

Bloomington Public Schools #271

Mar 2, 2020 thru Mar 20, 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 - 03/02/2020																
Olson Middle Lunch	Total	100														
Corn Dog Nuggets (K-12):FF	6 each	62	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	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
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
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	92	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			735	50	1349	12.90	5.02	483.8	3697	*15.05	*20	29.83	108.81	21.62	4.87	*0.00
% of Calories											*10.9%	16.2%	59.2%	26.5%	6.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 03/03/2020																
Olson Middle Lunch	Total	100														
Chicken Tangerine	3.9 oz	62	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	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 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
BROWN RICE:1/2c K-8	1/2 CUP	92	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	92	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	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
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	48	762	9.52	4.39	365.0	4399	*25.75	*42	31.79	113.76	12.73	3.27	*0.00
% of Calories											*24.0%	18.1%	64.9%	16.4%	4.2%	*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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	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 - 03/04/2020																
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
Fish Patty on a WW Bun	serving	30	270	35	360	4.00	2.16	40.0	0	0.0	*3	15.0	34.0	8.0	1.00	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
Roasted Red Potatoes	1/2 cup	92	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 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
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			655	46	868	10.34	4.65	382.8	1198	*28.50	*20 *12.1%	29.73 18.2%	99.82 61.0%	16.93 23.3%	5.09 7.0%	*0.31 *0.4%
Nutrient Guideline			600-700		1360											<10.00

Thu - 03/05/2020																
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 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
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
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

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Weighted Daily Average			670	49	1252	9.57	5.03	539.9	7793	*27.23	*18	34.82	78.63	24.83	8.10	*0.00
% of Calories											*10.5%	20.8%	46.9%	33.3%	10.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 03/10/2020																
Olson Middle Lunch	Total	100														
Pizza Wedge WG Real Slice	1 each	62	270	10	800	4.00	5.40	250.0	500	0.0	*N/A*	15.0	32.0	10.0	3.00	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
CHEESE STICK 1oz	1 each	30	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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
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 - 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			667	30	949	9.52	5.39	607.3	4696	*24.60	*33	29.74	97.53	19.40	6.25	*0.00
% of Calories											*20.0%	17.8%	58.5%	26.2%	8.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Wed - 03/11/2020																
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
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 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
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	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	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			724	44	1078	8.17	4.19	425.4	4225	*19.40	*42	28.24	99.31	24.63	5.81	*0.00
% of Calories											*23.3%	15.6%	54.8%	30.6%	7.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 03/12/2020																
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
Refried Beans Dehyd	1/2 CUP	92	140	0	510	8.00	1.80	40.0	0	1.2	0	8.0	24.0	1.5	0.50	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
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	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
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	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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Weighted Daily Average % of Calories			615	35	1269	13.71	4.36	446.8	2441	*19.94	*18 *11.7%	34.93 22.7%	83.46 54.3%	16.13 23.6%	5.21 7.6%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 03/13/2020																
Olson Middle Lunch	Total	100														
French Toast Sticks WG K-8	3 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 Ham/WW Bun 6-8	1 each	30	279	60	799	3.05	2.37	31.6	2	1.2	*3	20.54	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*
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			781	65	1224	11.12	4.03	573.6	4055	*111.98	*41 *20.8%	31.49 16.1%	99.78 51.1%	28.10 32.4%	7.29 8.4%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Bloomington Public Schools #271

Mar 2, 2020 thru Mar 20, 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 - 03/16/2020																
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
Fish Nuggets	4 Nuggets	30	210	18	330	2.00	1.44	20.0	0	0.0	1	15.0	18.0	9.0	1.50	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
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 Fresh Steamed	1 CUP	92	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	92	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	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	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			689	60	875	11.66	3.89	669.2	5615	*108.71	*35 *20.4%	39.31 22.8%	86.76 50.4%	21.93 28.7%	6.48 8.5%	*0.08 *0.1%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 03/17/2020																
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
Turkey Deli/VW 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
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*
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
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			619	*42	1171	11.46	5.10	645.9	6216	*58.40	*29 *18.9%	35.29 22.8%	91.07 58.9%	*12.19 *17.7%	*4.89 *7.1%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Bloomington Public Schools #271

Mar 2, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Olson Middle Lunch

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																
Olson Middle Lunch	Total	100														
Cheeseburger/WW 51% Bun 6-12	1 serving	62	355	48	771	4.06	3.10	131.7	152	0.0	4	21.11	36.11	15.36	6.11	*0.50
Chicken Patty Brd/WW Bun	30	330	30	460	3.00	2.88	60.0	100	1.2	3	16.0	31.0	16.0	3.50	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
Potato Crinkle Cut GF	1/2 cup	92	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	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
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	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			819	49	1411	12.06	5.25	459.5	1355	*23.34	*20 *9.7%	35.75 17.5%	122.13 59.6%	23.41 25.7%	6.83 7.5%	*0.31 *0.3%
Nutrient Guideline			600-700		1360											<10.00

Thu - 03/19/2020																
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
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 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
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
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
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
Weighted Daily Average % of Calories			716	69	1166	9.97	3.31	576.2	7300	*14.55	*16 *8.8%	36.46 20.4%	76.64 42.8%	29.12 36.6%	10.19 12.8%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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Bloomington Public Schools #271

Mar 2, 2020 thru Mar 20, 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)
Fri - 03/20/2020																
Olson Middle Lunch	Total	100														
Wild Mike's Cheese Bites K-8	3 each	62	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	30	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	30	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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
Pizza Dipping Sauce	1/2 CUP	92	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	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
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			609	24	1139	12.80	3.26	527.7	6420	*29.71	*35	27.91	88.28	16.83	4.80	*0.00
% of Calories											*22.8%	18.3%	58.0%	24.9%	7.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			692	*47	1116	10.98	4.45	515.6	4570	*39.01	*28	32.71	95.85	*20.60	*6.08	*0.05
											*36.8%	18.9%	55.4%	*26.8%	*7.9%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	692		600 - 700	100%				
Cholesterol (mg)	47				Missing			
Sodium 1 (mg)	1116		1360					
Sodium 2 (mg)	1116		1035				81	Correction Required - Sodium too High
Fiber (g)	10.98							
Iron (mg)	4.45							
Calcium (mg)	515.6							
Vitamin A (IU)	4570							
Sugars (g)	28	16.37%			Missing			
Vitamin C (mg)	39.01				Missing			
Protein (g)	32.71	18.90%						
Carbohydrate (g)	95.85	55.38%						
Total Fat (g)	20.60	26.79%			Missing			
Saturated Fat (g)	6.08	7.91%	<10.00%		Missing			
Trans Fat ¹ (g)	0.05	0.07%			Missing			

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