

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

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																
Olson Middle Lunch	Total	100														
Chicken Nuggets K-12 Proview	4 EACH	62	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 SAND. WW:6-12	1 EACH	30	341	55	538	3.43	2.78	35.4	242	1.03	*5	17.44	36.2	14.87	2.31	*0.00
Salad Chicken Caesar w G Toast	salad	8	696	40	1019	5.33	4.42	136.4	8521	4.96	*1	22.07	44.72	48.29	10.89	*0.00
Macaroni & Cheese (6-12)	1 cup	62	343	30	458	3.07	1.57	433.6	289	1.27	11	17.18	45.43	9.87	5.71	*0.13
Broccoli frozen steamed	1/2 CUP	92	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	92	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	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	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			713	71	878	8.69	4.05	645.9	4490	*48.27	*41	39.48	89.14	23.24	6.68	*0.08
% of Calories											*22.9%	22.1%	50.0%	29.3%	8.4%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 02/04/2020																
Olson Middle Lunch	Total	100														
Meatball Sub	1 Sub (4 balls)	62	469	53	1153	7.10	3.44	113.3	1217	2.92	*5	22.88	35.18	26.94	12.00	1.33
Hot Dog Beef /WW Bun 6-12	1 each	30	320	42	980	2.00	1.80	60.0	0	0.0	*4	11.0	24.0	20.0	7.00	0.00
Salad Garden w/Chick & T:OLM	salad	8	527	33	856	8.06	4.45	110.0	11270	17.64	*11	19.83	53.18	27.35	4.74	*0.01
Potatoes, Spicy Curly (K-8)	1/2 cup	92	107	0	287	1.33	0.72	0.0	0	4.0	*N/A*	1.33	13.33	5.33	1.33	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
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 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	50	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	5	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			782	56	1845	11.32	5.39	442.3	2222	*19.63	*34	32.81	95.88	31.08	11.83	*0.83
% of Calories											*17.4%	16.8%	49.0%	35.8%	13.6%	*1.0%
Nutrient Guideline			600-700		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.

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

Portion Values - Detailed

Page 2

Generated on: 11/22/2019 10:01:02 AM

	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																
Olson Middle Lunch	Total	100														
Chicken Patty Brd/WW Bun 6-12	1 serving	62	409	30	549	4.05	3.45	31.6	102	1.2	3	17.54	45.09	18.29	3.83	*0.00
Hamburger on WW Bun 6-12	1 serving	30	320	40	561	4.06	3.10	31.7	2	0.0	3	17.61	35.11	13.36	4.86	*0.50
Salad Taco w Chips:OLM	salad	8	609	44	1282	11.91	5.96	284.7	1901	16.43	*5	25.97	65.67	26.47	8.16	*0.00
Lettuce & Tomato	1/2 cup	92	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	92	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	1	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			666	41	1020	9.06	4.51	364.8	1237	*18.76	*29 *17.5%	28.22 17.0%	87.25 52.4%	23.65 32.0%	6.35 8.6%	*0.15 *0.2%
Nutrient Guideline			600-700		1360											<10.00

Thu - 02/06/2020																
Olson Middle Lunch	Total	100														
Spaghetti WG/Meat Sauce (6-12)	1 cup	62	287	32	678	5.26	3.62	52.0	1204	20.83	*2	18.72	32.92	9.3	3.37	*0.00
Chicken Strips Tyson	3 each	30	260	25	390	3.00	1.80	40.0	100	0.0	*N/A*	15.0	16.0	15.0	2.50	0.00
Salad Chicken Caesar w G Toast	salad	8	696	40	1019	5.33	4.42	136.4	8521	4.96	*1	22.07	44.72	48.29	10.89	*0.00
Garlic Toast 1.2oz WG	1 Each	92	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	92	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	92	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	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			686	49	1174	10.25	4.94	549.8	7203	*50.43	*18 *10.4%	36.80 21.5%	83.53 48.7%	24.05 31.5%	7.23 9.5%	*0.00 *0.0%
Nutrient Guideline			600-700		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.

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

Portion Values - Detailed

Page 3

Generated on: 11/22/2019 10:01:02 AM

	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																
Olson Middle Lunch	Total	100														
Toasted Cheese WW Bread:6-8	1 EACH	62	326	38	937	2.87	1.60	184.2	303	0.13	4	13.52	34.36	16.92	8.27	*0.00
Yogurt Variety Upstate Farms	4 oz	92	90	0	50	0.00	0.00	301.1	0	0.0	15	3.01	19.07	0.0	0.00	0.00
PBJ Sandwich IV	1 each	30	310	0	310	4.00	1.08	40.0	65	0.0	13	10.0	35.0	16.0	2.50	0.00
Salad Garden w/Chick & T:OLM	salad	8	527	33	856	8.06	4.45	110.0	11270	17.64	*11	19.83	53.18	27.35	4.74	*0.01
Soup, Tomato	1/2 cup	92	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	92	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	92	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 - 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 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			692	34	1206	9.55	3.05	783.0	4749	*37.69	*52	29.30	105.47	19.04	6.96	*0.00
% of Calories											*30.2%	16.9%	61.0%	24.8%	9.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 02/10/2020																
Olson Middle Lunch	Total	100														
Chicken Patty Breaded	1 serving	62	230	30	280	1.00	1.80	20.0	100	1.2	0	12.0	12.0	15.0	3.00	0.00
Pork Steak, Breaded	1 serving	30	300	40	390	2.00	1.80	40.0	5	0.0	1	14.0	16.0	20.0	6.00	0.00
Salad Chicken Caesar w G Toast	salad	8	696	40	1019	5.33	4.42	136.4	8521	4.96	*1	22.07	44.72	48.29	10.89	*0.00
Mashed Potatoes K-8	SERVING	92	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															
Low Fat Gravy (BROTH)	1 OZ	15	14	0	94	0.07	0.17	1.7	0	0.0	*0	0.76	2.21	0.17	0.04	*N/A*
Garlic Toast 1.2oz WG	1 Each	92	90	0	110	1.00	0.72	0.0	200	0.0	1	3.0	15.01	2.5	0.00	0.00
California Blend	1/2 CUP	92	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 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

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.

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

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)
Weighted Daily Average			622	41	963	7.68	3.74	378.0	5948	*34.07	*18	27.65	77.88	22.87	5.18	*0.00
% of Calories											*11.9%	17.8%	50.1%	33.1%	7.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 02/11/2020																
Olson Middle Lunch	Total	100														
French Toast Sticks WG K-8	4 PIECES	62	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	62	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 Deli/WW Bun 6-12	sandwich	30	289	45	609	3.05	2.01	11.6	2	0.0	*3	21.53	34.09	7.79	2.33	*0.00
Salad Garden w/Chick & T:OLM	salad	8	527	33	856	8.06	4.45	110.0	11270	17.64	*11	19.83	53.18	27.35	4.74	*0.01
Potato Tri Tator, 2 oz. :LW	2 PIECES	62	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	92	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*
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*
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			784	60	1167	11.12	3.93	567.6	4055	*111.62	*41	31.79	99.79	28.20	7.31	*0.00
% of Calories											*20.7%	16.2%	50.9%	32.4%	8.4%	*0.0%
Nutrient Guideline			600-700		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.

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

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 - 02/12/2020																
Olson Middle Lunch	Total	100														
Hamburger on WW Bun 6-12	1 serving	62	320	40	561	4.06	3.10	31.7	2	0.0	3	17.61	35.11	13.36	4.86	*0.50
Turkey Ham & Cheese Bun	1 EACH	30	294	54	908	3.05	2.19	140.9	174	0.9	4	20.81	34.99	8.96	3.39	*0.00
Salad Taco w Chips:OLM	salad	8	609	44	1282	11.91	5.96	284.7	1901	16.43	*5	25.97	65.67	26.47	8.16	*0.00
Lettuce & Tomato	1/2 cup	92	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	92	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	92	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	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
Mayo - Nugget Brand	1 tsp	10	90	10	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	10.0	1.50	*N/A*
Milk 1% LOL	half pint	20	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	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			699	52	1161	9.39	3.86	416.6	4068	*23.28	*28	29.79	100.14	21.51	6.17	*0.31
% of Calories											*16.3%	17.0%	57.3%	27.7%	7.9%	*0.4%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 02/13/2020																
Olson Middle Lunch	Total	100														
Taco Meat 6-12	2 OZ	62	139	32	525	0.52	2.34	29.0	333	1.88	*1	14.39	3.28	7.62	3.23	*0.00
Fish Tacos 6-12	wrap	30	300	15	440	5.00	1.08	80.0	0	0.0	*N/A*	18.0	34.0	10.0	2.00	0.00
Salad Chicken Caesar w G Toast	salad	8	696	40	1019	5.33	4.42	136.4	8521	4.96	*1	22.07	44.72	48.29	10.89	*0.00
Tortilla WW Catalia 8"	1 each	62	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	92	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	92	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	92	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 Kemp	1 TABLE SPOON	49	20	5	18	0.00	0.00	30.0	100	0.0	*N/A*	0.5	1.5	1.25	0.75	0.00
Tartar Sauce Packet	PACKET	1	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	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

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.

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

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)
Weighted Daily Average			625	37	809	11.57	3.27	481.5	4096	*73.94	*33	29.61	95.51	15.81	5.16	*0.00
% of Calories											*21.4%	19.0%	61.2%	22.8%	7.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 02/18/2020																
Olson Middle Lunch	Total	100														
Corn Dog WG:Foster Farms	1 each	62	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
TUNA SALAD SAND. WW:6-12	1 EACH	30	341	55	538	3.43	2.78	35.4	242	1.03	*5	17.44	36.2	14.87	2.31	*0.00
Salad Garden w/Chick & T:OLM	salad	8	527	33	856	8.06	4.45	110.0	11270	17.64	*11	19.83	53.18	27.35	4.74	*0.01
Tortilla Chips	1 oz	92	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	62	130	0	550	5.00	1.80	40.0	0	0.0	*N/A*	6.0	29.0	0.0	0.00	0.00
Salsa Rosarita	1/4 Cup	92	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
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	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			685	51	1221	*9.91	3.92	449.6	1762	*16.30	*33	26.47	103.22	19.29	4.17	*0.00
% of Calories											*19.2%	15.4%	60.2%	25.3%	5.5%	*0.0%
Nutrient Guideline			600-700		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.

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

Portion Values - Detailed

Page 7

Generated on: 11/22/2019 10:01:02 AM

	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																
Olson Middle Lunch	Total	100														
Pizza French Bread 6"	1 Each	62	300	20	570	3.00	*N/A*	*N/A*	*N/A*	*N/A*	4	17.0	34.0	11.0	4.00	0.00
Turkey Deli/WW Bun 6-12	sandwich	30	289	45	609	3.05	2.01	11.6	2	0.0	*3	21.53	34.09	7.79	2.33	*0.00
Salad Taco w Chips:OLM	salad	8	609	44	1282	11.91	5.96	284.7	1901	16.43	*5	25.97	65.67	26.47	8.16	*0.00
MIXED VEGETABLES:1/2 Cup	1/2 CUP	92	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	92	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	5	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			682	47	887	12.64	*2.16	*471.9	*6567	*111.23	*38	33.59	102.28	16.14	6.08	*0.00
% of Calories											*22.5%	19.7%	60.0%	21.3%	8.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 02/20/2020																
Olson Middle Lunch	Total	100														
Chicken Strips Tyson	3 each	62	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	30	273	35	395	2.03	1.82	40.5	0	0.0	1	14.17	18.22	16.2	4.56	0.00
Salad Chicken Caesar w G Toast	salad	8	696	40	1019	5.33	4.42	136.4	8521	4.96	*1	22.07	44.72	48.29	10.89	*0.00
BROWN RICE:1/2c K-8	1/2 CUP	62	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 WW	1 EACH	92	80	0	140	1.00	0.72	0.0	100	0.0	*N/A*	2.0	11.0	3.5	1.00	0.00
Peas frozen steamed	1/2 CUP	92	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	92	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	5	40	0	260	0.00	0.36	0.0	0	0.0	8	0.0	10.0	0.0	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	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

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.

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

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)
Weighted Daily Average			700	36	831	11.21	4.51	400.1	4932	*44.07	*19	32.05	91.74	23.51	5.56	*0.00
% of Calories											*10.9%	18.3%	52.4%	30.2%	7.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 02/21/2020																
Olson Middle Lunch	Total	100														
Cheese Bosco Stick WG (2)	2 PIECES	62	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 6-12	1 each	30	304	48	910	3.05	2.39	166.8	195	1.13	*4	17.9	35.17	11.05	3.82	*0.00
Salad Garden w/Chick & T:OLM	salad	8	527	33	856	8.06	4.45	110.0	11270	17.64	*11	19.83	53.18	27.35	4.74	*0.01
Marinara Sauce Italian	1/2 cup	92	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	92	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	92	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
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 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			627	*43	1238	10.35	4.96	675.4	5554	*39.43	*40	32.94	94.06	*13.36	*5.35	*0.00
% of Calories											*25.6%	21.0%	60.0%	*19.2%	*7.7%	*0.0%
Nutrient Guideline			600-700		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.

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

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 - 02/24/2020																
Olson Middle Lunch	Total	100														
Hamburger on WW Bun 6-12	1 serving	62	320	40	561	4.06	3.10	31.7	2	0.0	3	17.61	35.11	13.36	4.86	*0.50
Chicken Patty Brd/WW Bun 6-12	1 serving	30	409	30	549	4.05	3.45	31.6	102	1.2	3	17.54	45.09	18.29	3.83	*0.00
Salad Chicken Caesar w G Toast	salad	8	696	40	1019	5.33	4.42	136.4	8521	4.96	*1	22.07	44.72	48.29	10.89	*0.00
Lettuce & Tomato	1/2 cup	92	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	92	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	15	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	5	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			649	44	1017	8.54	4.29	353.4	1738	*17.48	*29	27.96	82.58	24.29	6.98	*0.31
% of Calories											*17.9%	17.2%	50.9%	33.7%	9.7%	*0.4%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 02/25/2020																
Olson Middle Lunch	Total	100														
SLOPPY JOE/WW BUN (6-8)	SERVINGS	62	388	39	855	4.43	5.01	56.7	614	7.37	*13	24.13	46.79	12.63	4.80	*0.00
Sub Sandwich on WW Bun 6-12	1 each	30	304	48	910	3.05	2.39	166.8	195	1.13	*4	17.9	35.17	11.05	3.82	*0.00
Salad Garden w/Chick & T:OLM	salad	8	527	33	856	8.06	4.45	110.0	11270	17.64	*11	19.83	53.18	27.35	4.74	*0.01
Doritos Variety Chips	Package	92	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	1/2 cup	92	7	0	11	0.55	0.12	8.1	408	12.12	1	0.33	1.63	0.08	0.02	0.00
Veg Choice Cooked 1/4 cup	1/4 CUP	92	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 - 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	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 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			697	48	1207	9.19	5.21	434.3	4809	*48.63	*26	33.71	101.04	19.39	5.52	*0.00
% of Calories											*14.7%	19.3%	57.9%	25.0%	7.1%	*0.0%
Nutrient Guideline			600-700		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.

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

Portion Values - Detailed

Page 10

Generated on: 11/22/2019 10:01:02 AM

	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 - 02/26/2020																
Olson Middle Lunch	Total	100														
Quesadilla Cheese:5oz Max	1 each	62	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 SAND. WW:6-12	1 EACH	30	341	55	538	3.43	2.78	35.4	242	1.03	*5	17.44	36.2	14.87	2.31	*0.00
Salad Taco w Chips:OLM	salad	8	609	44	1282	11.91	5.96	284.7	1901	16.43	*5	25.97	65.67	26.47	8.16	*0.00
GARDEN SALAD SPINACH/RO MAINE	SERVING 1 CUP	92	36	1	156	0.90	0.69	27.3	3484	5.61	2	0.94	3.82	2.24	0.27	*0.00
Refried Beans Dehyd	1/2 CUP	62	140	0	510	8.00	1.80	40.0	0	1.2	0	8.0	24.0	1.5	0.50	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
Salad Dressing Composite	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 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			690	37	1364	13.57	5.01	605.8	4213	*18.90	*17 *9.8%	33.41 19.4%	98.19 57.0%	19.74 25.8%	5.18 6.8%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 02/27/2020																
Olson Middle Lunch	Total	100														
Chicken Alfredo	1 cup	62	359	63	655	5.92	0.94	110.6	301	0.0	*0	19.88	27.3	17.51	8.11	0.00
Turkey Ham & Cheese Bun	1 EACH	30	294	54	908	3.05	2.19	140.9	174	0.9	4	20.81	34.99	8.96	3.39	*0.00
Salad Chicken Caesar w G Toast	salad	8	696	40	1019	5.33	4.42	136.4	8521	4.96	*1	22.07	44.72	48.29	10.89	*0.00
Garlic Toast 1.2oz WG	1 Each	62	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	92	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	92	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	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
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 % of Calories			705	77	1292	10.05	3.12	618.1	7421	*38.78	*17 *9.9%	37.74 21.4%	79.13 44.9%	26.50 33.8%	10.43 13.3%	*0.00 *0.0%
Nutrient Guideline			600-700		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.

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

Portion Values - Detailed

Page 11

Generated on: 11/22/2019 10:01:02 AM

	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 - 02/28/2020																
Olson Middle Lunch	Total	100														
Wild Mike's Cheese Bites	4 each	62	283	20	547	4.05	1.46	243.0	405	0.0	0	16.2	28.35	12.15	4.05	0.00
Hot Dog Beef /WW Bun 6-12	1 each	30	399	42	1079	3.05	2.37	11.6	2	0.0	*3	13.54	37.09	22.29	7.83	*0.00
Salad Garden w/Chick & T:OLM	salad	8	527	33	856	8.06	4.45	110.0	11270	17.64	*11	19.83	53.18	27.35	4.74	*0.01
Marinara Sauce Italian	1/2 cup	62	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	30	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	92	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 - 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
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	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 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			692	*35	1328	10.02	3.94	565.7	4569	*41.26	*32	28.63	91.69	*22.66	*6.91	*0.00
% of Calories											*18.6%	16.6%	53.0%	*29.5%	*9.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	
Weighted Average			689	*48	1145	*10.23	*4.10	*511.3	*4424	*44.10	*30	31.77	93.25	*21.91	*6.61	*0.09
											*39.7%	18.5%	54.2%	*28.6%	*8.6%	*0.1%

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.

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Olson Middle Lunch

Portion Values - Detailed

Page 12

Generated on: 11/22/2019 10:01:02 AM

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	689		600 - 700	100%														
Cholesterol (mg)	48				Missing													
Sodium 1 (mg)	1145		1360															
Sodium 2 (mg)	1145		1035						110	Correction Required - Sodium too High								
Fiber (g)	10.23				Missing													
Iron (mg)	4.10				Missing													
Calcium (mg)	511.3				Missing													
Vitamin A (IU)	4424				Missing													
Sugars (g)	30	17.64%			Missing													
Vitamin C (mg)	44.10				Missing													
Protein (g)	31.77	18.45%																
Carbohydrate (g)	93.25	54.16%																
Total Fat (g)	21.91	28.63%			Missing													
Saturated Fat (g)	6.61	8.64%	<10.00%		Missing													
Trans Fat ¹ (g)	0.09	0.12%			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.