

Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2018 thru Jun 1, 2018

BREAKFAST TO GO

Generated on: 4/26/2018 10:04:34 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018																
BREAKFAST TO GO	Total	1														
WG AWESOME ROUND	1 EACH	1	380	35	280	4.00	1.80	20.0	1500	300	0.0	6.0	55.0	17.0	8.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			702	52	*495	6.95	2.43	653.9	2554	603	41.64	23.68	113.24	19.73	9.70	*0.00
% of Calories												13.5%	64.5%	25.3%	12.4%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Wed - 05/02/2018																
BREAKFAST TO GO	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Thu - 05/03/2018																
BREAKFAST TO GO	Total	1														
WG CEREAL BAR	1 EACH	1	150	0	115	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	30.0	3.0	0.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

BREAKFAST TO GO

Weighted Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			682	37	*730	*5.95	*0.63	*1133.9	*1754	*443	*44.04	35.68	112.24	11.73	5.70	*0.00
% of Calories												20.9%	65.8%	15.5%	7.5%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Fri - 05/04/2018																
BREAKFAST TO GO	Total	1														
CHERRY FRUDEL	1 EACH	1	210	0	270	2.00	1.08	0.0	0	0	0.0	5.0	36.0	6.0	1.50	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			662	22	*685	4.95	1.71	933.9	1554	403	44.04	31.68	117.24	8.73	3.20	*0.00
% of Calories												19.1%	70.8%	11.9%	4.4%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Mon - 05/07/2018																
BREAKFAST TO GO	Total	1														
BANANA BREAD SLICE	SLICE	1	280	0	220	200.00	1.08	80.0	100	20	0.0	5.0	44.0	10.0	2.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			732	22	*635	202.95	1.71	1013.9	1654	423	44.04	31.68	125.24	12.73	3.70	*0.00
% of Calories												17.3%	68.4%	15.6%	4.6%	*0.0%
Nutrient Guideline			400-55		600											<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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Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/08/2018																
BREAKFAST TO GO	Total	1														
WG AWESOME ROUND	1 EACH	1	380	35	280	4.00	1.80	20.0	1500	300	0.0	6.0	55.0	17.0	8.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			702	52	*495	6.95	2.43	653.9	2554	603	41.64	23.68	113.24	19.73	9.70	*0.00
% of Calories												13.5%	64.5%	25.3%	12.4%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Wed - 05/09/2018																
BREAKFAST TO GO	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Thu - 05/10/2018																
BREAKFAST TO GO	Total	1														
WG CEREAL BAR	1 EACH	1	150	0	115	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	30.0	3.0	0.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00

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Base Menu Spreadsheet

BREAKFAST TO 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 ¹ (g)
Weighted Daily Average			682	37	*730	*5.95	*0.63	*1133.9	*1754	*443	*44.04	35.68	112.24	11.73	5.70	*0.00
% of Calories												20.9%	65.8%	15.5%	7.5%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Fri - 05/11/2018																
BREAKFAST TO GO	Total	1														
CINNI-MINIS	1 EACH	1	460	15	380	2.00	10.00	6.0	2	0	0.0	7.0	49.0	27.0	4.50	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			912	37	*795	4.95	10.63	939.9	1556	403	44.04	33.68	130.24	29.73	6.20	*0.00
% of Calories												14.8%	57.1%	29.3%	6.1%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Mon - 05/14/2018																
BREAKFAST TO GO	Total	1														
BLUEBERRY BREAD LOAF	MINI LOAF	1	168	21	135	2.31	1.46	57.8	58	12	1.39	4.97	24.39	6.01	0.69	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			700	58	*750	*5.26	2.09	1191.7	1812	454	45.42	37.65	106.63	14.74	5.90	*0.00
% of Calories												21.5%	60.9%	19.0%	7.6%	*0.0%
Nutrient Guideline			400-55		600											<10.00

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Tue - 05/15/2018																
BREAKFAST TO GO	Total	1														
WG AWESOME ROUND	1 EACH	1	380	35	280	4.00	1.80	20.0	1500	300	0.0	6.0	55.0	17.0	8.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			702	52	*495	6.95	2.43	653.9	2554	603	41.64	23.68	113.24	19.73	9.70	*0.00
% of Calories												13.5%	64.5%	25.3%	12.4%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Wed - 05/16/2018																
BREAKFAST TO GO	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Thu - 05/17/2018																
BREAKFAST TO GO	Total	1														
WG CEREAL BAR	1 EACH	1	150	0	115	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	30.0	3.0	0.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

BREAKFAST TO 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 ¹ (g)
Weighted Daily Average			682	37	*730	*5.95	*0.63	*1133.9	*1754	*443	*44.04	35.68	112.24	11.73	5.70	*0.00
% of Calories												20.9%	65.8%	15.5%	7.5%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Fri - 05/18/2018																
BREAKFAST TO GO	Total	1														
CHERRY FRUDEL	1 EACH	1	210	0	270	2.00	1.08	0.0	0	0	0.0	5.0	36.0	6.0	1.50	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			662	22	*685	4.95	1.71	933.9	1554	403	44.04	31.68	117.24	8.73	3.20	*0.00
% of Calories												19.1%	70.8%	11.9%	4.4%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Mon - 05/21/2018																
BREAKFAST TO GO	Total	1														
FRENCH TOAST SNACK LOAF	LOAF	1	270	60	250	2.00	1.08	40.0	100	20	0.0	4.0	34.0	14.0	3.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			802	97	*865	*4.95	1.71	1173.9	1854	463	44.04	36.68	116.24	22.73	8.70	*0.00
% of Calories												18.3%	58.0%	25.5%	9.8%	*0.0%
Nutrient Guideline			400-55		600											<10.00

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Bemidji Food Service

Base Menu Spreadsheet

Weighted Values - Detailed

May 1, 2018 thru Jun 1, 2018

BREAKFAST TO GO

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2018																
BREAKFAST TO GO	Total	1														
WG AWESOME ROUND	1 EACH	1	380	35	280	4.00	1.80	20.0	1500	300	0.0	6.0	55.0	17.0	8.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			702	52	*495	6.95	2.43	653.9	2554	603	41.64	23.68	113.24	19.73	9.70	*0.00
% of Calories												13.5%	64.5%	25.3%	12.4%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Wed - 05/23/2018																
BREAKFAST TO GO	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			400-55		600											<10.00

Thu - 05/24/2018																
BREAKFAST TO GO	Total	1														
WG CEREAL BAR	1 EACH	1	150	0	115	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	30.0	3.0	0.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

BREAKFAST TO 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 ¹ (g)
Weighted Daily Average			682	37	*730	*5.95	*0.63	*1133.9	*1754	*443	*44.04	35.68	112.24	11.73	5.70	*0.00
% of Calories												20.9%	65.8%	15.5%	7.5%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Fri - 05/25/2018																
BREAKFAST TO GO	Total	1														
CINNI-MINIS	1 EACH	1	460	15	380	2.00	10.00	6.0	2	0	0.0	7.0	49.0	27.0	4.50	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			912	37	*795	4.95	10.63	939.9	1556	403	44.04	33.68	130.24	29.73	6.20	*0.00
% of Calories												14.8%	57.1%	29.3%	6.1%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

Mon - 05/28/2018																
BREAKFAST TO 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			400-55		600										<10.00	

Tue - 05/29/2018																
BREAKFAST TO GO	Total	1														
WG AWESOME ROUND	1 EACH	1	380	35	280	4.00	1.80	20.0	1500	300	0.0	6.0	55.0	17.0	8.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			702	52	*495	6.95	2.43	653.9	2554	603	41.64	23.68	113.24	19.73	9.70	*0.00
% of Calories												13.5%	64.5%	25.3%	12.4%	*0.0%
Nutrient Guideline			400-55		600										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

BREAKFAST TO 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 ¹ (g)
Wed - 05/30/2018																
BREAKFAST TO GO	Total	1														
WG BANANA CHOCOLATE CHIP BREAD	1 EACH	1	290	50	210	3.00	1.08	40.0	100	20	1.2	4.0	34.0	16.0	4.50	0.00
CHEESE STICK	STICK	1	80	15	200	*N/A*	0.00	200.0	200	40	0.0	6.0	1.0	6.0	3.50	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			822	87	*825	*5.95	1.71	1173.9	1854	463	45.24	36.68	116.24	24.73	9.70	*0.00
% of Calories												17.8%	56.6%	27.1%	10.6%	*0.0%
Nutrient Guideline			400-55		600										<10.00	
Thu - 05/31/2018																
BREAKFAST TO GO	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			400-55		600										<10.00	
Fri - 06/01/2018																
BREAKFAST TO GO	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			400-55		600										<10.00	
Weighted Average																
			749	54	*701	*15.30	*2.54	*990.6	*1933	*479	*43.82	32.44	116.16	18.87	7.48	*0.00
												17.3%	62.0%	22.7%	9.0%	*0.0%

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

BREAKFAST TO 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 ¹ (g)	
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	749		400 - 550	136%			199	Correction Required - Calories too High										
Cholesterol (mg)	54																	
Sodium (mg)	701		600		Missing					*Target effective with 2014-2015 School Year!								
Fiber (g)	15.30				Missing													
Iron (mg)	2.54				Missing													
Calcium (mg)	990.6				Missing													
Vitamin A (IU)	1933				Missing													
Vitamin A (RE)	479				Missing													
Vitamin C (mg)	43.82				Missing													
Protein (g)	32.44	17.32%																
Carbohydrate (g)	116.16	62.02%																
Total Fat (g)	18.87	22.67%																
Saturated Fat (g)	7.48	8.98%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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