

Bloomington Public Schools #271

Mar 2, 2020 thru Mar 20, 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)
Mon - 03/02/2020																
Indian Mounds Elem	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
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
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
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	67	130	0	550	5.00	1.80	40.0	0	0.0	*N/A*	6.0	29.0	0.0	0.00	0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
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
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 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			666	50	1313	11.59	4.25	507.8	3006	*14.67	*20	28.90	101.99	17.27	4.64	*0.00
% of Calories											*12.0%	17.3%	61.2%	23.3%	6.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	
Tue - 03/03/2020																
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
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
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 1.2oz WG	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
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
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
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
BBQ Sauce Heinz	1 Cup	5	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			699	40	850	9.88	4.36	444.1	3764	26.23	*33	32.16	105.50	17.61	3.61	*0.00
% of Calories											*19.1%	18.4%	60.4%	22.7%	4.6%	*0.0%
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

	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 - 03/04/2020																
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
Roasted Red Potatoes	1/2 cup	100	126	0	166	2.52	1.25	17.6	12	10.89	1	2.85	24.05	2.4	0.35	*0.00
BANANAS,PETITE	1 each	100	90	0	1	2.63	0.26	5.1	65	8.79	*N/A*	1.1	23.07	0.33	0.11	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	10	32	0	2	0.72	0.19	4.0	78	4.15	*6	0.19	8.59	0.04	0.00	0.00
Mayo Packet	PACKET	5	80	5	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	1.50	0.00
CATSUP &MUSTARD: individual PC	PC PACK ET 1 EA	10	7	0	75	0.04	0.07	3.0	24	0.18	*1	0.18	1.41	0.13	0.01	*0.00
Milk 1% LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim LOL	half pint	40	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Choc Skim LOL	half pint	20	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			568	49	810	8.60	3.88	383.8	1081	*28.58	*20 *13.9%	29.87 21.0%	85.35 60.1%	13.54 21.4%	4.85 7.7%	*0.34 *0.5%
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/05/2020																
Indian Mounds Elem	Total	100														
Spaghetti WG/Meat Sauce (K-5)	1/2 cup	67	143	16	339	2.63	1.81	26.0	602	10.42	*1	9.36	16.46	4.65	1.69	*0.00
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
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
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	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	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 % of Calories			555	45	1043	7.87	3.70	539.9	7167	22.34	*17 *12.0%	29.47 21.2%	66.91 48.2%	19.90 32.3%	7.23 11.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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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 - 03/10/2020																
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
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
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
	1 CUP															
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
Fruit Variety - Canned	1/2 cup	100	65	0	5	1.44	0.38	8.0	156	8.3	*13	0.39	17.18	0.09	0.01	0.00
Fruit Variety - Fresh 1/4 Cup	1/4 cup	10	22	0	0	0.92	0.06	7.6	49	9.9	4	0.29	5.71	0.07	0.02	0.00
ICE CREAM SANDWICH, MINI MITEY	1 each	100	100	10	55	0.00	0.00	40.0	0	0.0	*N/A*	2.0	16.0	3.0	1.50	0.00
Salad Dressing Composite	1 TBSP	15	29	1	143	0.08	0.05	4.7	30	0.46	2	0.22	2.5	2.12	0.25	*0.00
Milk 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			547	40	1052	6.84	5.55	626.6	6742	28.36	*29	26.97	80.57	14.26	5.19	*0.00
% of Calories											*21.3%	19.7%	58.9%	23.4%	8.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00
Wed - 03/11/2020																
Indian Mounds Elem	Total	100														
Chicken Patty Brd/WW Bun	serving	67	330	30	460	3.00	2.88	60.0	100	1.2	3	16.0	31.0	16.0	3.50	0.00
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
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
CATSUP &MUSTARD: individual PC	PC PACK	15	7	0	75	0.04	0.07	3.0	24	0.18	*1	0.18	1.41	0.13	0.01	*0.00
	ET 1 EA															
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	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			643	42	883	6.68	3.31	388.8	4371	*18.11	*44	27.38	87.18	20.84	4.65	*0.00
% of Calories											*27.5%	17.0%	54.2%	29.2%	6.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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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)
Thu - 03/12/2020																
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
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
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
Sorbet Variety	1 Each	10	70	0	5	3.00	0.36	60.0	2000	60.0	15	0.0	19.0	0.0	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
SOUR CREAM,Light Kemps	1 TABLE SPOON	5	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 % of Calories			582	37	1245	13.49	4.43	449.3	1372	26.75	*33 *22.8%	33.05 22.7%	84.10 57.8%	13.80 21.3%	4.95 7.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 03/13/2020																
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
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
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	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			794	47	1080	11.29	3.55	583.2	3362	*111.06	*44 *22.0%	28.18 14.2%	100.76 50.8%	30.66 34.7%	7.49 8.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Mon - 03/16/2020																
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	67	172	15	229	1.53	0.79	216.8	145	0.63	6	8.59	22.72	4.93	2.86	*0.06
Broccoli frozen steamed	1/2 CUP	100	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
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
BBQ Sauce Heinz	1 tbsp	40	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 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			577	62	933	8.91	3.19	549.9	3834	*52.16	*36	35.32	76.73	15.64	4.62	*0.04
% of Calories											*25.2%	24.5%	53.2%	24.4%	7.2%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/17/2020																
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
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
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*
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
Mayo Packet	PACKET	33	80	5	65	0.00	0.00	0.0	0	0.0	0	0.0	9.0	1.50	1.50	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			586	*46	1102	10.86	4.60	717.1	5344	55.81	*25	33.18	80.85	*14.55	*5.84	*0.00
% of Calories											*16.9%	22.7%	55.2%	*22.3%	*9.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Bloomington Public Schools #271

Mar 2, 2020 thru Mar 20, 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)
Wed - 03/18/2020																
Indian Mounds Elem	Total	100														
Cheeseburger/WW Bun K-5	1 serving	67	281	49	712	3.01	2.53	174.4	171	0.0	4	20.08	22.16	13.35	5.96	0.50
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	67	10	0	4	0.71	0.18	7.0	444	6.55	1	0.52	2.16	0.11	0.02	0.00
Potato Crinkle Cut GF	1/2 cup	100	173	0	213	1.33	0.48	0.0	0	4.8	0	2.67	28.02	6.0	0.67	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
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 - 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
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			722	55	1378	10.55	4.25	467.5	1033	*20.90	*18 *10.0%	36.23 20.1%	108.45 60.1%	18.27 22.8%	6.06 7.5%	*0.34 *0.4%
Nutrient Guideline			550-650		1230											<10.00

	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 - 03/19/2020																
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	Sandwiche	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
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
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
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 1% LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim LOL	half pint	60	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			686	75	1256	10.06	3.14	596.6	6972	14.82	*17 *9.6%	36.53 21.3%	74.71 43.5%	26.77 35.1%	11.02 14.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Bloomington Public Schools #271

Mar 2, 2020 thru Mar 20, 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 - 03/20/2020																
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
Pizza Dipping Sauce	1/2 CUP	100	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
Milk Skim LOL	half pint	20	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Choc Skim LOL	half pint	40	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Milk 1% LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			573	17	1101	13.06	3.11	468.8	5887	*29.72	*34	25.46	88.19	13.99	3.57	0.00
% of Calories											*24.0%	17.8%	61.5%	22.0%	5.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			631	*46	1080	9.98	3.95	517.2	4149	*34.58	*28	30.98	87.79	*18.24	*5.67	*0.06
											*40.6%	19.6%	55.7%	*26.0%	*8.1%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	631		550 - 650	100%				
Cholesterol (mg)	46				Missing			
Sodium 1 (mg)	1080		1230					
Sodium 2 (mg)	1080		935			145	Correction Required - Sodium too High	
Fiber (g)	9.98							
Iron (mg)	3.95							
Calcium (mg)	517.2							
Vitamin A (IU)	4149							
Sugars (g)	28	18.06%			Missing			
Vitamin C (mg)	34.58				Missing			
Protein (g)	30.98	19.64%						
Carbohydrate (g)	87.79	55.67%						
Total Fat (g)	18.24	26.02%			Missing			
Saturated Fat (g)	5.67	8.09%	<10.00%		Missing			
Trans Fat ¹ (g)	0.06	0.08%			Missing			

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