

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Grab & Go

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)
Tue - 05/01/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/02/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<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

Middle School Grab & Go

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 - 05/03/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
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
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1014	37	*1519	*15.13	8.11	1573.8	7600	1606	43.81	48.06	164.26	18.84	7.24	*0.00
% of Calories												19.0%	64.8%	16.7%	6.4%	*0.0%
Nutrient Guideline			600-70		1360										<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)
Fri - 05/04/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<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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May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Grab & Go

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 - 05/07/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Tue - 05/08/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
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Base Menu Spreadsheet

Middle School Grab & Go

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 - 05/09/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
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Thu - 05/10/2018																
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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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
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
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
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MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
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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 - 05/11/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Mon - 05/14/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<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

Middle School Grab & Go

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 - 05/15/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/16/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Grab & Go

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 - 05/17/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
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
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1014	37	*1519	*15.13	8.11	1573.8	7600	1606	43.81	48.06	164.26	18.84	7.24	*0.00
% of Calories												19.0%	64.8%	16.7%	6.4%	*0.0%
Nutrient Guideline			600-70		1360										<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)
Fri - 05/18/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Grab & Go

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)
Mon - 05/21/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Tue - 05/22/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<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

Middle School Grab & Go

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 - 05/23/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<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 - 05/24/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Grab & Go

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 - 05/25/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Mon - 05/28/2018																
Middle School 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			600-70		1360										<10.00	

Tue - 05/29/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00

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

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

<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

Middle School Grab & Go

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)
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Wed - 05/30/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Thu - 05/31/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Grab & Go

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)
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Fri - 06/01/2018																
Middle School Grab & Go	Total	1														
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 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	1/2 CUP	1	40	0	50	4.54	1.00	36.3	5681	1136	2.95	0.73	9.34	0.0	0.00	0.00
DIP	1 TBSP	1	25	0	300	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
ROASTED GARBANZO BEANS	1/4 CUP	1	74	0	3	3.00	4.68	80.0	50	10	2.4	4.25	12.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			989	37	*1219	*15.13	8.11	1573.8	7600	1606	43.81	48.06	158.26	18.84	7.24	*0.00
% of Calories												19.4%	64.0%	17.1%	6.6%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Weighted Average			993	37	*1258	*15.13	8.11	1573.8	7600	1606	43.81	48.06	159.05	18.84	7.24	*0.00
												19.4%	64.1%	17.1%	6.6%	*0.0%

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Middle School Grab & Go

Weighted Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	993		600 - 700	142%					293	Correction Required - Calories too High							
Cholesterol (mg)	37									*Target effective with 2014-2015 School Year!							
Sodium (mg)	1258		1360		Missing												
Fiber (g)	15.13				Missing												
Iron (mg)	8.11																
Calcium (mg)	1573.8																
Vitamin A (IU)	7600																
Vitamin A (RE)	1606																
Vitamin C (mg)	43.81																
Protein (g)	48.06	19.37%															
Carbohydrate (g)	159.05	64.09%															
Total Fat (g)	18.84	17.08%															
Saturated Fat (g)	7.24	6.56%	<10.00%														
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

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