

Bloomington Public Schools #271

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

Page 1

Generated on: 2/28/2019 2:55:32 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/01/2019														
Secondary Lunch JFK	Total													
Corn Dog Nuggets (K-12):FF	6 each	270	38	420	4.50	2.16	150.0	0	0.0	10.5	30.0	12.0	3.75	0.00
Chicken Sriracha Bites	Pieces	290	53	381	1.52	*N/A*	0.0	305	1.83	22.86	21.33	13.71	2.29	0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Doritos Variety Chips	Package	132	0	185	2.03	0.27	15.2	25	0.0	2.03	20.25	5.06	0.39	0.00
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	130	0	550	5.00	1.80	40.0	0	0.0	6.0	29.0	0.0	0.00	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Pears: canned,light syrup	1/2 cup	58	0	2	2.00	0.26	8.0	0	2.26	0.38	15.12	0.12	0.00	0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
CATSUP & MUSTARD: individual PC	PC PACKE T 1 EA	7	0	75	0.04	0.07	3.0	24	0.18	0.18	1.41	0.13	0.01	*N/A*
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		752	67	1273	15.32	*4.66	556.7	5253	44.98	32.15	118.29	18.97	4.95	*0.00
% of Calories										17.1%	62.9%	22.7%	5.9%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Tue - 04/02/2019														
Secondary Lunch JFK	Total													
Chicken Patty Brd/WW Bun 6-12	serving	409	30	549	4.05	3.45	31.6	102	1.2	17.54	45.09	18.29	3.83	*0.00
Salad Bar - Baked Potato:TJFK	serving	674	68	1203	12.79	7.12	425.2	7829	91.7	35.67	88.37	22.51	9.10	*0.70
PBJ Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
GARDEN SALAD No Dressing	SERVING 1 CUP	13	0	15	1.16	0.73	26.9	3654	8.6	1.0	2.66	0.19	0.03	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Strawberries: frozen 1/2 cup	1/2 CUP	80	0	0	2.00	0.75	14.0	31	52.8	1.0	19.0	0.0	0.00	0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
ICE CREAM SANDWICH, MINI MITE	1 each	100	10	55	0.00	0.00	40.0	0	0.0	2.0	16.0	3.0	1.50	0.00
Salad Dressing Composite	1 TBSP	29	1	143	0.08	0.05	4.7	30	0.46	0.22	2.5	2.12	0.25	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		824	62	866	11.76	5.79	535.0	5949	83.18	35.03	122.81	23.08	6.62	*0.07
% of Calories										17.0%	59.6%	25.2%	7.2%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

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Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

Page 2

Generated on: 2/28/2019 2:55:32 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/03/2019														
Secondary Lunch JFK	Total													
Cheeseburger/WW 51% Bun 6-12	1 serving	355	48	771	4.06	3.10	131.7	152	0.0	21.11	36.11	15.36	6.11	*0.50
Meatball Sub	1 Sub (4 balls)	469	53	1153	7.10	3.44	113.3	1217	2.92	22.88	35.18	26.94	12.00	1.33
Salad Bar	1 serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Lettuce & Tomato	1/2 cup	10	0	4	0.71	0.18	7.0	444	6.55	0.52	2.16	0.11	0.01	*0.00
Potato Curly Fries 9-12	3/4 cup	160	0	430	2.00	1.08	0.0	0	6.0	2.0	20.0	8.0	2.00	0.00
Melon Chunks	1/2 cup	26	0	7	0.52	0.18	6.4	1580	17.92	0.58	6.28	0.14	0.02	0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
CATSUP & MUSTARD: individual PC	PC PACKET	7	0	75	0.04	0.07	3.0	24	0.18	0.18	1.41	0.13	0.01	*N/A*
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		750	76	1389	9.39	4.85	496.8	3799	49.67	34.33	93.23	28.46	9.86	*0.55
% of Calories										18.3%	49.7%	34.1%	11.8%	*0.7%
Nutrient Guideline		750-850		1420									<10.00	

Thu - 04/04/2019														
Secondary Lunch JFK	Total													
Chicken Strips, Tyson	3 each	260	25	390	3.00	1.80	40.0	100	0.0	15.0	16.0	15.0	2.50	0.00
PBJ Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	1 serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
BROWN RICE: 9-12	1 CUP	298	0	104	2.83	1.21	22.1	0	0.0	6.4	62.22	2.35	0.47	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Pineapple Tidbits	1/2 cup	66	0	1	1.01	0.49	17.6	48	9.45	0.45	16.95	0.15	0.01	*N/A*
Fruit Variety - Fresh 1/2 Cup	1/2 cup	42	0	0	1.76	0.10	15.0	95	19.55	0.54	10.78	0.13	0.03	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		813	51	742	12.61	4.42	535.9	6089	58.43	34.92	126.72	19.82	4.51	*0.00
% of Calories										17.2%	62.3%	21.9%	5.0%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

Page 3

Generated on: 2/28/2019 2:55:32 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/05/2019														
Secondary Lunch JFK	Total													
Mozz Chz Sticks gr 9-12	5 pieces	370	30	530	1.00	1.44	400.0	400	0.0	19.0	29.0	21.0	8.00	0.00
Pizza Bosco Sticks, WG	2 sticks	720	75	1500	9.00	5.40	450.0	1200	10.8	*11.0	87.0	27.0	13.50	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Pretzel WG 1oz	1 each	70	0	65	1.00	0.72	0.0	0	0.0	2.0	14.0	0.5	0.00	0.00
Pizza Dipping Sauce	1/2 CUP	80	0	520	4.00	0.72	0.0	2000	4.8	2.0	14.0	1.0	0.00	0.00
Coleslaw - School Made	1/2 cup	55	2	32	2.02	0.38	32.6	79	29.65	1.04	8.31	2.42	0.38	*0.00
Fruit Variety - Fresh 1/2 Cup	1/2 cup	42	0	0	1.76	0.10	15.0	95	19.55	0.54	10.78	0.13	0.03	*0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		806	67	1379	12.10	4.27	763.6	4093	70.80	*32.84	109.49	26.05	9.57	*0.00
% of Calories										*16.3%	54.3%	29.1%	10.7%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Mon - 04/08/2019														
Secondary Lunch JFK	Total													
Chicken Wings Bone In	Serving	240	115	629	0.00	0.72	0.0	0	0.0	19.98	0.0	12.99	4.00	0.00
Chicken Nuggets K-12	4 EACH	220	41	285	1.22	1.32	14.2	93	0.6	16.65	12.4	11.97	1.38	0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
TeaBisc WW 1 oz	1 EACH	88	0	145	1.31	0.71	16.4	1	0.06	2.54	14.88	2.25	0.36	*0.00
Macaroni & Cheese (6-12)	1 cup	343	30	458	3.07	1.57	433.6	289	1.27	17.18	45.43	9.87	5.71	*0.00
BROCCOLI: fresh, boiled	1 CUP	55	0	64	5.15	1.05	62.4	2415	101.24	3.71	11.2	0.64	0.11	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
APPLESAUCE: 1/2 cup	.5 CUP	51	0	2	1.34	0.28	4.9	35	25.86	0.21	13.75	0.12	0.01	0.00
Fruit Variety - Fresh 1/2 Cup	1/2 cup	42	0	0	1.76	0.10	15.0	95	19.55	0.54	10.78	0.13	0.03	*0.00
BBQ Sauce Heinz	1 tbsp	20	0	225	0.00	0.00	0.0	100	0.0	0.0	4.5	0.0	0.00	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		877	145	1344	13.59	4.69	840.9	7527	160.11	50.45	107.42	25.58	9.86	*0.00
% of Calories										23.0%	49.0%	26.3%	10.1%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

Page 4

Generated on: 2/28/2019 2:55:32 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/09/2019														
Secondary Lunch JFK	Total													
Quesadilla Chicken or Cheese	1 Piece	340	18	790	4.50	2.70	275.0	300	0.0	18.0	40.0	12.5	3.25	0.00
Walking Taco	1 EACH	472	36	513	5.54	3.59	83.2	781	11.49	18.54	43.89	22.9	5.69	*0.00
PBJ Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Refried Beans Dehyd	1/2 CUP	140	0	510	8.00	1.80	40.0	0	1.2	8.0	24.0	1.5	0.50	0.00
Tomatoes Diced: 1/4 C	1/4 CUP	8	0	2	0.54	0.12	4.5	375	6.17	0.4	1.75	0.09	0.01	*N/A*
Lettuce Shred 1/2 C	1/2 cup	4	0	3	0.33	0.11	5.0	138	0.77	0.25	0.82	0.04	0.00	0.00
Mandarin Oranges	1/2 cup	71	0	7	1.36	0.42	9.1	1467	22.23	0.61	18.21	0.16	0.01	*N/A*
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
SOUR CREAM,Light Kemp	1 TABLES POON	20	5	18	0.00	0.00	30.0	100	0.0	0.5	1.5	1.25	0.75	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		759	43	1353	15.80	5.19	664.0	3484	50.58	36.58	115.10	18.21	5.35	*0.00
% of Calories										19.3%	60.7%	21.6%	6.3%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Wed - 04/10/2019														
Secondary Lunch JFK	Total													
Wild Mike's Cheese Bites	4 each	283	20	547	4.05	1.46	243.0	405	0.0	16.2	28.35	12.15	4.05	0.00
Lasagna with Meat Sauce	Servings	490	42	659	6.76	4.73	318.3	870	9.7	25.01	67.67	14.29	7.78	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Marinara Sauce Italian	1/2 cup	70	*N/A*	460	1.00	1.44	40.0	1000	15.0	2.0	12.0	*N/A*	*N/A*	*N/A*
Caesar Salad	1 cup	115	13	312	1.34	0.78	179.5	4159	1.88	6.88	6.8	6.83	3.09	*0.00
BANANAS,PETITE	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Salad Dressing Composite	1 TBSP	29	1	143	0.08	0.05	4.7	30	0.46	0.22	2.5	2.12	0.25	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		753	*65	1455	11.01	4.67	788.3	6608	48.21	37.18	103.68	*21.46	*8.43	*0.00
% of Calories										19.8%	55.1%	*25.6%	*10.1%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Page 5

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Thu - 04/11/2019														
Secondary Lunch JFK	Total													
Chicken Alfredo	1 cup	359	63	655	5.92	0.94	110.6	301	0.0	19.88	27.3	17.51	8.11	*0.00
TUNA SALAD SAND. WW:6-12	1 EACH	341	55	538	3.43	2.78	35.4	242	1.03	17.44	36.2	14.87	2.31	*0.00
PBJ Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
French Bread WW	slices 1oz	111	0	110	2.07	1.15	7.8	2	0.0	3.78	21.84	1.23	0.28	*0.00
Peas frozen boiled	1/2 CUP	62	0	58	4.40	1.22	19.2	1680	7.92	4.12	11.41	0.22	0.04	*N/A*
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	69	0	7	1.21	0.35	7.3	252	2.3	0.48	18.07	0.08	0.01	*N/A*
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		764	75	960	15.31	4.26	531.4	6997	45.13	36.79	110.12	20.12	7.95	*0.00
% of Calories										19.3%	57.7%	23.7%	9.4%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Fri - 04/12/2019														
Secondary Lunch JFK	Total													
French Toast Sticks WG 9-12	5 PIECES	337	0	350	3.75	2.50	293.8	539	0.0	7.5	43.75	15.0	2.50	0.00
Egg Cheese Omelet	1 each	110	195	210	0.00	0.72	80.0	400	0.0	8.0	1.0	8.0	3.00	0.00
Breakfast Egg Saus Sand 6-12	1 EACH	310	45	794	3.05	2.01	234.1	348	0.0	18.62	35.12	11.34	4.36	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Potato Tri Tator, 2 oz. :LW	2 PIECES	199	0	438	1.99	0.72	0.0	0	2.39	1.99	23.87	9.95	2.98	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Orange	Orange 1	86	0	0	4.42	0.18	73.6	414	97.89	1.73	21.62	0.22	0.03	*N/A*
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
SYRUP,PANCAKE	1 TBSP	46	0	16	0.00	0.01	0.6	0	0.0	0.0	12.06	0.0	0.00	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		852	176	1176	12.80	4.48	757.2	6246	128.02	31.02	115.18	30.54	8.71	*0.00
% of Calories										14.6%	54.1%	32.3%	9.2%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/15/2019														
Secondary Lunch JFK	Total													
Sweet and Sour Chick Rice Bowl	SERVING	125	51	116	0.08	0.81	12.5	73	1.84	16.53	4.14	4.35	1.20	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
BROWN RICE: 9-12	1 CUP	298	0	104	2.83	1.21	22.1	0	0.0	6.4	62.22	2.35	0.47	*0.00
TeaBisc WW 1 oz	1 EACH	88	0	145	1.31	0.71	16.4	1	0.06	2.54	14.88	2.25	0.36	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Mandarin Oranges	1/2 cup	71	0	7	1.36	0.42	9.1	1467	22.23	0.61	18.21	0.16	0.01	*N/A*
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		768	92	694	11.43	4.44	511.3	7438	64.13	39.57	124.69	13.56	4.10	*0.00
% of Calories										20.6%	64.9%	15.9%	4.8%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/16/2019														
Secondary Lunch JFK	Total													
Chicken Strips WG Hot & Spicy	3 pieces	260	25	390	3.00	1.80	0.0	100	0.0	15.0	17.0	15.0	2.50	0.00
Hot Dog Beef /WW Bun 6-12	1 each	399	42	1079	3.05	2.37	11.6	2	0.0	13.54	37.09	22.29	7.83	*0.00
PBJ Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Tortilla Chips	1 oz	142	0	106	1.01	0.00	40.5	0	0.0	2.03	19.24	7.09	1.01	0.00
California Blend	1/2 CUP	23	0	23	2.53	0.44	23.7	4428	22.22	1.57	4.64	0.27	0.04	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
STRAWBERRIES,FRESH 1/2 c	1/2 CUP	23	0	1	1.44	0.30	11.5	9	42.34	0.48	5.53	0.22	0.01	0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
Cookie Choc Chip - Kennedy	1 each	220	17	145	0.77	0.93	10.1	132	0.0	2.01	29.1	11.15	4.99	*0.00
BBQ Sauce Heinz	1 Tbsp	20	0	225	0.00	0.00	0.0	100	0.0	0.0	4.5	0.0	0.00	0.00
CATSUP &MUSTARD: individual PC	PC PACKE T 1 EA	7	0	75	0.04	0.07	3.0	24	0.18	0.18	1.41	0.13	0.01	*N/A*
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		856	63	927	11.62	4.22	493.2	9249	97.42	31.39	111.68	34.07	9.65	*0.00
% of Calories										14.7%	52.2%	35.8%	10.2%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

Page 7

Generated on: 2/28/2019 2:55:32 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/17/2019														
Secondary Lunch JFK	Total													
Chicken Patty Brd/WW Bun 6-12	1 serving	409	30	549	4.05	3.45	31.6	102	1.2	17.54	45.09	18.29	3.83	*0.00
Hamburger on WW Bun 6-12	1 serving	320	40	561	4.06	3.10	31.7	2	0.0	17.61	35.11	13.36	4.86	*0.50
Salad Bar	1 serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Lettuce & Tomato	1/2 cup	10	0	4	0.71	0.18	7.0	444	6.55	0.52	2.16	0.11	0.01	*0.00
Roasted Red Potatoes 3/4 cup	3/4 cup	178	0	172	3.77	1.86	26.1	18	16.33	4.26	36.04	2.47	0.37	*0.00
Apple Wedges	1/2 APPLE	53	0	1	2.43	0.12	6.1	55	4.66	0.26	13.98	0.17	0.03	*N/A*
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Ketchup & Mustard	1 serving	21	0	217	0.10	0.16	6.7	90	0.7	0.41	4.98	0.24	0.01	*N/A*
Mayo Packet	1 PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
Milk, 1% :LOL	1 half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	1 half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	1 half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		808	62	940	12.24	5.55	439.1	2268	49.13	32.80	119.16	24.32	5.91	*0.08
% of Calories										16.2%	59.0%	27.1%	6.6%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

Thu - 04/18/2019														
Secondary Lunch JFK	Total													
Taco Meat 6-12	2 OZ	155	36	294	0.52	2.59	31.7	226	1.88	13.77	4.62	8.59	3.65	*0.00
PBJ Pack	1 PACKET	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	1 serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Tortilla WW Catallia 8"	2 each	240	0	480	2.00	1.44	40.0	0	0.0	6.0	40.0	7.0	1.00	0.00
Lettuce Shred 1/2 C	1/2 cup	4	0	3	0.33	0.11	5.0	138	0.77	0.25	0.82	0.04	0.00	0.00
Salsa Rosarita	1/4 Cup	10	0	180	*N/A*	0.00	0.0	200	2.4	0.0	2.0	0.0	0.00	0.00
Black Beans, #10 cans	.5 cup	109	0	461	8.30	2.28	42.0	5	3.2	7.24	19.87	0.35	0.10	0.00
Pineapple Tidbits	1/2 cup	66	0	1	1.01	0.49	17.6	48	9.45	0.45	16.95	0.15	0.01	*N/A*
Sorbet Variety	1 Each	70	0	5	3.00	0.36	60.0	2000	60.0	0.0	19.0	0.0	0.00	0.00
SOUR CREAM,Light Kemp	1 TABLES	20	5	18	0.00	0.00	30.0	100	0.0	0.5	1.5	1.25	0.75	0.00
	POON													
Milk, 1% :LOL	1 half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	1 half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	1 half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00

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Bloomington Public Schools #271

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

Page 8

Generated on: 2/28/2019 2:55:32 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		761	61	1432	*14.62	6.34	599.2	3888	82.00	36.48	114.76	18.66	5.85	*0.00
% of Calories										19.2%	60.3%	22.1%	6.9%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Mon - 04/22/2019														
Secondary Lunch JFK	Total													
Chicken Quesadilla	1 Each	320	20	770	4.00	2.70	200.0	300	0.0	18.0	38.0	11.0	2.50	0.00
Salad Bar	1 serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Tortilla Chips	1 oz	142	0	106	1.01	0.00	40.5	0	0.0	2.03	19.24	7.09	1.01	0.00
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	130	0	550	5.00	1.80	40.0	0	0.0	6.0	29.0	0.0	0.00	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
PEACHES: canned,light syrup	1/2 cup	53	0	6	1.30	0.38	6.0	340	3.81	0.5	13.39	0.13	0.00	0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
SOUR CREAM,Light Kemp	1 TABLES POON	20	5	18	0.00	0.00	30.0	100	0.0	0.5	1.5	1.25	0.75	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		768	71	1416	13.21	5.07	663.7	6166	46.13	37.73	115.33	19.72	5.13	*0.00
% of Calories										19.6%	60.0%	23.1%	6.0%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

Page 9

Generated on: 2/28/2019 2:55:32 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/23/2019														
Secondary Lunch JFK	Total													
Chicken Patty Breaded	1 EACH	230	30	280	1.00	1.80	20.0	100	1.2	12.0	12.0	15.0	3.00	0.00
Pork Steak Advance Pierre	1 Each	273	35	395	2.03	1.82	40.5	0	0.0	14.17	18.22	16.2	4.56	0.00
PBJ Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
TeaBisc WW 1 oz	1 EACH	88	0	145	1.31	0.71	16.4	1	0.06	2.54	14.88	2.25	0.36	*0.00
Mashed Potatoes 9-12	1 CUP	140	0	30	2.00	0.40	14.7	4	12.82	2.0	30.0	1.0	0.00	0.00
CARROTS:frozen, boiled	1/2 CUP	27	0	44	2.43	0.39	26.4	12303	1.72	0.43	5.72	0.5	0.09	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
GRAPES,Fresh: .5 cup	.5 CUP	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
Gravy Chicken Knorr 2 oz	2 OZ	60	0	260	0.00	0.00	0.0	600	0.0	0.0	8.0	2.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		753	50	863	10.45	4.07	492.6	16554	49.90	28.54	112.00	21.61	4.75	*0.00
% of Calories										15.2%	59.5%	25.8%	5.7%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/24/2019														
Secondary Lunch JFK	Total													
Pizza French Bread 6"	1 Each	300	20	570	3.00	*N/A*	*N/A*	*N/A*	*N/A*	17.0	34.0	11.0	4.00	0.00
Chicken Patty Brd/WW Bun 6-12	serving	409	30	549	4.05	3.45	31.6	102	1.2	17.54	45.09	18.29	3.83	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Coleslaw - School Made	1/2 cup	55	2	32	2.02	0.38	32.6	79	29.65	1.04	8.31	2.42	0.38	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
BANANAS,PETITE	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
Ketchup & Mustard	serving	21	0	217	0.10	0.16	6.7	90	0.7	0.41	4.98	0.24	0.01	*N/A*
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
ICE CREAM SANDWICH, MINI MITE	1 each	100	10	55	0.00	0.00	40.0	0	0.0	2.0	16.0	3.0	1.50	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		798	64	915	12.13	*2.73	*463.2	*2728	*60.90	34.54	124.31	20.55	7.02	*0.00
% of Calories										17.3%	62.3%	23.2%	7.9%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/25/2019														
Secondary Lunch JFK	Total													
Spaghetti WG/Meat Sauce (6-12)	1 cup	303	36	451	5.26	3.86	54.7	1099	20.83	18.11	34.25	10.25	3.78	*0.00
Chicken Strips, Tyson	3 each	260	25	390	3.00	1.80	40.0	100	0.0	15.0	16.0	15.0	2.50	0.00
PBJ Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
French Bread WW	slices 1oz	111	0	110	2.07	1.15	7.8	2	0.0	3.78	21.84	1.23	0.28	*0.00
Caesar Salad	1 cup	115	13	312	1.34	0.78	179.5	4159	1.88	6.88	6.8	6.83	3.09	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Pears: canned,light syrup	1/2 cup	58	0	2	2.00	0.26	8.0	0	2.26	0.38	15.12	0.12	0.00	0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
BBQ Sauce Heinz	1 Tbsp	20	0	225	0.00	0.00	0.0	100	0.0	0.0	4.5	0.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		802	65	1036	14.40	6.23	627.0	6742	50.31	40.16	116.00	21.39	7.72	*0.00
% of Calories										20.0%	57.8%	24.0%	8.7%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Fri - 04/26/2019														
Secondary Lunch JFK	Total													
Chicken Sriracha Bites	Pieces	290	53	381	1.52	*N/A*	0.0	305	1.83	22.86	21.33	13.71	2.29	0.00
Pizza Bosco Sticks, WG	2 sticks	720	75	1500	9.00	5.40	450.0	1200	10.8	*11.0	87.0	27.0	13.50	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Marinara Sauce Italian	1/2 cup	70	*N/A*	460	1.00	1.44	40.0	1000	15.0	2.0	12.0	*N/A*	*N/A*	*N/A*
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Fruit Variety - Fresh 1/2 Cup	1/2 cup	42	0	0	1.76	0.10	15.0	95	19.55	0.54	10.78	0.13	0.03	*0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
Variety Snack	1 each	132	0	130	1.80	0.50	48.1	0	0.0	1.81	19.05	4.92	1.00	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		780	*81	1002	12.40	*3.51	531.9	6633	62.61	*36.72	108.46	*22.32	*6.19	*0.00
% of Calories										*18.8%	55.6%	*25.7%	*7.1%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

Page 11

Generated on: 2/28/2019 2:55:32 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/29/2019														
Secondary Lunch JFK	Total													
Corn Dog Nuggets (K-12):FF	6 each	270	38	420	4.50	2.16	150.0	0	0.0	10.5	30.0	12.0	3.75	0.00
Meatballs & Gravy	4 Meatballs	335	53	937	2.67	1.92	53.3	0	0.0	18.66	9.67	25.33	12.00	1.33
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Doritos Variety Chips	Package	132	0	185	2.03	0.27	15.2	25	0.0	2.03	20.25	5.06	0.39	0.00
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	130	0	550	5.00	1.80	40.0	0	0.0	6.0	29.0	0.0	0.00	0.00
TeaBisc WW 2 - 1oz	2 EACH	171	0	291	2.59	1.37	32.6	2	0.13	4.96	28.9	4.49	0.72	*0.00
Mashed Potatoes 9-12	SERVING	140	0	30	2.00	0.40	14.7	4	12.82	2.0	30.0	1.0	0.00	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Pears: canned,light syrup	1/2 cup	58	0	2	2.00	0.26	8.0	0	2.26	0.38	15.12	0.12	0.00	0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
CATSUP & MUSTARD: individual PC	PC PACKE	7	0	75	0.04	0.07	3.0	24	0.18	0.18	1.41	0.13	0.01	*N/A*
	T 1 EA													
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		791	67	1404	15.65	5.13	566.9	4604	39.38	32.19	123.55	20.79	6.45	*0.20
% of Calories										16.3%	62.5%	23.7%	7.3%	*0.2%
Nutrient Guideline		750-850		1420									<10.00	

Tue - 04/30/2019														
Secondary Lunch JFK	Total													
Sweet and Sour Chick Rice Bowl	SERVING	125	51	116	0.08	0.81	12.5	73	1.84	16.53	4.14	4.35	1.20	*0.00
PBJ Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
BROWN RICE: 9-12	1 CUP	298	0	104	2.83	1.21	22.1	0	0.0	6.4	62.22	2.35	0.47	*0.00
TeaBisc WW 1 oz	1 EACH	88	0	145	1.31	0.71	16.4	1	0.06	2.54	14.88	2.25	0.36	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Pineapple Tidbits	1/2 cup	66	0	1	1.01	0.49	17.6	48	9.45	0.45	16.95	0.15	0.01	*N/A*
Fruit Variety - Fresh 1/2 Cup	1/2 cup	42	0	0	1.76	0.10	15.0	95	19.55	0.54	10.78	0.13	0.03	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00

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Bloomington Public Schools #271

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		780	70	651	11.49	4.23	528.1	6071	59.77	37.77	128.84	13.94	3.85	*0.00
% of Calories										19.4%	66.1%	16.1%	4.4%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Wed - 05/01/2019														
Secondary Lunch JFK	Total													
Cheeseburger/WW 51% Bun 6-12	1 serving	355	48	771	4.06	3.10	131.7	152	0.0	21.11	36.11	15.36	6.11	*0.50
CHICKEN FAJITA WRAP: gr 9-12	1 EACH	260	25	711	5.05	1.16	42.5	26	1.15	13.13	33.59	7.01	2.51	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Lettuce & Tomato	1/2 cup	10	0	4	0.71	0.18	7.0	444	6.55	0.52	2.16	0.11	0.01	*0.00
Potatoes, Spicy Curly (9-12)	3/4 cup	160	0	430	2.00	1.08	0.0	0	6.0	2.0	20.0	8.0	2.00	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Apple Wedges	1/2 APPLE	53	0	1	2.43	0.12	6.1	55	4.66	0.26	13.98	0.17	0.03	*N/A*
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
CATSUP & MUSTARD: individual PC	PC PACKE T 1 EA	7	0	75	0.04	0.07	3.0	24	0.18	0.18	1.41	0.13	0.01	*N/A*
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		755	71	1356	12.07	4.80	506.0	5766	51.10	33.29	103.09	25.17	8.39	*0.35
% of Calories										17.6%	54.6%	30.0%	10.0%	*0.4%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/02/2019														
Secondary Lunch JFK	Total													
Cheese Ravioli Minis	2.17 oz	207	*40	569	1.40	2.47	129.2	602	8.97	15.2	20.51	*6.43	*2.98	*0.00
Lasagna with Meat Sauce	Servings	490	42	659	6.76	4.73	318.3	870	9.7	25.01	67.67	14.29	7.78	*0.00
PBJ Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
French Bread WW sec	2 slices	221	0	220	4.14	2.31	15.7	3	0.0	7.56	43.68	2.47	0.55	*0.00
Mandarin Orange Spinach Salad	1 cup	57	0	47	1.91	1.64	56.2	5667	27.11	1.82	12.68	0.59	0.08	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Melon Chunks	1/2 cup	26	0	7	0.52	0.18	6.4	1580	17.92	0.58	6.28	0.14	0.02	0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		749	*58	968	12.32	7.05	596.8	9285	73.17	36.92	124.00	*13.72	*5.15	*0.00
% of Calories										19.7%	66.2%	*16.5%	*6.2%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Fri - 05/03/2019														
Secondary Lunch JFK	Total													
Mozz Chz Sticks gr 9-12	5 pieces	370	30	530	1.00	1.44	400.0	400	0.0	19.0	29.0	21.0	8.00	0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Pizza Stuffed Crust - Bosco	PIECE	310	25	540	3.00	1.80	400.0	750	3.6	19.0	34.0	11.0	5.00	0.00
Breadstick WG 1oz Baker Boy	1 each	90	0	120	1.00	0.00	0.0	0	0.0	3.0	14.0	2.5	0.00	0.00
Marinara Sauce Italian	1/2 cup	70	*N/A*	460	1.00	1.44	40.0	1000	15.0	2.0	12.0	*N/A*	*N/A*	*N/A*
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		781	*58	1177	9.78	4.19	765.4	4360	49.74	36.73	109.76	*22.88	*8.04	*0.00
% of Calories										18.8%	56.2%	*26.4%	*9.3%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

Page 14

Generated on: 2/28/2019 2:55:32 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		787	*73	1113	*12.65	*4.78	*593.9	*6158	*65.62	*35.67 *18.1%	114.90 58.4%	*21.87 *25.0%	*6.83 *7.8%	*0.05 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	787		750 - 850	100%				
Cholesterol (mg)	73				Missing			
Sodium (mg)	1113		1420					
Fiber (g)	12.65				Missing			
Iron (mg)	4.78				Missing			
Calcium (mg)	593.9				Missing			
Vitamin A (IU)	6158				Missing			
Vitamin C (mg)	65.62				Missing			
Protein (g)	35.67	18.12%			Missing			
Carbohydrate (g)	114.90	58.37%						
Total Fat (g)	21.87	25.00%			Missing			
Saturated Fat (g)	6.83	7.81%	<10.00%		Missing			
Trans Fat ¹ (g)	0.05	0.06%			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.