

Bloomington Public Schools #271

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/06/2020																
Ele Lunch w/Alt	Total	100														
Chicken Nuggets K-12 Proview	4 EACH	67	220	41	285	1.22	1.32	14.2	93	0.6	0	16.65	12.4	11.97	1.38	0.00
TUNA SALAD/WW Bun: K-5	1 EACH	33	230	44	396	2.30	1.99	59.1	192	0.82	*5	13.56	21.49	10.29	1.69	*0.00
Macaroni & Cheese (K-5)	.5 cup	67	172	15	229	1.53	0.79	216.8	145	0.63	6	8.59	22.72	4.93	2.86	*0.06
Broccoli frozen steamed	1/2 CUP	100	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	100	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Fruit Variety - Fresh 1/4 Cup	1/4 cup	10	22	0	0	0.92	0.06	7.6	49	9.9	4	0.29	5.71	0.07	0.02	0.00
BBQ Sauce Heinz	1 tbsp	35	40	0	260	0.00	0.36	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
Milk, Skim:LOL	half pint	40	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Choc Skim:LOL	half pint	20	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			563	59	745	7.47	3.32	524.4	3983	*50.82	*41	33.15	74.13	15.99	4.04	*0.04
% of Calories											*29.1%	23.6%	52.7%	25.6%	6.5%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 01/07/2020																
Ele Lunch w/Alt	Total	100														
Corn Dog WG:Foster Farms	1 each	67	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
Turkey Deli/WW Bun K-5 RS	sandwich	33	210	45	520	2.00	1.44	40.0	0	0.0	*3	20.0	20.0	5.5	2.00	0.00
Tortilla Chips	1 oz	100	142	0	106	1.01	0.00	40.5	0	0.0	0	2.03	19.24	7.09	1.01	0.00
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	100	130	0	550	5.00	1.80	40.0	0	0.0	*N/A*	6.0	29.0	0.0	0.00	0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
Apple Wedges	1/2 APPLE	100	53	0	1	2.43	0.12	6.1	55	4.66	11	0.26	13.98	0.17	0.03	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
Ketchup & Mustard	serving	30	21	0	217	0.10	0.16	6.7	90	0.7	*4	0.41	4.98	0.24	0.01	*0.00
Milk, Skim:LOL	half pint	60	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			671	49	1307	13.35	3.87	467.5	2613	15.31	*26	29.46	106.32	15.58	4.00	*0.00
% of Calories											*15.6%	17.6%	63.3%	20.9%	5.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/08/2020																
Ele Lunch w/Alt	Total	100														
Chicken Patty Brd/WW Bun	1 serving	67	330	30	460	3.00	2.88	60.0	100	1.2	3	16.0	31.0	16.0	3.50	0.00
Hamburger on WW Bun K-5	1 serving	33	241	40	472	3.01	2.53	60.1	0	0.0	3	16.08	21.01	11.07	4.53	0.50
Lettuce & Tomato	1/2 cup	100	10	0	4	0.71	0.18	7.0	444	6.55	1	0.52	2.16	0.11	0.02	0.00
Potatoes, Spicy Curly (K-8)	1/2 cup	100	107	0	287	1.33	0.72	0.0	0	4.0	*N/A*	1.33	13.33	5.33	1.33	0.00
BANANAS,PETITE	1 each	100	90	0	1	2.63	0.26	5.1	65	8.79	*N/A*	1.1	23.07	0.33	0.11	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	20	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
Mayo Packet	PACKET	5	80	5	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	1.50	0.00
CATSUP &MUSTARD: individual PC	PC PACK ET 1 EA	10	7	0	75	0.04	0.07	3.0	24	0.18	*1	0.18	1.41	0.13	0.01	*0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	40	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	20	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			622	41	906	7.81	3.97	373.2	1143	*22.91	*19 *12.2%	27.04 17.4%	82.52 53.0%	21.62 31.3%	5.98 8.6%	*0.17 *0.2%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 01/09/2020																
Ele Lunch w/Alt	Total	100														
Spaghetti WG/Meat Sauce (K-5)	1/2 cup	67	143	16	339	2.63	1.81	26.0	602	10.42	*1	9.36	16.46	4.65	1.69	*0.00
Chicken Strips Tyson	3 each	33	260	25	390	3.00	1.80	40.0	100	0.0	*N/A*	15.0	16.0	15.0	2.50	0.00
Garlic Toast 1.2oz WG	1 Each	100	90	0	110	1.00	0.72	0.0	200	0.0	1	3.0	15.01	2.5	0.00	0.00
Caesar Salad	1 cup	100	115	13	330	1.34	0.78	179.5	4159	1.88	*1	6.88	6.8	6.83	3.09	*0.00
Veg Choice Cooked 1/4 cup	1/4 CUP	100	19	0	8	1.15	0.26	9.8	1138	6.54	1	1.08	4.23	0.15	0.03	0.00
Fresh Fruit Choice	1/2 cup	100	60	0	1	2.38	0.15	20.0	130	27.03	*0	0.83	15.43	0.2	0.05	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
BBQ Sauce Heinz	1 Tbsp	1	40	0	260	0.00	0.36	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	60	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			568	39	937	8.70	3.75	540.4	6571	45.25	*16 *11.5%	31.02 21.8%	71.74 50.5%	18.74 29.7%	5.73 9.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Fri - 01/10/2020																
Ele Lunch w/Alt	Total	100														
Pizza Wedge WG Real Slice	1 each	67	270	10	800	4.00	5.40	250.0	500	0.0	*N/A*	15.0	32.0	10.0	3.00	0.00
School-Made PB&J WG K-5	serving	33	382	0	391	4.57	1.81	54.9	0	0.0	*3	14.68	34.55	22.76	4.69	*0.00
CARROTS frozen steamed	1/2 CUP	100	27	0	44	2.43	0.39	26.4	12303	1.72	*N/A*	0.43	5.72	0.5	0.09	0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
Fruit Variety - Canned	1/2 cup	100	65	0	5	1.44	0.38	8.0	156	8.3	*13	0.39	17.18	0.09	0.01	0.00
Fruit Variety - Fresh 1/4 Cup	1/4 cup	10	22	0	0	0.92	0.06	7.6	49	9.9	4	0.29	5.71	0.07	0.02	0.00
ICE CREAM SANDWICH, MINI MITEY	1 each	100	100	10	55	0.00	0.00	40.0	0	0.0	*N/A*	2.0	16.0	3.0	1.50	0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	40	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	20	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			615	24	930	8.95	5.20	572.4	15373	*20.56	*28 *18.5%	26.14 17.0%	88.77 57.8%	18.87 27.6%	5.78 8.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 01/13/2020																
Ele Lunch w/Alt	Total	100														
Chicken Patty Brd/WW Bun	serving	67	330	30	460	3.00	2.88	60.0	100	1.2	3	16.0	31.0	16.0	3.50	0.00
Pork Steak, Breaded	serving	33	300	40	390	2.00	1.80	40.0	5	0.0	1	14.0	16.0	20.0	6.00	0.00
Mashed Potatoes K-8	SERVING	100	68	0	325	1.51	0.27	15.1	0	6.79	1	1.51	15.1	0.0	0.00	0.00
Gravy Chicken Knorr 1oz	1/2 CUP	1	30	0	130	0.00	0.00	0.0	300	0.0	1	0.0	4.0	1.0	0.00	0.00
Garlic Toast WW	1 EACH	100	80	0	140	1.00	0.72	0.0	100	0.0	*N/A*	2.0	11.0	3.5	1.00	0.00
California Blend	1/2 CUP	100	23	0	23	2.53	0.44	23.7	4428	22.22	2	1.57	4.64	0.27	0.04	0.00
PEACHES: canned, light syrup	1/2 cup	100	53	0	6	1.30	0.38	6.0	340	3.81	0	0.5	13.39	0.13	0.00	0.00
Fruit Variety - Fresh 1/4 Cup	1/4 cup	10	22	0	0	0.92	0.06	7.6	49	9.9	4	0.29	5.71	0.07	0.02	0.00
Milk, Skim:LOL	half pint	45	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	45	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Choc Skim:LOL	half pint	10	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			649	41	1067	9.10	4.34	399.0	5469	*36.78	*18 *11.0%	28.96 17.9%	84.50 52.1%	22.36 31.0%	6.05 8.4%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

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Tue - 01/14/2020																
Ele Lunch w/Alt	Total	100														
Hamburger on WW Bun K-5	1 serving	67	241	40	472	3.01	2.53	60.1	0	0.0	3	16.08	21.01	11.07	4.53	0.50
Sub Sandwich on WW Bun K-5	1 each	33	225	48	811	2.00	1.82	215.2	193	1.12	*5	15.37	22.08	8.76	2.99	0.00
Lettuce & Tomato	1/2 cup	100	10	0	4	0.71	0.18	7.0	444	6.55	1	0.52	2.16	0.11	0.02	0.00
Potatoes, Spicy Curly (K-8)	1/2 cup	100	107	0	287	1.33	0.72	0.0	0	4.0	*N/A*	1.33	13.33	5.33	1.33	0.00
Baby Carrots/Dip: 1/2 cup	1/2 cup	100	75	3	248	3.29	1.01	46.3	15640	3.55	6	1.23	10.34	3.65	0.53	0.00
Apple Wedges	1/2 APPLE	100	53	0	1	2.43	0.12	6.1	55	4.66	11	0.26	13.98	0.17	0.03	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
Ketchup & Mustard	serving	1	21	0	217	0.10	0.16	6.7	90	0.7	*4	0.41	4.98	0.24	0.01	*0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	60	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			581	52	1256	10.50	4.35	471.1	16711	21.95	*34 *23.5%	27.21 18.7%	75.09 51.7%	20.57 31.9%	6.52 10.1%	*0.34 *0.5%
Nutrient Guideline			550-650		1230											<10.00

Wed - 01/15/2020																
Ele Lunch w/Alt	Total	100														
Quesadilla Cheese:5oz Max	1 each	67	360	15	810	5.00	2.70	350.0	300	0.0	*N/A*	18.0	42.0	14.0	4.00	0.00
TUNA SALAD/WW Bun: K-5	1 EACH	33	230	44	396	2.30	1.99	59.1	192	0.82	*5	13.56	21.49	10.29	1.69	*0.00
GARDEN SALAD No Dressing	SERVING	100	13	0	15	1.16	0.73	26.9	3654	8.6	1	1.0	2.66	0.19	0.03	0.00
Refried Beans Dehyd	1/2 CUP	67	140	0	510	8.00	1.80	40.0	0	1.2	0	8.0	24.0	1.5	0.50	0.00
Pineapple Tidbits	1/2 cup	100	66	0	1	1.01	0.49	17.6	48	9.45	16	0.45	16.95	0.15	0.01	0.00
Fruit Variety - Fresh 1/4 Cup	1/4 cup	10	22	0	0	0.92	0.06	7.6	49	9.9	4	0.29	5.71	0.07	0.02	0.00
Salad Dressing Composite	1 TBSP	15	29	1	143	0.08	0.05	4.7	30	0.46	2	0.22	2.5	2.12	0.25	*0.00
Milk, Skim:LOL	half pint	40	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Choc Skim:LOL	half pint	20	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			600	32	1193	11.74	4.91	626.8	4526	*22.10	*32 *21.6%	31.41 20.9%	86.27 57.5%	15.45 23.2%	4.25 6.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Thu - 01/16/2020																
Ele Lunch w/Alt	Total	100														
Taco Meat K-5	1.5 OZ	67	103	24	392	0.39	1.75	21.6	248	1.41	*1	10.74	2.45	5.69	2.41	*0.00
Fish Taco K-5	1 EACH	33	300	15	440	5.00	1.08	80.0	0	0.0	*N/A*	18.0	34.0	10.0	2.00	0.00
Tortilla WW Catalia 8"	1 each	67	120	0	160	3.00	0.00	60.0	0	0.0	*N/A*	4.0	20.0	3.0	1.00	0.00
Lettuce Shred 1/4 C	1/4 cup	100	2	0	1	0.17	0.06	2.5	69	0.39	0	0.12	0.41	0.02	0.00	0.00
Tomatoes Diced: 1/4 C	1/4 CUP	100	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	0.00
Corn Frozen 1/2 c	1/2 cup	100	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Pears: canned,light syrup	1/2 cup	100	58	0	2	2.00	0.26	8.0	0	2.26	0	0.38	15.12	0.12	0.00	0.00
Sorbet Variety	1 Each	100	70	0	5	3.00	0.36	60.0	2000	60.0	15	0.0	19.0	0.0	0.00	0.00
Tartar Sauce Packet	PACKET	10	23	2	97	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.94	1.72	0.19	0.00
SOUR CREAM,Light Kemps	1 TABLE SPOON	40	20	5	18	0.00	0.00	30.0	100	0.0	*N/A*	0.5	1.5	1.25	0.75	0.00
Milk, 1% :LOL	half pint	60	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	40	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			566	31	673	11.60	2.71	470.5	3315	75.04	*31	27.02	92.25	12.08	4.27	*0.00
% of Calories											*22.0%	19.1%	65.2%	19.2%	6.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 01/17/2020																
Ele Lunch w/Alt	Total	100														
French Toast Sticks WG K-8	3 PIECES	67	270	0	280	3.00	2.00	235.0	431	0.0	11	6.0	35.0	12.0	2.00	0.00
sausage link turkey Jennie O	2 links	67	120	60	200	0.00	0.72	40.0	84	0.0	*N/A*	12.0	0.0	8.0	2.00	0.00
Turkey Ham Wrap K-8	wrap	33	195	45	560	3.00	0.54	75.1	0	0.91	*N/A*	15.32	20.76	6.4	2.13	0.00
Potato Tri Tator, 2 oz. :LW	2 PIECES	67	339	0	738	3.99	1.44	0.0	0	4.78	0	3.99	39.87	15.95	4.98	0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
Orange	Orange 1	100	86	0	0	4.42	0.18	73.6	414	97.89	17	1.73	21.62	0.22	0.03	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
SYRUP,PANCAKE	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
Milk, 1% :LOL	half pint	30	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	60	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	10	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			751	62	1158	10.96	3.37	594.7	3316	*111.59	*39	29.94	95.36	27.24	7.22	*0.00
% of Calories											*20.7%	15.9%	50.8%	32.6%	8.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Bloomington Public Schools #271

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/21/2020																
Ele Lunch w/Alt	Total	100														
Corn Dog WG:Foster Farms	1 each	67	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
Turkey Deli/WW Bun K-5 RS	sandwich	33	210	45	520	2.00	1.44	40.0	0	0.0	*3	20.0	20.0	5.5	2.00	0.00
Tortilla Chips	1 oz	100	142	0	106	1.01	0.00	40.5	0	0.0	0	2.03	19.24	7.09	1.01	0.00
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	67	130	0	550	5.00	1.80	40.0	0	0.0	*N/A*	6.0	29.0	0.0	0.00	0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
Pineapple Tidbits	1/2 cup	100	66	0	1	1.01	0.49	17.6	48	9.45	16	0.45	16.95	0.15	0.01	0.00
Fruit Variety - Fresh 1/4 Cup	1/4 cup	10	22	0	0	0.92	0.06	7.6	49	9.9	4	0.29	5.71	0.07	0.02	0.00
Ketchup & Mustard	serving	30	21	0	217	0.10	0.16	6.7	90	0.7	*4	0.41	4.98	0.24	0.01	*0.00
Milk, Skim:LOL	half pint	60	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			640	49	1126	10.30	3.64	466.2	2604	20.68	*31	27.68	99.43	15.56	3.98	*0.00
% of Calories											*19.6%	17.3%	62.1%	21.9%	5.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 01/22/2020																
Ele Lunch w/Alt	Total	100														
Cheeseburger/WW Bun K-5	1 serving	67	281	49	712	3.01	2.53	174.4	171	0.0	4	20.08	22.16	13.35	5.96	0.50
Chicken Patty Brd/WW Bun	serving	33	330	30	460	3.00	2.88	60.0	100	1.2	3	16.0	31.0	16.0	3.50	0.00
Lettuce & Tomato	1/2 cup	100	10	0	4	0.71	0.18	7.0	444	6.55	1	0.52	2.16	0.11	0.02	0.00
Potatoes, Sweet CrnkC: K-8	1/2 cup	100	160	0	230	2.00	0.36	20.0	3000	6.0	8	1.0	23.0	7.0	1.00	0.00
Orange	Orange 1	100	86	0	0	4.42	0.18	73.6	414	97.89	17	1.73	21.62	0.22	0.03	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
CATSUP &MUSTARD: individual PC	PC PACK ET 1 EA	35	7	0	75	0.04	0.07	3.0	24	0.18	*1	0.18	1.41	0.13	0.01	*0.00
Mayo Packet	PACKET	1	80	5	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	1.50	0.00
Milk, 1% :LOL	half pint	45	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	45	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	10	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			662	50	1025	10.21	3.41	538.7	4547	*113.47	*44	30.06	86.91	22.82	6.88	*0.34
% of Calories											*26.4%	18.2%	52.5%	31.0%	9.4%	*0.5%
Nutrient Guideline			550-650		1230											<10.00

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Bloomington Public Schools #271

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/23/2020																
Ele Lunch w/Alt	Total	100														
Chicken Strips Tyson	3 each	67	260	25	390	3.00	1.80	40.0	100	0.0	*N/A*	15.0	16.0	15.0	2.50	0.00
Pork Steak Advance Pierre	1 Each	33	273	35	395	2.03	1.82	40.5	0	0.0	1	14.17	18.22	16.2	4.56	0.00
BROWN RICE:1/2c K-8	1/2 CUP	67	148	0	51	1.45	0.53	5.4	0	0.0	*0	3.04	30.71	1.29	0.24	*0.00
Garlic Toast	1 each	67	160	0	280	1.00	0.36	0.0	200	0.0	*N/A*	3.0	15.0	10.0	2.00	0.00
Peas frozen steamed	1/2 CUP	100	62	0	58	3.60	1.22	19.2	1680	7.92	4	4.12	11.41	0.22	0.04	0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
Fresh Fruit Choice	1/2 cup	100	60	0	1	2.38	0.15	20.0	130	27.03	*0	0.83	15.43	0.2	0.05	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
BBQ Sauce Heinz	1 Tbsp	1	40	0	260	0.00	0.36	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
Milk, Skim:LOL	half pint	60	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			704	35	826	11.17	4.00	395.1	4543	45.39	*18	32.14	90.21	24.44	5.39	*0.00
% of Calories											*10.1%	18.3%	51.2%	31.2%	6.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 01/24/2020																
Ele Lunch w/Alt	Total	100														
Cheese Bosco Stick WG (2)	2 PIECES	67	300	30	440	4.00	2.16	400.0	400	0.0	*N/A*	20.0	34.0	10.0	5.00	0.00
Sub Sandwich on WW Bun K-5	1 each	33	225	48	811	2.00	1.82	215.2	193	1.12	*5	15.37	22.08	8.76	2.99	0.00
Pizza Dipping Sauce	1/2 CUP	67	80	0	520	4.00	0.72	0.0	2000	4.8	*N/A*	2.0	14.0	1.0	0.00	0.00
Veg Choice Cooked	1/2 cup	100	64	0	29	3.19	0.83	10.7	922	5.4	*1	3.11	13.67	0.39	0.06	0.00
Veg Choice Raw	1/2 Cup	100	19	0	44	1.60	0.41	23.4	4048	15.25	2	0.8	4.1	0.14	0.04	0.00
Fruit Variety - Fresh 1/2 Cup	1/2 cup	100	42	0	0	1.76	0.10	15.0	95	19.55	7	0.54	10.78	0.13	0.03	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
Milk, Skim:LOL	half pint	40	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Choc Skim:LOL	half pint	20	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			561	43	1124	12.64	3.89	688.6	7295	*46.12	*26	32.28	83.25	11.92	5.07	0.00
% of Calories											*18.6%	23.0%	59.3%	19.1%	8.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Bloomington Public Schools #271

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion 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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/27/2020																
Ele Lunch w/Alt	Total	100														
Pizza Wedge WG Real Slice	1 each	67	270	10	800	4.00	5.40	250.0	500	0.0	*N/A*	15.0	32.0	10.0	3.00	0.00
Fish Patty on a WW Bun	serving	33	270	35	360	4.00	2.16	40.0	0	0.0	*3	15.0	34.0	8.0	1.00	0.00
MIXED VEGETABLES:1/2 Cup	1/2 CUP	100	59	0	32	4.00	0.75	22.8	3892	2.91	3	2.6	11.91	0.14	0.03	0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	100	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Fruit Variety - Fresh 1/4 Cup	1/4 cup	10	22	0	0	0.92	0.06	7.6	49	9.9	4	0.29	5.71	0.07	0.02	0.00
ICE CREAM SANDWICH, MINI MITEY	1 each	100	100	10	55	0.00	0.00	40.0	0	0.0	*N/A*	2.0	16.0	3.0	1.50	0.00
Tartar Sauce Packet	PACKET	15	23	2	97	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.94	1.72	0.19	0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	40	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	20	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			617	36	925	10.11	5.64	563.2	7058	*15.75	*35 *22.9%	28.51 18.5%	95.95 62.2%	13.89 20.3%	4.53 6.6%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 01/28/2020																
Ele Lunch w/Alt	Total	100														
Hot Dog, Turkey/WW Bun K-5	1 each	67	221	46	808	2.00	1.81	80.2	0	1.22	*4	11.1	21.01	11.12	3.04	0.00
Turkey Deli/WW Bun K-5 RS	sandwich	33	210	45	520	2.00	1.44	40.0	0	0.0	*3	20.0	20.0	5.5	2.00	0.00
Tortilla Chips	1 oz	100	142	0	106	1.01	0.00	40.5	0	0.0	0	2.03	19.24	7.09	1.01	0.00
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	100	130	0	550	5.00	1.80	40.0	0	0.0	*N/A*	6.0	29.0	0.0	0.00	0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
Apple Wedges	1/2 APPLE	100	53	0	1	2.43	0.12	6.1	55	4.66	11	0.26	13.98	0.17	0.03	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
Mayo - Nugget Brand	1 tsp	1	90	10	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	10.0	1.50	*N/A*
CATSUP &MUSTARD: individual PC	PC PACK ET 1 EA	5	7	0	75	0.04	0.07	3.0	24	0.18	*1	0.18	1.41	0.13	0.01	*0.00
Milk, Skim:LOL	half pint	40	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	60	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			658	53	1527	11.32	3.84	465.8	2588	15.92	*28 *16.9%	30.75 18.7%	98.89 60.1%	18.21 24.9%	4.67 6.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Bloomington Public Schools #271

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/29/2020																
Ele Lunch w/Alt	Total	100														
Hamburger on WW Bun K-5	1 serving	67	241	40	472	3.01	2.53	60.1	0	0.0	3	16.08	21.01	11.07	4.53	0.50
Chicken Patty Brd/WW Bun	33	330	30	460	3.00	2.88	60.0	100	1.2	3	16.0	31.0	16.0	3.50	0.00	
Lettuce & Tomato	1/2 cup	100	10	0	4	0.71	0.18	7.0	444	6.55	1	0.52	2.16	0.11	0.02	0.00
Roasted Red Potatoes	1/2 cup	100	126	0	166	2.52	1.25	17.6	12	10.89	1	2.85	24.05	2.4	0.35	*0.00
BANANAS,PETITE	1 each	100	90	0	1	2.63	0.26	5.1	65	8.79	*N/A*	1.1	23.07	0.33	0.11	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
CATSUP & MUSTARD: individual PC	PC PACK ET 1 EA	15	7	0	75	0.04	0.07	3.0	24	0.18	*1	0.18	1.41	0.13	0.01	*0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	20	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	40	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			610	44	801	8.93	4.36	390.5	1165	*28.50	*21 *13.8%	28.56 18.7%	90.45 59.3%	16.56 24.4%	5.27 7.8%	*0.34 *0.5%
Nutrient Guideline			550-650		1230											<10.00

Thu - 01/30/2020																
Ele Lunch w/Alt	Total	100														
Chicken Alfredo	1 cup	67	359	63	655	5.92	0.94	110.6	301	0.0	*0	19.88	27.3	17.51	8.11	0.00
Chicken Strips Tyson	3 each	33	260	25	390	3.00	1.80	40.0	100	0.0	*N/A*	15.0	16.0	15.0	2.50	0.00
Garlic Toast WW	1 EACH	100	80	0	140	1.00	0.72	0.0	100	0.0	*N/A*	2.0	11.0	3.5	1.00	0.00
Caesar Salad	1 cup	100	115	13	330	1.34	0.78	179.5	4159	1.88	*1	6.88	6.8	6.83	3.09	*0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
Fresh Fruit Choice	1/2 cup	100	60	0	1	2.38	0.15	20.0	130	27.03	*0	0.83	15.43	0.2	0.05	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
Milk, 1% :LOL	half pint	60	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Choc Skim:LOL	half pint	40	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			709	71	1210	10.54	3.10	599.0	7255	*38.39	*17 *9.5%	36.39 20.5%	75.51 42.6%	28.78 36.5%	11.32 14.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<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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Bloomington Public Schools #271

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/31/2020																
Ele Lunch w/Alt	Total	100														
Wild Mike's Cheese Bites K-8	3 each	67	213	15	410	3.04	1.09	182.2	304	0.0	0	12.15	21.26	9.11	3.04	0.00
Hot Dog, Turkey/WW Bun K-5	1 each	33	221	46	808	2.00	1.81	80.2	0	1.22	*4	11.1	21.01	11.12	3.04	0.00
Pizza Dipping Sauce	1/2 CUP	67	80	0	520	4.00	0.72	0.0	2000	4.8	*N/A*	2.0	14.0	1.0	0.00	0.00
Veg Choice Cooked	1/2 cup	100	64	0	29	3.19	0.83	10.7	922	5.4	*1	3.11	13.67	0.39	0.06	0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
Fruit Variety	1/2 CUP	100	62	0	2	1.65	0.25	10.7	108	10.05	13	0.49	16.02	0.15	0.03	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
Variety Snack	1 each	100	132	0	130	1.80	0.50	48.1	0	0.0	*2	1.81	19.05	4.92	1.00	0.00
CATSUP & MUSTARD: individual PC	PC PACK ET 1 EA	5	7	0	75	0.04	0.07	3.0	24	0.18	*1	0.18	1.41	0.13	0.01	*0.00
Milk, Skim:LOL	half pint	20	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	40	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			650	32	1228	12.89	3.62	530.4	5207	*28.55	*33	26.98	98.08	16.98	4.76	*0.00
% of Calories											*20.6%	16.6%	60.3%	23.5%	6.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			632	44	1051	10.44	3.96	509.3	5541	*40.79	*28	29.72	88.19	18.82	5.56	*0.06
											*40.4%	18.8%	55.9%	26.8%	7.9%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	632		550 - 650	100%				
Cholesterol (mg)	44							
Sodium 1 (mg)	1051		1230					
Sodium 2 (mg)	1051		935				116	Correction Required - Sodium too High
Fiber (g)	10.44							
Iron (mg)	3.96							
Calcium (mg)	509.3							
Vitamin A (IU)	5541							
Sugars (g)	28	17.96%			Missing			
Vitamin C (mg)	40.79				Missing			
Protein (g)	29.72	18.83%						
Carbohydrate (g)	88.19	55.86%						
Total Fat (g)	18.82	26.83%						
Saturated Fat (g)	5.56	7.93%	<10.00%					
Trans Fat ¹ (g)	0.06	0.09%			Missing			

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