	1772.0	7755	1649	*54.76	106.87	269.57	47.90	22.90	*0.00
% of Calories												22.0%	55.6%	22.2%	10.6%	*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 2, 2018 thru Jun 1, 2018

## Base Menu Spreadsheet

Italian Bistro

### 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 <sup>1</sup> (g)
Tue - 05/08/2018																
Italian Bistro	Total	1														
MAX STIX	2 STIX	1	320	10	820	*N/A*	0.00	*N/A*	*N/A*	*N/A*	*N/A*	16.0	32.0	14.0	5.00	*N/A*
MARINARA SAUCE	1/2 CUP	1	50	0	20	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12.0	2.0	10.0	1.0	0.00	0.00
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average																
% of Calories			1688	107	*3748	*14.34	*11.11	*1580.7	*6912	*1480	*64.36	88.54	225.51	48.56	20.68	*0.00
Nutrient Guideline			750-85		1420							21.0%	53.4%	25.9%	11.0%	*0.0%

Wed - 05/09/2018																
Italian Bistro	Total	1														
PENNE RIGATI	1/2 CUP	1	220	0	0	1.00	1.44	0.0	0	0	0.0	7.0	43.0	1.0	0.00	0.00
ALFREDO SAUCE	1/2 CUP	1	140	25	255	0.00	0.00	100.0	375	75	0.0	2.5	5.5	12.0	5.50	0.50
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
SAUSAGE PIZZA	SLICE	1	310	20	690	3.00	3.00	188.0	442	88	1.0	16.0	36.0	11.0	2.50	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average																
% of Calories			1988	142	*3853	*17.34	15.55	1868.7	7729	1644	*53.36	96.04	268.01	57.56	23.68	*0.50
Nutrient Guideline			750-85		1420							19.3%	53.9%	26.1%	10.7%	*0.2%

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# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Italian Bistro

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 <sup>1</sup> (g)
Thu - 05/10/2018																
Italian Bistro	Total	1														
LASAGNA WITH GROUND BEEF	SERVINGS	1	269	34	406	2.29	2.64	304.0	910	182	16.3	19.87	28.34	8.69	4.69	*N/A*
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1587	131	*3314	*15.64	13.75	1884.7	7822	1662	*68.66	90.41	211.85	42.25	20.37	*0.00
% of Calories												22.8%	53.4%	24.0%	11.6%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Fri - 05/11/2018																
Italian Bistro	Total	1														
RAVIOLI	1 CUP	1	260	25	720	3.00	0.00	0.0	0	0	0.0	15.0	30.0	9.0	4.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
BREAD STICK	1 EACH	1	170	0	300	1.00	0.36	*N/A*	*N/A*	*N/A*	*N/A*	5.0	24.0	6.0	1.50	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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
SAUSAGE PIZZA	SLICE	1	310	20	690	3.00	3.00	188.0	442	88	1.0	16.0	36.0	11.0	2.50	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1948	142	*4398	*19.34	13.39	*1748.7	*7354	*1569	*49.76	102.54	252.51	58.56	23.68	*0.00
% of Calories												21.1%	51.9%	27.1%	10.9%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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Italian Bistro

### 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 <sup>1</sup> (g)
Mon - 05/14/2018																
Italian Bistro	Total	1														
CHEESE TORTELLINI	1/2 CUP	1	320	40	200	3.00	3.60	150.0	300	60	*N/A*	16.0	51.0	6.0	3.50	0.00
SPAGHETTI SAUCE	1/2 CUP	1	81	0	580	3.00	0.72	20.0	500	100	2.4	2.0	13.75	2.0	1.00	0.00
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
BBQ CHICKEN PIZZA	SLICE	1	221	40	636	1.00	1.79	21.3	43	9	0.0	18.33	21.31	6.34	2.72	0.00
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average																
% of Calories			1940	177	*4324	*20.34	17.22	1772.0	7755	1649	*54.76	106.87	269.57	47.90	22.90	*0.00
Nutrient Guideline			750-85		1420							22.0%	55.6%	22.2%	10.6%	*0.0%

Tue - 05/15/2018																
Italian Bistro	Total	1														
CHEESY BREAD	1 EACH	1	400	35	760	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	16.0	28.0	24.0	8.00	*N/A*
MARINARA SAUCE	1/2 CUP	1	50	0	20	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12.0	2.0	10.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1658	132	*3468	*14.34	*10.03	*1560.7	*6912	*1480	*60.76	84.54	200.51	57.56	23.68	*0.00
% of Calories												20.4%	48.4%	31.3%	12.9%	*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 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Italian Bistro

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 <sup>1</sup> (g)
Wed - 05/16/2018																
Italian Bistro	Total	1														
TRI-COLOR ROTINI	1/2 CUP	1	200	0	0	1.00	1.80	0.0	0	0	0.0	7.0	41.0	0.5	0.00	0.00
ALFREDO SAUCE	1/2 CUP	1	140	25	255	0.00	0.00	100.0	375	75	0.0	2.5	5.5	12.0	5.50	0.50
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
SAUSAGE PIZZA	SLICE	1	310	20	690	3.00	3.00	188.0	442	88	1.0	16.0	36.0	11.0	2.50	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1968	142	*3853	*17.34	15.91	1868.7	7729	1644	*53.36	96.04	266.01	57.06	23.68	*0.50
% of Calories												19.5%	54.1%	26.1%	10.8%	*0.2%
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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/17/2018																
Italian Bistro	Total	1														
SPAGHETTI AND MEAT SAUCE	1 CUP	1	322	126	312	2.98	3.94	42.2	6	135	5.36	21.23	34.22	10.71	4.39	*N/A*
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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	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*
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1593	223	*3124	*16.32	15.13	1621.8	6918	1665	*55.32	91.03	206.88	44.47	20.21	*0.00
% of Calories												22.8%	51.9%	25.1%	11.4%	*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

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

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# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Italian Bistro

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 <sup>1</sup> (g)
Fri - 05/18/2018																
Italian Bistro	Total	1														
PASTA SHELLS W/ CHEESE	2 SHELLS	1	260	80	360	1.00	0.00	0.0	0	0	0.0	13.0	22.0	13.0	7.00	0.00
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
SAUSAGE PIZZA	SLICE	1	310	20	690	3.00	3.00	188.0	442	88	1.0	16.0	36.0	11.0	2.50	*N/A*
Weighted Daily Average			1888	197	*3958	*17.34	14.11	1768.7	7354	1569	*53.36	99.54	241.51	57.56	25.18	*0.00
% of Calories												21.1%	51.2%	27.4%	12.0%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Mon - 05/21/2018																
Italian Bistro	Total	1														
CHEESE TORTELLINI	1/2 CUP	1	320	40	200	3.00	3.60	150.0	300	60	*N/A*	16.0	51.0	6.0	3.50	0.00
SPAGHETTI SAUCE	1/2 CUP	1	81	0	580	3.00	0.72	20.0	500	100	2.4	2.0	13.75	2.0	1.00	0.00
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
BBQ CHICKEN PIZZA	SLICE	1	221	40	636	1.00	1.79	21.3	43	9	0.0	18.33	21.31	6.34	2.72	0.00
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1940	177	*4324	*20.34	17.22	1772.0	7755	1649	*54.76	106.87	269.57	47.90	22.90	*0.00
% of Calories												22.0%	55.6%	22.2%	10.6%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

## Base Menu Spreadsheet

Italian Bistro

### 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 <sup>1</sup> (g)
Tue - 05/22/2018																
Italian Bistro	Total	1														
MAX STIX	2 STIX	1	320	10	820	*N/A*	0.00	*N/A*	*N/A*	*N/A*	*N/A*	16.0	32.0	14.0	5.00	*N/A*
MARINARA SAUCE	1/2 CUP	1	50	0	20	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12.0	2.0	10.0	1.0	0.00	0.00
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1688	107	*3748	*14.34	*11.11	*1580.7	*6912	*1480	*64.36	88.54	225.51	48.56	20.68	*0.00
% of Calories												21.0%	53.4%	25.9%	11.0%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Wed - 05/23/2018																
Italian Bistro	Total	1														
PENNE RIGATI	1/2 CUP	1	220	0	0	1.00	1.44	0.0	0	0	0.0	7.0	43.0	1.0	0.00	0.00
ALFREDO SAUCE	1/2 CUP	1	140	25	255	0.00	0.00	100.0	375	75	0.0	2.5	5.5	12.0	5.50	0.50
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
SAUSAGE PIZZA	SLICE	1	310	20	690	3.00	3.00	188.0	442	88	1.0	16.0	36.0	11.0	2.50	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1988	142	*3853	*17.34	15.55	1868.7	7729	1644	*53.36	96.04	268.01	57.56	23.68	*0.50
% of Calories												19.3%	53.9%	26.1%	10.7%	*0.2%
Nutrient Guideline			750-85		1420										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Italian Bistro

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 <sup>1</sup> (g)
Thu - 05/24/2018																
Italian Bistro	Total	1														
CHICKEN PATTY	PATTY	1	119	49	311	0.00	0.93	22.0	45	9	1.65	16.38	2.0	4.89	1.37	0.00
CHEESE, PARMESAN, GRATED	1 OZ	1	122	25	433	0.00	0.26	314.4	245	49	0.0	10.9	1.15	8.11	4.90	*N/A*
MARINARA SAUCE	1/2 CUP	1	50	0	20	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12.0	2.0	10.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
MARINATED BLACK BEAN SALAD	1/2 CUP	1	157	0	246	3.49	1.70	29.0	577	115	23.7	5.06	16.72	1.64	0.26	*N/A*
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1656	171	*3699	*16.83	*12.91	*1926.1	*7779	*1654	*86.10	100.89	192.38	48.20	22.22	*0.00
% of Calories												24.4%	46.5%	26.2%	12.1%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Fri - 05/25/2018																
Italian Bistro	Total	1														
MANICOTTI, CHEESE	PIECE	1	150	45	180	0.00	0.00	0.0	0	0	0.0	8.0	14.0	7.0	4.00	0.00
SPAGHETTI SAUCE	1/4 CUP	1	41	0	290	1.50	0.36	10.0	250	50	1.2	1.0	6.87	1.0	0.50	0.00
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
SAUSAGE PIZZA	SLICE	1	310	20	690	3.00	3.00	188.0	442	88	1.0	16.0	36.0	11.0	2.50	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1818	162	*4068	*17.84	14.47	1778.7	7604	1619	*54.56	95.54	240.38	52.56	22.68	*0.00
% of Calories												21.0%	52.9%	26.0%	11.2%	*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 2, 2018 thru Jun 1, 2018

## Base Menu Spreadsheet

Italian Bistro

### 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 <sup>1</sup> (g)
Mon - 05/28/2018																
Italian Bistro	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

	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)
Tue - 05/29/2018																
Italian Bistro	Total	1														
CHEESY BREAD	1 EACH	1	400	35	760	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	16.0	28.0	24.0	8.00	*N/A*
MARINARA SAUCE	1/2 CUP	1	50	0	20	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12.0	2.0	10.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1658	132	*3468	*14.34	*10.03	*1560.7	*6912	*1480	*60.76	84.54	200.51	57.56	23.68	*0.00
% of Calories												20.4%	48.4%	31.3%	12.9%	*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 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Italian Bistro

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 <sup>1</sup> (g)
Wed - 05/30/2018																
Italian Bistro	Total	1														
PENNE RIGATI	1/2 CUP	1	220	0	0	1.00	1.44	0.0	0	0	0.0	7.0	43.0	1.0	0.00	0.00
ALFREDO SAUCE	1/2 CUP	1	140	25	255	0.00	0.00	100.0	375	75	0.0	2.5	5.5	12.0	5.50	0.50
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
SAUSAGE PIZZA	SLICE	1	310	20	690	3.00	3.00	188.0	442	88	1.0	16.0	36.0	11.0	2.50	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1988	142	*3853	*17.34	15.55	1868.7	7729	1644	*53.36	96.04	268.01	57.56	23.68	*0.50
% of Calories												19.3%	53.9%	26.1%	10.7%	*0.2%
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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/31/2018																
Italian Bistro	Total	1														
SPAGHETTI AND MEAT SAUCE	1 CUP	1	322	126	312	2.98	3.94	42.2	6	135	5.36	21.23	34.22	10.71	4.39	*N/A*
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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	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*
CHEESE PIZZA	SLICE	1	330	35	880	2.00	2.00	369.0	300	60	*N/A*	19.0	32.0	14.0	6.00	*N/A*
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
Weighted Daily Average			1593	223	*3124	*16.32	15.13	1621.8	6918	1665	*55.32	91.03	206.88	44.47	20.21	*0.00
% of Calories												22.8%	51.9%	25.1%	11.4%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Italian Bistro

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 <sup>1</sup> (g)
Fri - 06/01/2018																
Italian Bistro	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

Weighted Average			1807	156	*3795	*17.03	*14.23	*1752.8	*7539	*1623	*57.84	95.60	237.97	51.91	22.49	*0.12
												21.2%	52.7%	25.9%	11.2%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1807		750 - 850	213%			957	Correction Required - Calories too High
Cholesterol (mg)	156							
Sodium (mg)	3795		1420		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	17.03				Missing			
Iron (mg)	14.23				Missing			
Calcium (mg)	1752.8				Missing			
Vitamin A (IU)	7539				Missing			
Vitamin A (RE)	1623				Missing			
Vitamin C (mg)	57.84				Missing			
Protein (g)	95.60	21.16%						
Carbohydrate (g)	237.97	52.68%						
Total Fat (g)	51.91	25.86%						
Saturated Fat (g)	22.49	11.20%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.12	0.06%			Missing			

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