

# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Menu of the Day

Weighted Values - Detailed

Page 1

Generated on: 4/26/2018 10:02:53 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)
Wed - 05/02/2018																
Menu of the Day	Total	1														
GENERAL TSO'S CHICKEN	SERVING	1	200	45	510	2.00	1.44	0.0	0	0	0.0	14.0	26.0	4.0	1.00	0.00
BROWN RICE PILAF	1/2 CUP	1	146	0	55	1.60	0.82	16.0	0	0	0.3	3.5	30.36	0.97	0.20	*N/A*
SWEET & SOUR SAUCE	1 OZ	1	40	0	5	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.5	0.00	0.00
EGG ROLL	1 EACH	1	91	6	205	1.00	1.00	15.0	486	97	4.0	3.0	11.0	4.0	1.00	0.00
STIR FRY VEGETABLES	1/2 CUP	1	23	0	15	1.50	2.00	2.0	35	7	5.0	1.0	5.0	0.0	0.00	0.00
BROCCOLI ORANGE SALAD	1/2 CUP	1	42	0	10	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.5	1.7	0.20	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			1001	73	*1210	12.94	*5.89	*970.7	*2033	*504	*46.06	*48.44	171.76	13.73	4.09	*0.00
% of Calories												*19.3%	68.6%	12.3%	3.7%	*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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/03/2018																
Menu of the Day	Total	1														
CHICKEN, DICED	1.5 OZ	1	64	39	19	0.00	1.62	0.0	0	0	0.0	12.9	0.0	1.74	0.49	*N/A*
CHICKEN GRAVY	4 TBSP	1	46	0	70	0.20	0.24	6.0	128	26	0.2	0.75	3.98	3.0	0.62	*N/A*
MASHED POTATOES	1/2 CUP	1	80	0	404	1.40	0.30	7.0	0	0	4.5	1.8	15.0	1.5	1.40	*N/A*
GREEN BEANS: frozen,boiled	1/2 CUP	1	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
CARROT STICKS	1/4 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
KIWI FRUIT, fresh	1 each	1	46	0	2	2.28	0.24	25.8	66	14	70.45	0.87	11.14	0.4	0.02	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
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			778	61	1655	8.97	4.16	992.7	7424	1343	84.43	46.57	128.79	10.47	4.27	*0.00
% of Calories												23.9%	66.2%	12.1%	4.9%	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Menu of the Day

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)
Fri - 05/04/2018																
Menu of the Day	Total	1														
CHICKEN MEDLEY FRIED RICE	1.5 CUP	1	170	9	620	4.49	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	11.6	25.31	3.03	0.06	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	2 TBSP	1	35	5	181	0.10	0.10	35.0	26	5	0.5	1.05	3.5	1.88	0.52	*N/A*
EGG ROLL	1 EACH	1	91	6	205	1.00	1.00	15.0	486	97	4.0	3.0	11.0	4.0	1.00	0.00
DIPPING SAUCE	1/4 CUP	1	20	0	250	1.00	0.00	0.0	*N/A*	*N/A*	*N/A*	1.0	5.0	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
Weighted Daily Average			818	42	*1674	14.93	*7.13	*1007.7	*6124	*1323	*53.26	46.18	137.31	11.47	3.26	*0.00
% of Calories												22.6%	67.1%	12.6%	3.6%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Mon - 05/07/2018																
Menu of the Day	Total	1														
SHRIMP POPPERS	21 PIECES	1	220	40	670	2.00	1.80	20.0	0	0	0.0	10.0	18.0	12.0	2.00	0.00
BABY BAKER POTATOES	3 OZ	1	90	0	170	0.00	0.72	20.0	0	0	0.0	3.0	15.0	2.0	0.00	0.00
ROASTED VEGETABLES	1/2 CUP	1	60	0	10	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.5	10.5	2.25	0.00	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*
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	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			1064	77	*1680	*18.41	*5.87	*1254.6	*13075	*2713	*42.68	51.89	161.09	25.81	7.18	*0.00
% of Calories												19.5%	60.6%	21.8%	6.1%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Menu of the Day

Weighted Values - Detailed

Page 3

Generated on: 4/26/2018 10:02:53 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)
Tue - 05/08/2018																
Menu of the Day	Total	1														
WHOLE WHEAT TORTILLA	1 EACH	1	110	0	280	3.00	0.00	60.0	0	0	0.0	3.0	18.0	2.5	1.00	0.00
TACO MEAT	1.5 OZ	1	158	*N/A*	720	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	9.75	0.0	13.5	3.00	*N/A*
SHREDDED CHEESE MIX	1/8 CUP	1	54	14	95	0.00	0.36	380.0	500	100	0.0	3.62	0.23	4.3	2.68	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	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*
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
REFRIED BEANS	1/4 CUP	1	83	3	286	2.09	1.21	84.7	156	31	0.52	5.15	9.14	3.09	0.99	*N/A*
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*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
Weighted Daily Average			1200	*49	*2301	*14.93	*4.50	*1560.3	*7076	*1513	*72.68	57.53	152.00	35.59	*11.60	*0.00
% of Calories												19.2%	50.7%	26.7%	*8.7%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Wed - 05/09/2018																
Menu of the Day	Total	1														
CHICKEN NUGGETS	5 NUGGETS	1	263	49	526	0.97	1.05	19.5	97	19	0.0	14.6	10.71	17.52	4.38	*N/A*
SWEET AND SOUR SAUCE	2 TBSP	1	21	0	83	0.10	0.16	5.0	52	10	2.3	0.27	5.18	0.03	0.01	*N/A*
BROWN RICE PILAF	1/2 CUP	1	146	0	55	1.60	0.82	16.0	0	0	0.3	3.5	30.36	0.97	0.20	*N/A*
SWEET & SOUR SAUCE	1 OZ	1	40	0	5	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.5	0.00	0.00
EGG ROLL	1 EACH	1	91	6	205	1.00	1.00	15.0	486	97	4.0	3.0	11.0	4.0	1.00	0.00
STIR FRY VEGETABLES	1/2 CUP	1	23	0	15	1.50	2.00	2.0	35	7	5.0	1.0	5.0	0.0	0.00	0.00
BROCCOLI ORANGE SALAD	1/2 CUP	1	42	0	10	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.5	1.7	0.20	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			1085	77	*1308	12.01	*5.66	*995.2	*2182	*534	*48.35	*49.31	161.65	27.28	7.48	*0.00
% of Calories												*18.2%	59.6%	22.6%	6.2%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Menu of the Day

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 - 05/10/2018																
Menu of the Day	Total	1														
CHICKEN POT PIE	1 CUP	1	344	52	261	1.90	2.22	32.0	3708	742	2.81	20.44	22.97	18.73	4.59	*N/A*
WG BISCUIT	1 EACH	1	260	0	390	3.00	1.80	200.0	0	0	0.0	4.0	31.0	13.0	7.00	0.00
GREEN BEANS: frozen,boiled	1 CUP	1	38	0	1	4.05	0.89	56.7	752	54	5.54	2.01	8.71	0.23	0.05	*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
Weighted Daily Average			1102	74	*1063	14.29	5.54	1226.4	5972	1196	45.10	53.39	146.58	34.52	13.32	*0.00
% of Calories												19.4%	53.2%	28.2%	10.9%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

Fri - 05/11/2018																
Menu of the Day	Total	1														
CORN DOG	1 EACH	1	220	40	650	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	10.0	31.0	7.0	1.50	*N/A*
BAKED BEANS	1/2 CUP	1	140	0	550	5.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.0	29.0	1.0	0.00	0.00
ZUCCHINI	1/4 CUP	1	5	0	3	1.00	0.36	20.0	150	30	6.0	0.5	1.0	0.0	0.00	0.00
CELERY STICKS	1/4 CUP	1	5	0	24	0.48	0.06	12.0	135	4	0.93	0.21	0.89	0.05	0.01	*N/A*
CARROT STICKS	1/4 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	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 - Variety	HALF PINT	1	156	9	139	0.88	0.50	293.5	482	144	1.72	8.13	25.67	2.59	1.62	*N/A*
Weighted Daily Average			918	66	*2197	16.55	*1.64	*973.3	*6906	*1336	*44.81	43.06	163.39	13.28	4.82	*0.00
% of Calories												18.8%	71.2%	13.0%	4.7%	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Menu of the Day

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 <sup>1</sup> (g)
Mon - 05/14/2018																
Menu of the Day	Total	1														
HOT TURKEY SANDWICH	SANDWIC	1	340	0	351	3.60	6.68	27.8	4	1	12.58	50.64	20.94	13.48	1.63	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
Weighted Daily Average			868	22	*1070	*11.94	12.71	985.5	5616	1221	61.34	80.18	119.45	16.04	3.31	*0.00
% of Calories												37.0%	55.1%	16.6%	3.4%	*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)
Tue - 05/15/2018																
Menu of the Day	Total	1														
WHOLE WHEAT TORTILLA	1 EACH	1	110	0	280	3.00	0.00	60.0	0	0	0.0	3.0	18.0	2.5	1.00	0.00
TACO MEAT	1.5 OZ	1	158	*N/A*	720	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	9.75	0.0	13.5	3.00	*N/A*
SHREDDED CHEESE MIX	1/8 CUP	1	54	14	95	0.00	0.36	380.0	500	100	0.0	3.62	0.23	4.3	2.68	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	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*
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
REFRIED BEANS	1/4 CUP	1	83	3	286	2.09	1.21	84.7	156	31	0.52	5.15	9.14	3.09	0.99	*N/A*
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*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
Weighted Daily Average			1200	*49	*2301	*14.93	*4.50	*1560.3	*7076	*1513	*72.68	57.53	152.00	35.59	*11.60	*0.00
% of Calories												19.2%	50.7%	26.7%	*8.7%	*0.0%
Nutrient Guideline			750-85		1420											<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Menu of the Day

Weighted Values - Detailed

Page 6

Generated on: 4/26/2018 10:02:53 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)
Wed - 05/16/2018																
Menu of the Day	Total	1														
GENERAL TSO'S CHICKEN	SERVING	1	200	45	510	2.00	1.44	0.0	0	0	0.0	14.0	26.0	4.0	1.00	0.00
BROWN RICE PILAF	1/2 CUP	1	146	0	55	1.60	0.82	16.0	0	0	0.3	3.5	30.36	0.97	0.20	*N/A*
SWEET & SOUR SAUCE	1 OZ	1	40	0	5	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.5	0.00	0.00
EGG ROLL	1 EACH	1	91	6	205	1.00	1.00	15.0	486	97	4.0	3.0	11.0	4.0	1.00	0.00
STIR FRY VEGETABLES	1/2 CUP	1	23	0	15	1.50	2.00	2.0	35	7	5.0	1.0	5.0	0.0	0.00	0.00
BROCCOLI ORANGE SALAD	1/2 CUP	1	42	0	10	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.5	1.7	0.20	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			1001	73	*1210	12.94	*5.89	*970.7	*2033	*504	*46.06	*48.44	171.76	13.73	4.09	*0.00
% of Calories												*19.3%	68.6%	12.3%	3.7%	*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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/17/2018																
Menu of the Day	Total	1														
BBQ PORK SANDWICH	SANDWIC	1	340	55	840	1.00	2.70	60.0	400	80	2.4	18.0	41.0	12.0	1.50	0.00
BAKED BEANS	1/2 CUP	1	140	0	550	5.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.0	29.0	1.0	0.00	0.00
BROCCOLI,raw: fresh	1/2 CUP	1	15	0	15	1.18	0.33	21.4	283	70	40.59	1.28	3.02	0.17	0.02	*N/A*
CAULIFLOWER,raw: fresh	1/2 CUP	1	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	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
Weighted Daily Average			1018	77	*2430	13.52	*3.87	*1030.1	*2196	*551	*103.84	53.18	171.41	15.87	3.23	*0.00
% of Calories												20.9%	67.4%	14.0%	2.9%	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Menu of the Day

Weighted Values - Detailed

Page 7

Generated on: 4/26/2018 10:02:53 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)
Fri - 05/18/2018																
Menu of the Day	Total	1														
POTATO PUFFS: frozen,cooked	1/2 CUP	1	122	0	296	1.60	0.41	9.0	3	1	4.03	1.31	17.76	5.52	1.16	*N/A*
BEEF CRUMBLES	2 OZ	1	210	*N/A*	320	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	13.0	0.0	18.0	4.00	*N/A*
CREAM OF CHICKEN SOUP	1/4 CUP	1	51	8	50	0.05	0.19	56.2	155	31	0.47	3.71	3.49	2.41	0.72	*N/A*
MIXED VEGETABLES:frozen,boiled	1/2 CUP	1	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
BLUEBERRY MUFFIN	MUFFIN	1	150	35	180	2.00	3.60	200.0	1000	200	0.0	3.0	25.0	5.0	1.00	*N/A*
GARDEN SALAD	1 CUP	1	37	0	38	3.08	1.46	53.7	11590	1159	25.11	2.23	7.48	0.4	0.05	*N/A*
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	1/4 CUP	1	36	0	*N/A*	1.34	0.12	8.4	8	2	8.59	0.37	9.14	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			1006	*65	*1626	*12.07	*6.67	*1254.0	*18127	*2176	*43.52	51.70	128.11	34.02	8.65	*0.00
% of Calories												20.6%	50.9%	30.4%	7.7%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Mon - 05/21/2018																
Menu of the Day	Total	1														
PHILLY CHEESE STEAK SAND WICH	SANDWIC	1	375	20	546	1.00	0.60	221.9	278	56	7.37	29.34	21.56	17.5	5.00	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
Weighted Daily Average			903	42	*1264	*9.34	6.63	1179.6	5890	1276	56.13	58.88	120.07	20.06	6.68	*0.00
% of Calories												26.1%	53.2%	20.0%	6.7%	*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Menu of the Day

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																
Menu of the Day	Total	1														
WHOLE WHEAT TORTILLA	1 EACH	1	110	0	280	3.00	0.00	60.0	0	0	0.0	3.0	18.0	2.5	1.00	0.00
TACO MEAT	1.5 OZ	1	158	*N/A*	720	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	9.75	0.0	13.5	3.00	*N/A*
SHREDDED CHEESE MIX	1/8 CUP	1	54	14	95	0.00	0.36	380.0	500	100	0.0	3.62	0.23	4.3	2.68	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	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*
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
REFRIED BEANS	1/4 CUP	1	83	3	286	2.09	1.21	84.7	156	31	0.52	5.15	9.14	3.09	0.99	*N/A*
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*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
Weighted Daily Average			1200	*49	*2301	*14.93	*4.50	*1560.3	*7076	*1513	*72.68	57.53	152.00	35.59	*11.60	*0.00
% of Calories												19.2%	50.7%	26.7%	*8.7%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Wed - 05/23/2018																
Menu of the Day	Total	1														
CHICKEN TENDERS	3 TENDER	1	240	40	650	1.00	1.44	20.0	100	20	0.0	14.0	15.0	14.0	3.00	0.00
MAC & CHEESE	3 OZ	1	126	12	460	0.50	0.50	174.0	138	28	0.5	6.5	13.0	5.5	1.90	*N/A*
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
Weighted Daily Average			894	75	*1828	*9.84	7.97	1151.7	5851	1268	49.26	50.04	126.51	22.06	6.58	*0.00
% of Calories												22.4%	56.6%	22.2%	6.6%	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.



# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Menu of the Day

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																
Menu of the Day	Total	1														
FAJITA CHICKEN & RICE TACOS	1 EACH	1	265	54	290	4.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	25.0	35.0	4.0	0.90	0.00
SHREDDED CHEESE MIX	1/8 CUP	1	54	14	95	0.00	0.36	380.0	500	100	0.0	3.62	0.23	4.3	2.68	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	0.0	0.00	0.00
PEPPERS,SWEET,GREEN,RAW	1/4 CUP	1	7	0	1	0.63	0.13	3.7	138	23	29.95	0.32	1.73	0.06	0.02	*N/A*
PEPPERS,SWEET,RED,RAW	1/4 CUP	1	12	0	1	0.78	0.16	2.6	1166	212	47.57	0.37	2.25	0.11	0.01	*N/A*
BEANS,BLACK,CND,DRND	2 OZ	1	134	0	220	2.72	1.25	27.2	4	1	1.42	4.58	9.53	0.26	0.07	*N/A*
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
SALSA:COMMODITY	4 OZ	1	41	0	488	1.59	2.54	13.6	624	62	4.54	1.7	7.94	0.23	0.03	*N/A*
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*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
Weighted Daily Average			1151	*100	*1770	*16.07	*5.67	*1433.7	*8275	*1665	*131.93	66.53	164.57	19.52	*7.39	*0.00
% of Calories												23.1%	57.2%	15.3%	*5.8%	*0.0%
Nutrient Guideline			750-85		1420										<10.00	

Fri - 05/25/2018																
Menu of the Day	Total	1														
CHICKEN, DICED	1 OZ	1	43	26	13	0.00	1.08	0.0	0	0	0.0	8.6	0.0	1.16	0.33	*N/A*
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*
RICE	1 CUP	1	170	0	0	0.00	2.70	40.0	*N/A*	*0	0.0	4.0	38.0	0.0	0.00	*N/A*
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	2 TBSP	1	35	5	181	0.10	0.10	35.0	26	5	0.5	1.05	3.5	1.88	0.52	*N/A*
JICAMA	1/4 CUP	1	13	0	1	0.50	0.72	10.0	50	10	24.0	0.25	2.75	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			885	78	*1047	8.94	10.88	1357.1	*5933	*1284	73.26	54.34	137.91	13.71	7.43	*0.00
% of Calories												24.5%	62.3%	13.9%	7.6%	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

## Base Menu Spreadsheet

Menu of the Day

### 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																
Menu of the Day	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																
Menu of the Day	Total	1														
WHOLE WHEAT TORTILLA	1 EACH	1	110	0	280	3.00	0.00	60.0	0	0	0.0	3.0	18.0	2.5	1.00	0.00
TACO MEAT	1.5 OZ	1	158	*N/A*	720	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	9.75	0.0	13.5	3.00	*N/A*
SHREDDED CHEESE MIX	1/8 CUP	1	54	14	95	0.00	0.36	380.0	500	100	0.0	3.62	0.23	4.3	2.68	0.00
ROMAINE	1 CUP	1	8	0	4	1.00	0.54	20.0	4100	820	11.4	1.0	1.0	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*
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
REFRIED BEANS	1/4 CUP	1	83	3	286	2.09	1.21	84.7	156	31	0.52	5.15	9.14	3.09	0.99	*N/A*
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*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
Weighted Daily Average			1200	*49	*2301	*14.93	*4.50	*1560.3	*7076	*1513	*72.68	57.53	152.00	35.59	*11.60	*0.00
% of Calories												19.2%	50.7%	26.7%	*8.7%	*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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/30/2018																
Menu of the Day	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

	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																
Menu of the Day	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

\*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.

# Bemidji Food Service

May 2, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Menu of the Day

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)
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																
Menu of the Day	Total															
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			1015	*63	*1697	*13.29	*6.01	*1211.8	*6628	*1313	*64.25	*54.33	148.34	22.84	*7.27	*0.00
												*21.4%	58.4%	20.2%	*6.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1015		750 - 850	119%			165	Correction Required - Calories too High
Cholesterol (mg)	63				Missing			
Sodium (mg)	1697		1420		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	13.29				Missing			
Iron (mg)	6.01				Missing			
Calcium (mg)	1211.8				Missing			
Vitamin A (IU)	6628				Missing			
Vitamin A (RE)	1313				Missing			
Vitamin C (mg)	64.25				Missing			
Protein (g)	54.33	21.40%			Missing			
Carbohydrate (g)	148.34	58.44%						
Total Fat (g)	22.84	20.24%						
Saturated Fat (g)	7.27	6.45%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.