

Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Pizza Shop

Weighted Values - Detailed

Page 1

Generated on: 4/26/2018 9:58:47 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																
Pizza Shop	Total	1														
WG CHEESE PIZZA SLICE	1 EACH	1	360	20	660	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	15.0	39.0	12.0	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
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
Weighted Daily Average			934	42	*1708	10.04	6.29	*978.3	*11038	*2132	*71.36	45.61	148.45	14.99	6.76	*0.00
% of Calories												19.5%	63.6%	14.4%	6.5%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/02/2018																
Pizza Shop	Total	1														
PEPPERONI PIZZA ROUND	1 EACH	1	350	15	780	3.00	4.86	253.0	1330	266	0.0	18.0	43.0	11.0	4.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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			879	37	*1499	*11.60	10.89	1210.5	7099	1505	49.26	47.69	142.02	13.84	5.74	*0.00
% of Calories												21.7%	64.6%	14.2%	5.9%	*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.

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Pizza Shop

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)
Thu - 05/03/2018																
Pizza Shop	Total	1														
WG ROUND CHEESE PIZZA	1 EACH	1	270	60	670	3.00	3.60	60.0	300	60	2.4	14.0	32.0	13.0	6.00	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
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
Weighted Daily Average			844	82	*1718	13.04	9.89	1038.3	11338	2192	73.76	44.61	141.45	15.99	7.76	*0.00
% of Calories												21.1%	67.0%	17.1%	8.3%	*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)
Fri - 05/04/2018																
Pizza Shop	Total	1														
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
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,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			879	62	*1809	*10.60	8.03	1191.5	6769	1439	49.26	47.69	131.02	18.83	9.74	*0.00
% of Calories												21.7%	59.6%	19.3%	10.0%	*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.

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May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Pizza Shop

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)
Mon - 05/07/2018																
Pizza Shop	Total	1														
WG PEPPERONI PIZZA SLICE	1 EACH	1	370	20	700	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	16.0	39.0	12.0	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
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*
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
Weighted Daily Average			951	42	*1609	*11.99	*6.78	*979.3	*5769	*1239	*50.03	49.03	147.30	15.22	6.78	*0.00
% of Calories												20.6%	61.9%	14.4%	6.4%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Tue - 05/08/2018																
Pizza Shop	Total	1														
WG CHEESE PIZZA SLICE	1 EACH	1	360	20	660	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	15.0	39.0	12.0	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
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
Weighted Daily Average			934	42	*1708	10.04	6.29	*978.3	*11038	*2132	*71.36	45.61	148.45	14.99	6.76	*0.00
% of Calories												19.5%	63.6%	14.4%	6.5%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

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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)
Wed - 05/09/2018																
Pizza Shop	Total	1														
PEPPERONI PIZZA ROUND	1 EACH	1	350	15	780	3.00	4.86	253.0	1330	266	0.0	18.0	43.0	11.0	4.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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			879	37	*1499	*11.60	10.89	1210.5	7099	1505	49.26	47.69	142.02	13.84	5.74	*0.00
% of Calories												21.7%	64.6%	14.2%	5.9%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Thu - 05/10/2018																
Pizza Shop	Total	1														
WG ROUND CHEESE PIZZA	1 EACH	1	270	60	670	3.00	3.60	60.0	300	60	2.4	14.0	32.0	13.0	6.00	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
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
Weighted Daily Average			844	82	*1718	13.04	9.89	1038.3	11338	2192	73.76	44.61	141.45	15.99	7.76	*0.00
% of Calories												21.1%	67.0%	17.1%	8.3%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

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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 - 05/11/2018																
Pizza Shop	Total	1														
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
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,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			879	62	*1809	*10.60	8.03	1191.5	6769	1439	49.26	47.69	131.02	18.83	9.74	*0.00
% of Calories												21.7%	59.6%	19.3%	10.0%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Mon - 05/14/2018																
Pizza Shop	Total	1														
WG PEPPERONI PIZZA SLICE	1 EACH	1	370	20	700	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	16.0	39.0	12.0	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
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*
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
Weighted Daily Average			951	42	*1609	*11.99	*6.78	*979.3	*5769	*1239	*50.03	49.03	147.30	15.22	6.78	*0.00
% of Calories												20.6%	61.9%	14.4%	6.4%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Pizza Shop

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)
Tue - 05/15/2018																
Pizza Shop	Total	1														
WG CHEESE PIZZA SLICE	1 EACH	1	360	20	660	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	15.0	39.0	12.0	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
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
Weighted Daily Average			934	42	*1708	10.04	6.29	*978.3	*11038	*2132	*71.36	45.61	148.45	14.99	6.76	*0.00
% of Calories												19.5%	63.6%	14.4%	6.5%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/16/2018																
Pizza Shop	Total	1														
PEPPERONI PIZZA ROUND	1 EACH	1	350	15	780	3.00	4.86	253.0	1330	266	0.0	18.0	43.0	11.0	4.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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			879	37	*1499	*11.60	10.89	1210.5	7099	1505	49.26	47.69	142.02	13.84	5.74	*0.00
% of Calories												21.7%	64.6%	14.2%	5.9%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Pizza Shop

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)
Thu - 05/17/2018																
Pizza Shop	Total	1														
WG ROUND CHEESE PIZZA	1 EACH	1	270	60	670	3.00	3.60	60.0	300	60	2.4	14.0	32.0	13.0	6.00	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
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
Weighted Daily Average			844	82	*1718	13.04	9.89	1038.3	11338	2192	73.76	44.61	141.45	15.99	7.76	*0.00
% of Calories												21.1%	67.0%	17.1%	8.3%	*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)
Fri - 05/18/2018																
Pizza Shop	Total	1														
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
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,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			879	62	*1809	*10.60	8.03	1191.5	6769	1439	49.26	47.69	131.02	18.83	9.74	*0.00
% of Calories												21.7%	59.6%	19.3%	10.0%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Pizza Shop

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)
Mon - 05/21/2018																
Pizza Shop	Total	1														
WG PEPPERONI PIZZA SLICE	1 EACH	1	370	20	700	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	16.0	39.0	12.0	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
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*
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
Weighted Daily Average			951	42	*1609	*11.99	*6.78	*979.3	*5769	*1239	*50.03	49.03	147.30	15.22	6.78	*0.00
% of Calories												20.6%	61.9%	14.4%	6.4%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

Tue - 05/22/2018																
Pizza Shop	Total	1														
WG CHEESE PIZZA SLICE	1 EACH	1	360	20	660	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	15.0	39.0	12.0	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
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
Weighted Daily Average			934	42	*1708	10.04	6.29	*978.3	*11038	*2132	*71.36	45.61	148.45	14.99	6.76	*0.00
% of Calories												19.5%	63.6%	14.4%	6.5%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Pizza Shop

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)
Wed - 05/23/2018																
Pizza Shop	Total	1														
PEPPERONI PIZZA ROUND	1 EACH	1	350	15	780	3.00	4.86	253.0	1330	266	0.0	18.0	43.0	11.0	4.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
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			879	37	*1499	*11.60	10.89	1210.5	7099	1505	49.26	47.69	142.02	13.84	5.74	*0.00
% of Calories												21.7%	64.6%	14.2%	5.9%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Thu - 05/24/2018																
Pizza Shop	Total	1														
WG ROUND CHEESE PIZZA	1 EACH	1	270	60	670	3.00	3.60	60.0	300	60	2.4	14.0	32.0	13.0	6.00	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
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
Weighted Daily Average			844	82	*1718	13.04	9.89	1038.3	11338	2192	73.76	44.61	141.45	15.99	7.76	*0.00
% of Calories												21.1%	67.0%	17.1%	8.3%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

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Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Pizza Shop

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 - 05/25/2018																
Pizza Shop	Total	1														
PEPPERONI PIZZA	SLICE	1	350	40	1090	2.00	2.00	234.0	1000	200	0.0	18.0	32.0	16.0	8.00	*N/A*
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,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			879	62	*1809	*10.60	8.03	1191.5	6769	1439	49.26	47.69	131.02	18.83	9.74	*0.00
% of Calories												21.7%	59.6%	19.3%	10.0%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Mon - 05/28/2018																
Pizza Shop	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																
Pizza Shop	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																
Pizza Shop	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

Pizza Shop

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)
Thu - 05/31/2018																
Pizza Shop COOK'S CHOICE MENU	Total 1 EACH	1 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																
Pizza Shop COOK'S CHOICE MENU	Total 1 EACH	1 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			894	54	*1672	*11.42	*8.46	*1084.8	*8541	*1726	*59.19	46.81	141.77	15.80	7.39	*0.00
												20.9%	63.4%	15.9%	7.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	894		600 - 700	128%			194	Correction Required - Calories too High
Cholesterol (mg)	54							
Sodium (mg)	1672		1360		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	11.42				Missing			
Iron (mg)	8.46				Missing			
Calcium (mg)	1084.8				Missing			
Vitamin A (IU)	8541				Missing			
Vitamin A (RE)	1726				Missing			
Vitamin C (mg)	59.19				Missing			
Protein (g)	46.81	20.93%						
Carbohydrate (g)	141.77	63.40%						
Total Fat (g)	15.80	15.90%						
Saturated Fat (g)	7.39	7.43%	<10.00%					
Trans Fat ¹ (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

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.