

Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Camp

Weighted Values - Detailed

Page 1

Generated on: 4/26/2018 9:59:30 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																
Lumberjack Camp	Total	1														
HAM & CHEESE MELT SANDW	1 EACH	1	317	39	1311	2.50	1.26	260.0	300	60	45.0	20.2	35.7	10.3	5.10	*N/A*
ICH																
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	0.00
ROMAINE	1/4 CUP	1	2	0	1	0.25	0.14	5.0	1025	205	2.85	0.25	0.25	0.0	0.00	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
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
ORANGES, fresh	1 EACH	1	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.03	*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			998	61	2930	16.84	*3.02	*1264.8	*9127	*1868	*126.99	54.47	167.68	14.10	6.82	*0.00
% of Calories												21.8%	67.2%	12.7%	6.2%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/02/2018																
Lumberjack Camp	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*
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
CARROT STICKS	1/2 CUP	1	25	0	42	1.71	0.18	20.1	10255	1716	3.6	0.57	5.84	0.15	0.02	0.00
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
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
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			992	67	*1754	13.90	6.52	989.9	12009	2152	70.18	49.40	180.37	8.95	2.97	*0.00
% of Calories												19.9%	72.7%	8.1%	2.7%	*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

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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Camp

Weighted Values - Detailed

Page 2

Generated on: 4/26/2018 9:59:30 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/03/2018																
Lumberjack Camp	Total	1														
CHICKEN QUESADILLA	1 EACH	1	320	15	880	1.00	2.65	203.0	322	64	0.0	15.0	35.0	14.0	3.00	1.00
ROMAINE	1/4 CUP	1	2	0	1	0.25	0.14	5.0	1025	205	2.85	0.25	0.25	0.0	0.00	0.00
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
KIDNEY BEANS: canned,drained	1/4 CUP	1	52	0	189	3.39	0.75	21.8	0	0	0.77	3.34	9.28	0.38	0.04	*N/A*
SALSA:COMMODITY	3 OZ	1	31	0	366	1.19	1.91	10.2	468	47	3.4	1.28	5.95	0.17	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,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			1036	*47	*2107	*11.43	*6.14	*1226.3	*3715	*782	*44.58	49.95	157.91	25.39	*6.81	*1.00
% of Calories												19.3%	61.0%	22.1%	*5.9%	*0.9%
Nutrient Guideline			600-70		1360										<10.00	

Fri - 05/04/2018																
Lumberjack Camp	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			600-70		1360										<10.00	

Mon - 05/07/2018																
Lumberjack Camp	Total	1														
ROAST PORK SANDWICH	SANDWIC	1	276	39	789	2.10	3.40	87.0	427	85	8.0	16.74	35.73	7.16	2.33	0.00
SWEET POTATO BITES	1/2 CUP	1	110	0	95	3.00	0.36	20.0	3500	700	2.4	1.0	18.0	4.0	0.50	0.00
ROMAINE GARDEN SALAD	1/2 CUP	1	22	0	4	1.50	2.70	10.0	2050	410	6.0	1.3	4.3	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,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

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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Camp

Weighted Values - Detailed

Page 3

Generated on: 4/26/2018 9:59:30 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)
Weighted Daily Average			893	61	*1599	*12.19	7.09	1054.5	7646	1615	53.66	46.13	148.45	13.99	4.57	*0.00
% of Calories												20.7%	66.5%	14.1%	4.6%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Tue - 05/08/2018																
Lumberjack Camp	Total	1														
MEATBALL SUB	SUB	1	520	55	1255	0.00	6.00	131.0	85	17	16.1	22.9	59.5	22.0	9.70	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
SWEET POTATO BITES	1/2 CUP	1	110	0	95	3.00	0.36	20.0	3500	700	2.4	1.0	18.0	4.0	0.50	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			1159	77	*2069	*11.59	12.39	1108.5	9354	1956	67.76	53.59	176.52	28.84	11.94	*0.00
% of Calories												18.5%	60.9%	22.4%	9.3%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/09/2018																
Lumberjack Camp	Total	1														
CHEESY BREAD	1 EACH	1	400	35	760	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	16.0	28.0	24.0	8.00	*N/A*
MARINARA SAUCE	1/2 CUP	1	50	0	20	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12.0	2.0	10.0	1.0	0.00	0.00
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
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*
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,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			1049	57	*1837	10.63	*1.06	*968.9	*7080	*1347	*91.65	48.16	150.86	30.33	9.77	*0.00
% of Calories												18.4%	57.5%	26.0%	8.4%	*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

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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Camp

Weighted Values - Detailed

Page 4

Generated on: 4/26/2018 9:59:30 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)
Thu - 05/10/2018																
Lumberjack Camp	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
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
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	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
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	0.00
ROASTED BUTTERNUT SQUASH	1/2 CUP	1	72	2	99	1.00	1.00	30.0	1273	255	11.0	1.0	13.0	2.6	0.90	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			944	78	*1538	11.29	3.70	1437.5	5692	1224	55.76	49.31	131.75	26.23	9.31	*0.00
% of Calories												20.9%	55.8%	25.0%	8.9%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	
Fri - 05/11/2018																
Lumberjack Camp	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			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
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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Camp

Weighted Values - Detailed

Page 5

Generated on: 4/26/2018 9:59:30 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)
Mon - 05/14/2018																
Lumberjack Camp	Total	1														
FLATBREAD	1 EACH	1	150	0	300	1.00	1.80	40.0	0	0	0.0	4.0	26.0	3.5	0.50	0.00
CHICKEN FAJITA STRIPS	1 OZ	1	45	20	200	0.00	0.27	4.2	39	8	0.62	5.67	0.37	3.22	0.61	0.00
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	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
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	0.00
ROASTED BUTTERNUT SQUASH	1/2 CUP	1	72	2	99	1.00	1.00	30.0	1273	255	11.0	1.0	13.0	2.6	0.90	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			789	58	*1108	8.29	4.33	1401.7	5631	1212	56.38	41.98	125.12	16.45	6.42	*0.00
% of Calories												21.3%	63.4%	18.8%	7.3%	*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 ¹ (g)
Tue - 05/15/2018																
Lumberjack Camp	Total	1														
BEEF HOT DOG	1 EACH	1	148	24	513	0.00	0.72	10.0	*N/A*	*N/A*	*N/A*	4.5	3.0	13.0	5.00	0.00
WG HOT DOG BUN	1 EACH	1	160	0	270	0.00	1.80	20.0	0	0	1.2	5.0	28.0	3.0	0.00	0.00
KETCHUP	2 TBSP	1	30	0	380	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
BAKED BEANS	1/4 CUP	1	70	0	275	2.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	14.5	0.5	0.00	0.00
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
CUCUMBER,RAW	1 OZ	1	3	0	1	0.20	0.06	4.0	20	2	0.91	0.17	0.61	0.05	0.00	*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,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			935	46	*2471	9.15	*3.31	*981.5	*6817	*1279	*41.17	40.04	153.46	19.45	6.75	*0.00
% of Calories												17.1%	65.7%	18.7%	6.5%	*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
 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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Camp

Weighted Values - Detailed

Page 6

Generated on: 4/26/2018 9:59:30 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)
Wed - 05/16/2018																
Lumberjack Camp	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*
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
GLAZED CARROTS	1/2 CUP	1	100	0	26	2.00	0.00	0.0	0	0	0.6	0.4	19.0	2.3	0.00	0.00
CUCUMBER,RAW	1 OZ	1	3	0	1	0.20	0.06	4.0	20	2	0.91	0.17	0.61	0.05	0.00	*N/A*
BROCCOLI,raw: fresh	1/4 CUP	1	8	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01	*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,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			1026	71	*1759	11.63	2.79	977.3	1929	476	66.22	45.14	150.36	28.14	7.02	*0.00
% of Calories												17.6%	58.6%	24.7%	6.2%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Thu - 05/17/2018																
Lumberjack Camp	Total	1														
CHICKEN PATTY	PATTY	1	119	49	311	0.00	0.93	22.0	45	9	1.65	16.38	2.0	4.89	1.37	0.00
WHOLE GRAIN HAMBURGER	BUN	1	140	0	300	2.00	1.80	*N/A*	*N/A*	*N/A*	*N/A*	5.0	25.0	2.5	0.50	*N/A*
ROMAINE	1/4 CUP	1	2	0	1	0.25	0.14	5.0	1025	205	2.85	0.25	0.25	0.0	0.00	0.00
TOMATO SLICE	SLICE	1	3	0	1	0.20	0.00	0.0	100	20	1.8	0.1	0.6	0.0	0.00	0.00
POTATO WEDGES	3 OZ	1	140	0	430	3.00	2.16	0.0	0	0	14.4	2.0	18.0	6.0	1.50	0.00
SLICED APPLES, fresh	1/2 CUP	1	36	0	1	1.66	0.09	4.2	37	3	3.15	0.2	9.55	0.0	0.00	0.00
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			825	71	1461	8.32	5.61	*942.3	*2934	*656	*28.55	49.89	120.79	16.04	5.06	*0.00
% of Calories												24.2%	58.6%	17.5%	5.5%	*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
 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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Camp

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 ¹ (g)
Fri - 05/18/2018																
Lumberjack Camp	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			600-70		1360											<10.00

Mon - 05/21/2018																
Lumberjack Camp	Total	1														
SLOPPY JOE/WHOLE GRAIN BUN	1 EACH	1	331	32	1209	2.52	3.50	189.4	556	69	9.47	18.05	45.97	9.55	3.20	0.00
POTATO WEDGES	3 OZ	1	140	0	430	3.00	2.16	0.0	0	0	14.4	2.0	18.0	6.0	1.50	0.00
ROMAINE GARDEN SALAD	1/2 CUP	1	22	0	4	1.50	2.70	10.0	2050	410	6.0	1.3	4.3	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*
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			988	59	*2235	12.71	9.09	1171.9	4301	903	67.63	49.48	156.19	20.26	6.96	*0.00
% of Calories												20.0%	63.2%	18.5%	6.3%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Tue - 05/22/2018																
Lumberjack Camp	Total	1														
CHICKEN SLIDERS	2 EACH	1	260	70	1340	0.00	0.72	0.0	0	0	0.0	26.0	18.0	10.0	2.00	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	1/4 CUP	1	8	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	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,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

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 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Camp

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 ¹ (g)
Weighted Daily Average			931	92	*2930	12.04	*1.61	*958.3	*6938	*1312	*59.36	60.01	147.85	13.99	3.76	*0.00
% of Calories												25.8%	63.5%	13.5%	3.6%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/23/2018																
Lumberjack Camp	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*
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
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*
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
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*
BANANAS, fresh	1 EACH	1	105	0	1	3.07	0.31	5.9	76	9	10.27	1.29	26.95	0.39	0.13	*N/A*
MANDARIN ORANGES	1/2 CUP	1	35	0	5	0.50	0.36	10.0	150	30	10.5	0.5	8.5	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			959	75	2194	11.11	3.92	1168.0	11245	1798	68.96	51.93	140.63	22.83	6.77	*0.00
% of Calories												21.7%	58.7%	21.4%	6.4%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Thu - 05/24/2018																
Lumberjack Camp	Total	1														
SPICY CHICKEN BREAST	1 EACH	1	232	27	767	1.69	1.84	30.1	144	29	0.54	14.6	15.7	12.5	2.60	0.00
WHOLE GRAIN HAMBURGER BUN	BUN	1	140	0	300	2.00	1.80	*N/A*	*N/A*	*N/A*	*N/A*	5.0	25.0	2.5	0.50	*N/A*
ROMAINE GARDEN SALAD	1/2 CUP	1	22	0	4	1.50	2.70	10.0	2050	410	6.0	1.3	4.3	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
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*
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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Camp

Weighted Values - Detailed

	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)
Weighted Daily Average			898	49	*1782	*12.81	7.42	*1005.9	*4239	*885	*46.57	48.99	139.77	17.95	4.87	*0.00
% of Calories												21.8%	62.3%	18.0%	4.9%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Fri - 05/25/2018																
Lumberjack Camp	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			600-70		1360											<10.00

Mon - 05/28/2018																
Lumberjack Camp	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																
Lumberjack Camp	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			600-70		1360											<10.00

Wed - 05/30/2018																
Lumberjack Camp	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			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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Lumberjack Camp

Weighted Values - Detailed

Page 10

Generated on: 4/26/2018 9:59:31 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)
Thu - 05/31/2018																
Lumberjack Camp	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			600-70		1360											<10.00

Fri - 06/01/2018																
Lumberjack Camp	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			600-70		1360											<10.00

Weighted Average			961	*65	*1985	*11.60	*5.20	*1110.5	*6577	*1298	*63.03	49.23	149.85	20.20	*6.65	*0.07
												20.5%	62.3%	18.9%	*6.2%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	961		600 - 700	137%			261	Correction Required - Calories too High
Cholesterol (mg)	65				Missing			
Sodium (mg)	1985		1360		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	11.60				Missing			
Iron (mg)	5.20				Missing			
Calcium (mg)	1110.5				Missing			
Vitamin A (IU)	6577				Missing			
Vitamin A (RE)	1298				Missing			
Vitamin C (mg)	63.03				Missing			
Protein (g)	49.23	20.48%						
Carbohydrate (g)	149.85	62.35%						
Total Fat (g)	20.20	18.91%						
Saturated Fat (g)	6.65	6.23%	<10.00%		Missing			
Trans Fat ¹ (g)	0.07	0.06%			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

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.