

# Bloomington Public Schools #271

Mar 2, 2020 thru Mar 20, 2020

## Base Menu Spreadsheet

VVMS Menu

### 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 <sup>1</sup> (g)
<b>Mon - 03/02/2020</b>																
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
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	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	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			681	50	1182	11.71	4.43	472.7	3025	*14.69	*20	27.77	102.19	19.21	4.29	*0.00
% of Calories											*12.0%	16.3%	60.0%	25.4%	5.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Tue - 03/03/2020</b>																
VVMS Menu	Total	100														
Chicken Tangerine	3.9 oz	67	190	45	380	2.00	1.44	0.0	0	0.0	13	14.0	25.0	1.0	1.00	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 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
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
BBQ Sauce Heinz	1 Cup	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	49	741	9.55	4.35	359.6	3749	*25.38	*42	32.09	116.21	11.42	3.11	*0.00
% of Calories											*24.1%	18.3%	66.3%	14.7%	4.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Mar 2, 2020 thru Mar 20, 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 <sup>1</sup> (g)
Wed - 03/04/2020																
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
Fish Patty on a WW Bun	1 serving	33	270	35	360	4.00	2.16	40.0	0	0.0	*3	15.0	34.0	8.0	1.00	0.00
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
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	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			641	46	818	9.97	4.50	364.7	1082	*28.58	*20 *12.4%	29.25 18.2%	99.43 62.0%	15.92 22.3%	4.74 6.7%	*0.34 *0.5%
Nutrient Guideline			600-700		1360											<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 <sup>1</sup> (g)
Thu - 03/05/2020																
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 WW	1 EACH	100	80	0	140	1.00	0.72	0.0	100	0.0	*N/A*	2.0	11.0	3.5	1.00	0.00
Caesar Salad	1 cup	100	115	13	330	1.34	0.78	179.5	4159	1.88	*1	6.88	6.8	6.83	3.09	*0.00
Veg Choice Raw	1/4 Cup	100	9	0	22	0.80	0.20	11.7	2024	7.63	1	0.4	2.05	0.07	0.02	0.00
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
BBQ Sauce Heinz	1 Cup	15	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			653	50	1255	9.74	5.05	548.0	7678	*28.63	*18 *10.9%	35.18 21.6%	78.77 48.3%	22.71 31.3%	7.80 10.7%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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Mar 2, 2020 thru Mar 20, 2020

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VVMS Menu

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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 <sup>1</sup> (g)
<b>Tue - 03/10/2020</b>																
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
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
CHEESE STICK 1oz	1 each	33	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*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 - Canned	1/2 cup	100	65	0	5	1.44	0.38	8.0	156	8.3	*13	0.39	17.18	0.09	0.01	0.00
Fruit Variety - Fresh 1/4 Cup	1/4 cup	10	22	0	0	0.92	0.06	7.6	49	9.9	4	0.29	5.71	0.07	0.02	0.00
ICE CREAM SANDWICH, MINI MITEY	1 each	100	100	10	55	0.00	0.00	40.0	0	0.0	*N/A*	2.0	16.0	3.0	1.50	0.00
Milk 1% LOL	half pint	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim LOL	half pint	40	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Choc Skim LOL	half pint	20	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			676	35	785	8.85	*1.80	*452.7	*3727	*24.23	*36	31.05	98.56	19.07	6.88	*0.00
% of Calories											*21.1%	18.4%	58.3%	25.4%	9.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Wed - 03/11/2020</b>																
VVMS Menu	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
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
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 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	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			674	43	1011	7.03	3.62	430.7	4435	*18.48	*45	26.68	92.18	22.68	5.25	*0.00
% of Calories											*26.4%	15.8%	54.7%	30.3%	7.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 03/12/2020</b>																
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 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
Tartar Sauce Packet	PACKET	10	23	2	97	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.94	1.72	0.19	0.00
SOUR CREAM,Light Kemp	1 TABLE SPOON	30	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 % of Calories			613	35	1285	14.02	4.43	465.6	1545	*25.90	*34 *22.2%	35.38 23.1%	88.27 57.6%	13.72 20.1%	4.87 7.1%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

<b>Fri - 03/13/2020</b>																
VVMS Menu	Total	100														
French Toast Sticks WG K-8	3 PIECES	67	270	0	280	3.00	2.00	235.0	431	0.0	11	6.0	35.0	12.0	2.00	0.00
sausage link turkey Jennie O	2 links	67	120	60	200	0.00	0.72	40.0	84	0.0	*N/A*	12.0	0.0	8.0	2.00	0.00
Turkey Ham/WW Bun 6-8	1 each	33	279	60	799	3.05	2.37	31.6	2	1.2	*3	20.54	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	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

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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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			784	67	1242	10.98	3.97	580.4	3341	*111.45	*41 *20.7%	31.65 16.2%	100.46 51.3%	27.95 32.1%	7.44 8.5%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 03/16/2020																
VVMS Menu	Total	100														
Chicken Nuggets K-12 Preview	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
Fish Nuggets	4 Nuggets	33	210	18	330	2.00	1.44	20.0	0	0.0	1	15.0	18.0	9.0	1.50	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 Fresh Steamed	1 CUP	100	55	0	64	5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	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	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 % of Calories			671	61	837	11.98	3.81	687.2	5307	*117.11	*36 *21.2%	40.01 23.8%	87.28 52.0%	19.49 26.1%	6.02 8.1%	*0.09 *0.1%
Nutrient Guideline			600-700		1360											<10.00

Tue - 03/17/2020																
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
Turkey Deli/VW 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
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
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	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

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# Bloomington Public Schools #271

Mar 2, 2020 thru Mar 20, 2020

## Base Menu Spreadsheet

VVMS Menu

### 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 <sup>1</sup> (g)
Weighted Daily Average			607	43	1084	13.22	4.19	623.1	6051	*47.65	*21	35.21	88.96	12.78	5.06	*0.00
% of Calories										*13.6%	23.2%	58.6%	18.9%	7.5%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00	

Wed - 03/18/2020																
VVMS Menu	Total	100														
Cheeseburger/WW 51% Bun 6-12	1 serving	67	355	48	771	4.06	3.10	131.7	152	0.0	4	21.11	36.11	15.36	6.11	*0.50
SLOPPY JOE/WW BUN (6-8)	SERVINGS	33	388	39	855	4.43	5.01	56.7	614	7.37	*13	24.13	46.79	12.63	4.80	*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	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	45	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim LOL	half pint	45	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Choc Skim LOL	half pint	10	120	5	180	0.00	0.00	300.0	750	*N/A*	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			828	52	1520	12.05	5.81	444.3	1197	*23.56	*21	38.27	125.88	22.00	7.14	*0.34
% of Calories											*10.0%	18.5%	60.8%	23.9%	7.8%	*0.4%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 03/19/2020																
VVMS Menu	Total	100														
Chicken Alfredo	1 cup	65	359	63	655	5.92	0.94	110.6	301	0.0	*0	19.88	27.3	17.51	8.11	0.00
Chicken Strips Tyson	3 each	35	260	25	390	3.00	1.80	40.0	100	0.0	*N/A*	15.0	16.0	15.0	2.50	0.00
Garlic Toast WW	1 EACH	100	80	0	140	1.00	0.72	0.0	100	0.0	*N/A*	2.0	11.0	3.5	1.00	0.00
Caesar Salad	1 cup	65	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 - 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

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# Bloomington Public Schools #271

Mar 2, 2020 thru Mar 20, 2020

## Base Menu Spreadsheet

VVMS Menu

### 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 <sup>1</sup> (g)
Weighted Daily Average			663	65	1063	10.39	2.90	533.2	4831	*37.94	*15	34.57	72.80	26.05	9.91	*0.00
% of Calories											*8.9%	20.8%	43.9%	35.3%	13.4%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Fri - 03/20/2020																
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
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
CHEESE STICK 1oz	1 each	33	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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			695	*22	1059	11.53	3.88	612.1	4555	*35.45	*41	29.04	100.24	*19.78	*5.76	*0.00
% of Calories											*23.7%	16.7%	57.7%	*25.6%	*7.5%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Weighted Average			684	*48	1068	10.85	*4.06	*505.7	*3886	*41.47	*30	32.78	96.25	*19.44	*6.02	*0.06
											*39.3%	19.2%	56.3%	*25.6%	*7.9%	*0.1%

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# Bloomington Public Schools #271

Mar 2, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	684		600 - 700	100%													
Cholesterol (mg)	48				Missing												
Sodium 1 (mg)	1068		1360														
Sodium 2 (mg)	1068		1035						33	Correction Required - Sodium too High							
Fiber (g)	10.85																
Iron (mg)	4.06				Missing												
Calcium (mg)	505.7				Missing												
Vitamin A (IU)	3886				Missing												
Sugars (g)	30	17.46%			Missing												
Vitamin C (mg)	41.47				Missing												
Protein (g)	32.78	19.18%															
Carbohydrate (g)	96.25	56.31%															
Total Fat (g)	19.44	25.60%			Missing												
Saturated Fat (g)	6.02	7.92%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.06	0.08%			Missing												

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