

Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

VVMS Menu

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 - 02/03/2020																
VVMS Menu	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 SAND. WW:6-12	1 EACH	33	341	55	538	3.43	2.78	35.4	242	1.03	*5	17.44	36.2	14.87	2.31	*0.00
Macaroni & Cheese (6-12)	1 cup	67	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	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	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	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			701	73	857	8.87	3.98	661.8	4096	*51.31	*42	40.19	90.80	20.81	6.16	*0.09
% of Calories											*24.1%	22.9%	51.8%	26.7%	7.9%	*0.1%
Nutrient Guideline			600-700		1360											<10.00
Tue - 02/04/2020																
VVMS Menu	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
Hot Dog Beef /WW Bun 6-12	1 each	33	320	42	980	2.00	1.80	60.0	0	0.0	*4	11.0	24.0	20.0	7.00	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
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
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	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	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 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			689	54	1750	12.07	5.31	342.4	1627	*25.48	*31	30.58	88.91	25.39	10.68	*0.89
% of Calories											*17.8%	17.8%	51.6%	33.2%	14.0%	*1.2%
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
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Base Menu Spreadsheet

VVMS Menu

Portion Values - Detailed

Page 2

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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)
Wed - 02/05/2020																
VVMS Menu	Total	100														
Chicken Patty Brd/WW Bun 6-12	1 serving	67	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	33	320	40	561	4.06	3.10	31.7	2	0.0	3	17.61	35.11	13.36	4.86	*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
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	1 serving	5	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			657	40	995	8.60	4.38	345.4	1130	*18.38	*29	27.72	86.78	23.30	6.15	*0.17
% of Calories											*17.8%	16.9%	52.8%	31.9%	8.4%	*0.2%
Nutrient Guideline			600-700		1360											<10.00

	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 - 02/06/2020																
VVMS Menu	Total	100														
Spaghetti WG/Meat Sauce (6-12)	1 cup	67	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	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	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			670	50	1174	10.46	4.96	557.8	7024	*51.74	*18	37.29	84.17	21.86	6.86	*0.00
% of Calories											*10.8%	22.2%	50.2%	29.3%	9.2%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/07/2020																
VVMS Menu	Total	100														
Toasted Cheese WW Bread:6-8	1 EACH	70	326	38	937	2.87	1.60	184.2	303	0.13	4	13.52	34.36	16.92	8.27	*0.00
Yogurt 4oz Raspberry Upstate F	1 EACH	70	90	0	50	0.00	0.00	301.1	0	1.2	15	3.01	19.07	0.0	0.00	0.00
PBJ Sandwich IW	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
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 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	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 - 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	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			688	34	1203	9.75	3.12	721.7	3201	*28.89	*53	29.20	107.63	18.34	7.26	*0.00
% of Calories											*31.0%	17.0%	62.5%	24.0%	9.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 02/10/2020																
VVMS Menu	Total	100														
Chicken Patty Breaded	serving	67	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	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
	1/2 CUP															
Low Fat Gravy (BROTH)	1 OZ	50	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	100	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	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 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			607	40	977	7.80	3.70	373.0	5641	*36.06	*19	27.66	78.94	20.64	4.66	*0.00
% of Calories											*12.3%	18.2%	52.1%	30.6%	6.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Tue - 02/11/2020																
VVMS Menu	Total	100														
French Toast Sticks WG K-8	4 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 Deli/WW Bun 6-12 sandwich	33	289	45	609	3.05	2.01	11.6	2	0.0	*3	21.53	34.09	7.79	2.33	*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	5	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
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			789	62	1180	10.98	3.85	573.8	3341	*111.06	*41	31.98	100.94	27.95	7.44	*0.00
% of Calories											*20.6%	16.2%	51.2%	31.9%	8.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 02/12/2020																
VVMS Menu	Total	100														
Hamburger on WW Bun 6-12	1 serving	67	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	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, 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	serving	10	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			681	52	1072	9.14	3.64	400.8	4134	*24.04	*27	29.35	99.05	20.38	6.10	*0.34
% of Calories											*15.9%	17.2%	58.2%	26.9%	8.1%	*0.4%
Nutrient Guideline			600-700		1360										<10.00	

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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)
Thu - 02/13/2020																
VVMS Menu	Total	100														
Taco Meat 6-12	2 OZ	67	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	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 or Taco Shell 1	1 EACH	67	126	0	164	3.09	0.02	61.4	0	0.0	*0	4.09	20.86	3.3	1.10	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	5	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	45	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	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			602	36	781	11.75	3.13	477.9	3476	*74.40	*34	29.55	96.16	13.05	4.61	*0.00
% of Calories											*22.5%	19.6%	63.9%	19.5%	6.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 02/18/2020																
VVMS Menu	Total	100														
Corn Dog Nuggets (K-12):FF	6 each	67	270	38	420	4.50	2.16	150.0	0	0.0	6	10.5	30.0	12.0	3.75	0.00
TUNA SALAD SAND. WW:6-12	1 EACH	33	341	55	538	3.43	2.78	35.4	242	1.03	*5	17.44	36.2	14.87	2.31	*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
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
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

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Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

VVMS Menu

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)
Weighted Daily Average % of Calories			747	50	1440	*11.26	4.67	511.2	884	*15.11	*36 *19.4%	29.30 15.7%	114.27 61.2%	21.20 25.5%	4.90 5.9%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 02/19/2020																
VVMS Menu	Total	100														
Pizza French Bread 6"	1 Each	67	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	33	289	45	609	3.05	2.01	11.6	2	0.0	*3	21.53	34.09	7.79	2.33	*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	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 % of Calories			663	46	835	12.31	*1.82	*452.3	*6889	*110.76	*39 *23.3%	33.25 20.1%	100.87 60.9%	14.82 20.1%	5.70 7.7%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 02/20/2020																
VVMS Menu	Total	100														
Sweet and Sour Chick Rice Bowl	SERVING	67	90	43	123	0.08	0.13	4.0	42	1.84	0	12.37	4.14	2.05	0.01	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	100	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	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
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
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

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Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

VVMS Menu

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)
Weighted Daily Average % of Calories			623	47	634	10.02	3.53	372.8	4570	*45.66	*20 *12.9%	31.36 20.1%	96.04 61.6%	12.99 18.8%	3.46 5.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Fri - 02/21/2020																
VVMS Menu	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 6-12	1 each	33	304	48	910	3.05	2.39	166.8	195	1.13	*4	17.9	35.17	11.05	3.82	*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
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 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 % of Calories			616	44	1157	12.07	4.02	656.6	5334	*28.51	*31 *20.4%	32.67 21.2%	92.16 59.9%	13.97 20.4%	5.55 8.1%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 02/24/2020																
VVMS Menu	Total	100														
Hamburger on WW Bun 6-12	1 serving	67	320	40	561	4.06	3.10	31.7	2	0.0	3	17.61	35.11	13.36	4.86	*0.50
Turkey Burger/WW Bun 6-12	1 serving	33	289	50	589	3.05	2.37	11.6	2	0.0	*3	20.54	33.09	9.29	2.83	*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 PACKET 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
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

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Bloomington Public Schools #271

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

VVMS Menu

Portion Values - Detailed

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Weighted Daily Average % of Calories			605	51	1029	8.27	3.90	338.8	1111	*17.08	*30 *20.1%	28.73 19.0%	80.72 53.4%	20.00 29.7%	6.39 9.5%	*0.34 *0.5%
Nutrient Guideline			600-700		1360											<10.00

Tue - 02/25/2020																
VVMS Menu	Total	100														
SLOPPY JOE/WW BUN (6-8)	SERVINGS	70	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
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	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
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 - 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
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			700	49	1223	9.20	5.30	432.7	4082	*49.29	*26 *14.8%	34.33 19.6%	102.60 58.7%	18.70 24.1%	5.57 7.2%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Wed - 02/26/2020																
VVMS Menu	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 SAND. WW:6-12	1 EACH	33	341	55	538	3.43	2.78	35.4	242	1.03	*5	17.44	36.2	14.87	2.31	*0.00
GARDEN SALAD SPINACH/RO MAINE	SERVING 1 CUP	100	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	100	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
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

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Base Menu Spreadsheet

VVMS Menu

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Weighted Daily Average % of Calories			727	36	1528	16.08	5.49	618.9	4387	*18.27	*17 *9.6%	35.87 19.7%	106.23 58.5%	19.37 24.0%	4.93 6.1%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 02/27/2020																
VVMS Menu	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
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
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 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
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	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			692	80	1306	10.58	3.06	630.4	6285	*38.32	*17 *9.6%	38.33 22.1%	78.23 45.2%	25.43 33.1%	11.08 14.4%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Fri - 02/28/2020																
VVMS Menu	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 Beef /WW Bun 6-12	1 each	33	399	42	1079	3.05	2.37	11.6	2	0.0	*3	13.54	37.09	22.29	7.83	*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
Ketchup & Mustard	serving	5	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	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

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

VVMS Menu

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)
Weighted Daily Average			697	*31	1274	11.23	4.29	534.7	4491	*35.49	*38	27.80	100.82	*20.00	*6.34	*0.00
% of Calories											*21.9%	15.9%	57.9%	*25.8%	*8.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			675	*49	1134	*10.58	*4.01	*500.2	*3984	*43.33	*30	31.95	94.74	*19.90	*6.32	*0.10
											*40.6%	18.9%	56.1%	*26.5%	*8.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	675		600 - 700	100%				
Cholesterol (mg)	49				Missing			
Sodium 1 (mg)	1134		1360					
Sodium 2 (mg)	1134		1035				99	Correction Required - Sodium too High
Fiber (g)	10.58				Missing			
Iron (mg)	4.01				Missing			
Calcium (mg)	500.2				Missing			
Vitamin A (IU)	3984				Missing			
Sugars (g)	30	18.07%			Missing			
Vitamin C (mg)	43.33				Missing			
Protein (g)	31.95	18.93%						
Carbohydrate (g)	94.74	56.13%						
Total Fat (g)	19.90	26.52%			Missing			
Saturated Fat (g)	6.32	8.43%	<10.00%		Missing			
Trans Fat ¹ (g)	0.10	0.14%			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.