

Bloomington Public Schools #271

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

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	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 - 12/03/2018														
Secondary Lunch JFK	Total													
Chicken Wing Sriracha Boneless	Pieces	290	53	381	1.52	*N/A*	0.0	305	1.83	22.86	21.33	13.71	2.29	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
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
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: frozen, boiled	1/2 CUP	26	0	10	2.76	0.56	30.4	930	36.89	2.85	4.92	0.11	0.01	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 - 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		849	100	1042	11.99	*3.47	809.7	7696	103.46	50.06	110.93	24.55	8.50	*0.00
% of Calories										23.6%	52.3%	26.0%	9.0%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Tue - 12/04/2018														
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
PB&J 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 - 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
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
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
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
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		775	57	1263	15.10	4.82	631.5	5442	51.07	31.62	121.75	20.51	5.76	*0.07
% of Calories										16.3%	62.9%	23.8%	6.7%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Bloomington Public Schools #271

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

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	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)
Wed - 12/05/2018														
Secondary Lunch JFK	Total													
Meatball Sub	1 Sub (4 balls)	309	27	820	5.77	2.48	86.7	1217	2.92	13.56	31.85	14.28	6.00	0.67
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
Bug Bites Grahams	1 each	140	0	125	0.00	0.72	100.0	0	0.0	2.0	23.0	4.5	1.50	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
Baby Carrots 1/2 C	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	2.95	0.73	9.34	0.15	0.02	0.00
Fresh Fruit Choice	1/2 cup	60	0	1	2.38	0.15	20.0	130	27.03	0.83	15.43	0.2	0.05	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		829	58	1464	13.65	5.26	573.7	16027	57.49	30.24	119.67	26.69	9.07	*0.47
% of Calories										14.6%	57.7%	29.0%	9.8%	*0.5%
Nutrient Guideline		750-850		1420									<10.00	

Thu - 12/06/2018														
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
PB&J 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
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		843	89	1162	14.65	4.03	696.1	6295	32.88	41.57	111.56	26.47	10.89	*0.00
% of Calories										19.7%	52.9%	28.2%	11.6%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

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	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 - 12/07/2018														
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
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
Penne & Meat Sauce 6-12	1 cup	307	33	431	2.87	3.57	43.5	1099	20.83	17.37	36.37	9.72	3.54	*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
Ice Cream Bar	1 Each	180	20	45	0.09	*N/A*	*N/A*	*N/A*	*N/A*	2.0	18.0	12.0	9.00	*N/A*
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		834	*69	1227	12.54	*4.97	*624.4	*7399	*65.26	34.98	119.83	*25.04	*12.73	*0.00
% of Calories										16.8%	57.5%	*27.0%	*13.7%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Mon - 12/10/2018														
Secondary Lunch JFK	Total													
Chicken Drumstick Tyson	1 Each	150	85	290	0.00	0.72	0.0	0	0.0	15.0	2.0	9.0	2.00	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
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
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
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
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*
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
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		796	97	1008	12.26	4.69	444.4	3781	45.93	36.51	120.54	18.98	4.24	*0.00
% of Calories										18.3%	60.6%	21.5%	4.8%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

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	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 - 12/11/2018														
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
PB&J Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*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
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
GARDEN SALAD No Dressing	SERVING	13	0	15	1.16	0.73	26.9	3654	8.6	1.0	2.66	0.19	0.03	*0.00
	1 CUP													
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	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
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		799	*65	1017	12.53	5.92	621.6	8871	59.82	36.47	131.03	*15.67	*6.21	*0.00
% of Calories										18.3%	65.6%	*17.7%	*7.0%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Wed - 12/12/2018														
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
SLOPPY JOE/ WW BUN (9-12)	SERVINGS	454	51	622	4.91	6.07	71.1	651	9.96	26.37	53.24	15.44	5.99	*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
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
Potatoes, Sweet Crnkl C: 9-12	3/4 cup	240	0	270	6.00	0.54	30.0	7500	14.4	1.5	37.5	10.5	1.50	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
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		856	74	1164	15.60	5.19	534.3	12238	68.08	35.52	126.95	26.42	8.19	*0.35
% of Calories										16.6%	59.3%	27.8%	8.6%	*0.4%
Nutrient Guideline		750-850		1420									<10.00	

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Secondary Lunch JFK

Portion Values - Detailed

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	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 - 12/13/2018														
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
Fish Tacos 6-12	wrap	300	15	440	5.00	1.08	80.0	0	0.0	18.0	34.0	10.0	2.00	0.00
PB&J 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 WW Catalia 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
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
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 - 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
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 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		828	55	1500	*16.54	5.89	578.1	3906	91.98	37.41	130.05	19.10	6.06	*0.00
% of Calories										18.1%	62.8%	20.8%	6.6%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Fri - 12/14/2018														
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
sausage link turkey Jennie O	2 links	120	60	200	0.00	0.72	40.0	84	0.0	12.0	0.0	8.0	2.00	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
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 - 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
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

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Bloomington Public Schools #271

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

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	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		848	99	1101	12.26	4.63	745.1	6472	117.47	35.32	111.62	30.09	7.88	*0.00
% of Calories										16.7%	52.6%	31.9%	8.4%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Mon - 12/17/2018														
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
Chicken Chow Mein	3/4 CUP	157	52	274	0.86	1.09	31.9	205	1.88	19.37	7.23	5.09	1.40	*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
Stir Fry Veg Mix 1 Cup	1 CUP	34	0	15	2.19	0.83	25.5	999	66.09	1.79	6.95	0.23	0.02	*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	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		763	76	628	10.50	4.53	478.4	6157	103.56	37.82	128.31	11.81	3.38	*0.00
% of Calories										19.8%	67.3%	13.9%	4.0%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Tue - 12/18/2018														
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
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
PB&J 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
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
Baby Carrots/Dip: 1/2 cup	1/2 cup	75	3	248	3.29	1.01	46.3	15640	3.55	1.23	10.34	3.65	0.52	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
Fresh Fruit Choice	1/2 cup	60	0	1	2.38	0.15	20.0	130	27.03	0.83	15.43	0.2	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
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

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Bloomington Public Schools #271

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

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	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 Daily Average		756	53	1294	12.17	3.85	750.2	18183	55.61	32.09	101.44	26.24	8.44	*0.00
% of Calories										17.0%	53.7%	31.2%	10.1%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Wed - 12/19/2018														
Secondary Lunch JFK	Total													
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
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
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
Potato Crinkle Cut GF	1/2 cup	121	0	337	2.70	0.97	0.0	0	20.25	2.7	24.3	1.35	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
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
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													
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	69	1185	12.53	5.01	430.5	5665	66.55	32.20	114.29	20.55	6.69	*0.35
% of Calories										17.2%	61.0%	24.7%	8.0%	*0.4%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

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	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 - 12/20/2018														
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
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
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
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
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
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
SOUR CREAM,Light Kemps	1 TABLES	20	5	18	0.00	0.00	30.0	100	0.0	0.5	1.5	1.25	0.75	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		809	52	1471	16.80	4.95	622.0	5506	42.54	37.68	120.45	21.70	5.27	*0.00
% of Calories										18.6%	59.6%	24.1%	5.9%	*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)
Fri - 12/21/2018														
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
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
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
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*
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	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
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
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		769	*82	1432	12.56	*3.69	*697.3	*9062	*121.29	38.56	108.73	*20.45	*8.07	*0.00
% of Calories										20.1%	56.6%	*23.9%	*9.4%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

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	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		807	*73	1197	*13.45	*4.73	*615.8	*8180	*72.20	36.54 18.1%	118.48 58.7%	*22.29 *24.9%	*7.42 *8.3%	*0.08 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	807		750 - 850	100%				
Cholesterol (mg)	73				Missing			
Sodium (mg)	1197		1420					
Fiber (g)	13.45				Missing			
Iron (mg)	4.73				Missing			
Calcium (mg)	615.8				Missing			
Vitamin A (IU)	8180				Missing			
Vitamin C (mg)	72.20				Missing			
Protein (g)	36.54	18.11%						
Carbohydrate (g)	118.48	58.73%						
Total Fat (g)	22.29	24.85%			Missing			
Saturated Fat (g)	7.42	8.28%	<10.00%		Missing			
Trans Fat ¹ (g)	0.08	0.09%			Missing			

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