

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Indian Mounds Elem

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 - 02/03/2020																
Indian Mounds Elem	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
Turkey Ham & Cheese Bun	1 EACH	33	294	54	908	3.05	2.19	140.9	174	0.9	4	20.81	34.99	8.96	3.39	*0.00
Macaroni & Cheese (K-5)	.5 cup	100	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			641	67	990	8.22	3.64	622.9	4025	*51.06	43	38.38	86.08	17.18	5.55	*0.06
% of Calories											26.6%	24.0%	53.7%	24.1%	7.8%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	
Tue - 02/04/2020																
Indian Mounds Elem	Total	100														
Meatball Sub	1 Sub (4 balls)	67	469	53	1153	7.10	3.44	113.3	1217	2.92	*5	22.88	35.18	26.94	12.00	1.33
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
Fresh Veggie Cup	1/2 cup	100	7	0	11	0.55	0.12	8.1	408	12.12	1	0.33	1.63	0.08	0.02	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
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
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			691	59	1732	12.07	5.32	513.5	1840	27.28	*34	35.21	92.00	22.18	9.65	0.89
% of Calories											*19.9%	20.4%	53.2%	28.9%	12.6%	1.2%
Nutrient Guideline			550-650		1230										<10.00	

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

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Base Menu Spreadsheet

Indian Mounds Elem

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)
Wed - 02/05/2020																
Indian Mounds Elem	Total	100														
Chicken Patty Brd/WW Bun	67 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
Turkey Deli/WW Bun K-5 RS	33 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
Potatoes, Spicy Curly (K-8)	100 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
Lettuce & Tomato	100 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
Apple Wedges	100 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	20 .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	1 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
CATSUP & MUSTARD: individual PC	5 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 1% LOL	40 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	40 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	20 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			571	42	916	7.28	3.47	367.4	1132	*18.77	*30 *20.7%	27.48 19.2%	73.03 51.1%	19.25 30.3%	5.00 7.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 02/06/2020																
Indian Mounds Elem	Total	100														
Spaghetti WG/Meat Sauce (K-5)	67 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
Sandwich Choice	33 Sandwich	33	322	39	693	3.65	2.28	68.1	26	0.63	*6	18.7	33.27	13.83	3.60	*0.00
Garlic Toast 1.2oz WG	67 1 Each	67	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	100 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	100 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	100 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	10 .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 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	40 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	60 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			559	44	1001	8.58	3.67	549.7	6480	45.45	*18 *12.8%	31.25 22.4%	72.48 51.8%	17.53 28.2%	6.09 9.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/07/2020																
Indian Mounds Elem	Total	100														
Toasted Cheese WW Bread:K-5	1 EACH	67	244	25	694	2.00	1.44	140.0	220	0.0	5	11.0	28.0	10.49	5.04	0.00
PBJ School-Made	33 serving	33	559	0	551	6.62	2.65	32.4	3	0.13	*11	19.79	55.08	32.31	6.42	*0.00
Yogurt Variety Upstate Farms	4 oz	100	90	0	50	0.00	0.00	301.1	0	0.0	15	3.01	19.07	0.0	0.00	0.00
Soup, Tomato	1/2 cup	100	53	1	238	0.46	0.33	38.1	247	3.07	*7	1.92	10.84	0.0	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
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			734	24	1129	9.69	3.47	777.1	4007	*28.51	*58	30.86	113.84	19.30	6.21	*0.00
% of Calories											*31.5%	16.8%	62.0%	23.7%	7.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	
Mon - 02/10/2020																
Indian Mounds Elem	Total	100														
Chicken Patty Brd/WW Bun	67 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
Turkey Ham & Cheese Bun	1 EACH	33	294	54	908	3.05	2.19	140.9	174	0.9	4	20.81	34.99	8.96	3.39	*0.00
Mashed Potatoes K-8	100 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
	1/2 CUP															
Gravy Chicken Knorr 1oz	1 oz	10	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			650	45	1249	9.45	4.47	432.3	5552	*37.08	*19	31.20	91.12	18.80	5.18	*0.00
% of Calories											*11.6%	19.2%	56.1%	26.0%	7.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Portion Values - Detailed

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	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 - 02/11/2020																
Indian Mounds Elem	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
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
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	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			760	63	1236	10.63	3.79	641.0	3354	111.91	*40	29.95	95.10	28.27	7.65	*0.00
% of Calories											*20.9%	15.8%	50.0%	33.5%	9.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 02/12/2020																
Indian Mounds Elem	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
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
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 CrnkIC: 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
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
Ketchup & Mustard	35 serving	35	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	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			605	49	939	8.11	3.05	388.3	4098	*23.92	*28	28.16	85.91	17.76	5.42	*0.34
% of Calories											*18.2%	18.6%	56.8%	26.4%	8.1%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

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Thu - 02/13/2020																
Indian Mounds Elem	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
Sandwich Choice	Sandwich	33	322	39	693	3.65	2.28	68.1	26	0.63	*6	18.7	33.27	13.83	3.60	*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
SOUR CREAM,Light Kemps	1 TABLE SPOON	15	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	38	743	11.16	3.11	459.1	3298	75.24	*33	27.13	91.44	12.86	4.59	*0.00
% of Calories											*23.4%	19.2%	64.6%	20.4%	7.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 02/18/2020																
Indian Mounds Elem	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
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
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
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
Salsa Rosarita	1/4 Cup	100	10	0	180	*N/A*	0.00	0.0	200	2.4	1	0.0	2.0	0.0	0.00	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	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 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	50	1317	*9.47	3.51	510.4	817	15.62	*31	25.63	98.62	16.50	4.29	*0.00
% of Calories											*19.3%	16.0%	61.7%	23.2%	6.0%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Indian Mounds Elem

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)
Wed - 02/19/2020																
Indian Mounds Elem	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
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
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
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
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
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	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			613	39	957	12.63	5.25	629.2	7223	*110.76	*36 *23.4%	31.40 20.5%	94.88 61.9%	13.03 19.1%	4.86 7.1%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 02/20/2020																
Indian Mounds Elem	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
Sandwich Choice	Sandwich	33	322	39	693	3.65	2.28	68.1	26	0.63	*6	18.7	33.27	13.83	3.60	*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 % of Calories			720	37	925	11.71	4.15	404.2	4552	45.60	*19 *10.7%	33.63 18.7%	95.17 52.8%	23.66 29.6%	5.08 6.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Indian Mounds Elem

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)
Fri - 02/21/2020																
Indian Mounds Elem	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
PBJ School-Made	serving	33	559	0	551	6.62	2.65	32.4	3	0.13	*11	19.79	55.08	32.31	6.42	*0.00
Marinara Sauce Italian	1/2 cup	67	70	*N/A*	460	1.00	1.44	40.0	1000	15.0	9	2.0	12.0	*N/A*	*N/A*	*N/A*
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
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
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	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 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	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			625	*27	987	10.12	4.08	654.2	6828	*53.29	*35	31.71	84.77	*18.78	*6.16	*0.00
% of Calories											*22.5%	20.3%	54.2%	*27.0%	*8.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 02/24/2020																
Indian Mounds Elem	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
Turkey Ham & Cheese Bun	1 EACH	33	294	54	908	3.05	2.19	140.9	174	0.9	4	20.81	34.99	8.96	3.39	*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
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
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	15	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	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			555	52	1093	7.58	3.48	401.3	1172	*17.43	*31	27.84	72.25	18.38	6.35	*0.34
% of Calories											*22.1%	20.0%	52.0%	29.8%	10.3%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

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Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Indian Mounds Elem

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)
Tue - 02/25/2020																
Indian Mounds Elem	Total	100														
SLOPPY JOE/WW BUN (K-5)	SERVINGS	67	309	39	765	3.38	4.44	85.1	611	7.37	*13	22.59	32.7	10.34	4.47	*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
Doritos Variety Chips	Package	100	132	0	185	2.03	0.27	15.2	25	0.0	0	2.03	20.25	5.06	0.39	0.00
Fresh Veggie Cup/Dip	1/2 cup	100	28	1	95	0.67	0.16	20.1	698	23.22	*2	0.86	3.29	1.43	0.34	*0.01
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
Mandarin Oranges	1/2 cup	100	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*N/A*
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 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	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			634	50	1206	8.20	4.72	482.6	4309	60.11	*26	32.80	89.04	17.71	5.36	*0.01
% of Calories											*16.3%	20.7%	56.2%	25.2%	7.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 02/26/2020																
Indian Mounds Elem	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
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
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 CUP															
BANANAS,PETITE	1/2 CUP	100	140	0	510	8.00	1.80	40.0	0	1.2	0	8.0	24.0	1.5	0.50	0.00
Fruit Variety - Canned 1/4 cup	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
Salad Dressing Composite	.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	1 TBSP	1	29	1	143	0.08	0.05	4.7	30	0.46	2	0.22	2.5	2.12	0.25	*0.00
Milk 1% 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	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	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			661	32	1382	15.87	5.10	620.1	4478	*20.93	*16	36.78	99.76	14.24	4.59	*0.00
% of Calories											*9.7%	22.2%	60.3%	19.4%	6.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Indian Mounds Elem

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)
Thu - 02/27/2020																
Indian Mounds Elem	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
Sandwich Choice	Sandwich	33	322	39	693	3.65	2.28	68.1	26	0.63	*6	18.7	33.27	13.83	3.60	*0.00
Garlic Toast WW	1 EACH	67	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			703	76	1263	10.43	3.03	608.2	7198	*38.60	*19 *10.7%	36.95 21.0%	77.58 44.2%	27.24 34.9%	11.36 14.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 02/28/2020																
Indian Mounds Elem	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
PBJ Sandwich IW	1 each	33	310	0	310	4.00	1.08	40.0	65	0.0	13	10.0	35.0	16.0	2.50	0.00
Marinara Sauce Italian	1/2 cup	67	70	*N/A*	460	1.00	1.44	40.0	1000	15.0	9	2.0	12.0	*N/A*	*N/A*	*N/A*
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
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
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 % of Calories			667	*17	1009	11.53	3.86	543.7	4507	*35.45	*41 *24.7%	26.61 16.0%	99.88 59.9%	*17.91 *24.2%	*4.58 *6.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			644	*45	1115	*10.15	3.95	533.6	4159	*45.39	*31 *43.1%	31.28 19.4%	89.61 55.6%	*18.92 *26.4%	*6.00 *8.4%	*0.09 *0.1%
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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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Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Indian Mounds Elem

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	644		550 - 650	100%													
Cholesterol (mg)	45				Missing												
Sodium 1 (mg)	1115		1230														
Sodium 2 (mg)	1115		935						180	Correction Required - Sodium too High							
Fiber (g)	10.15				Missing												
Iron (mg)	3.95																
Calcium (mg)	533.6																
Vitamin A (IU)	4159																
Sugars (g)	31	19.14%			Missing												
Vitamin C (mg)	45.39				Missing												
Protein (g)	31.28	19.42%															
Carbohydrate (g)	89.61	55.64%															
Total Fat (g)	18.92	26.43%			Missing												
Saturated Fat (g)	6.00	8.38%	<10.00%		Missing												
Trans Fat ¹ (g)	0.09	0.13%			Missing												

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

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