

Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 2019

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

Page 1

Generated on: 12/18/2018 1:16:43 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 - 02/04/2019 | | | | | | | | | | | | | | |
| 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 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 |
| Doritos Variety Chips | 1 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 |
| 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 |
| 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 | | 767 | 63 | 1312 | 15.01 | 5.08 | 558.6 | 6477 | 56.70 | 31.22 | 122.10 | 19.23 | 4.99 | *0.00 |
| % of Calories | | | | | | | | | | 16.3% | 63.7% | 22.6% | 5.9% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | |
|-------------------------------|-----------|---------|-----|------|-------|------|-------|------|-------|-------|--------|-------|--------|-------|
| Tue - 02/05/2019 | | | | | | | | | | | | | | |
| Secondary Lunch JFK | Total | | | | | | | | | | | | | |
| Teriyaki Chick Rice Bowl | SERVING | 139 | 51 | 474 | 0.32 | 1.01 | 14.9 | 216 | 2.8 | 16.9 | 7.66 | 4.43 | 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 |
| CHICKEN A LA KING | 3/4 CUP | 218 | 53 | 280 | 2.58 | 1.63 | 71.0 | 680 | 7.68 | 22.42 | 14.56 | 8.05 | 1.95 | 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 |
| 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 |
| Weighted Daily Average | | 810 | 67 | 897 | 12.00 | 4.55 | 498.9 | 6104 | 60.52 | 38.82 | 136.91 | 13.30 | 3.56 | *0.00 |
| % of Calories | | | | | | | | | | 19.2% | 67.6% | 14.8% | 4.0% | *0.0% |
| 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

Feb 4, 2019 thru Mar 1, 2019

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) |
|---------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/06/2019 | | | | | | | | | | | | | | |
| 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 |
| Ham & Cheese on WW Bun 9-12 | 1 EACH | 283 | 61 | 820 | 3.05 | 2.37 | 41.7 | 18 | 1.2 | 20.89 | 34.19 | 8.0 | 2.46 | *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 |
| 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 |
| 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 |
| CATSUP & MUSTARD: individual PC | PC PCKE 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 | | 806 | 71 | 1258 | 13.90 | 5.33 | 477.1 | 5662 | 63.24 | 34.15 | 122.47 | 21.56 | 6.51 | *0.35 |
| % of Calories | | | | | | | | | | 16.9% | 60.8% | 24.1% | 7.3% | *0.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | |
|--------------------------------|-----------|-----|-----|-----|-------|------|-------|------|-------|-------|-------|-------|-------|-------|
| Thu - 02/07/2019 | | | | | | | | | | | | | | |
| 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 |
| 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 |

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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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 802 | *58 | 978 | 13.54 | 7.32 | 601.6 | 8047 | 65.72 | 37.68 | 136.52 | *13.98 | *5.22 | *0.00 |
| % of Calories | | | | | | | | | | 18.8% | 68.1% | *15.7% | *5.9% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| Fri - 02/08/2019 | | | | | | | | | | | | | | |
|-------------------------------|-----------|---------|-----|------|-------|------|-------|------|-------|--------|--------|-------|--------|-------|
| Secondary Lunch JFK | Total | | | | | | | | | | | | | |
| Cheese Bread:6-12 no meat | serving | 323 | 26 | 624 | 3.05 | 1.76 | 475.4 | 294 | 0.0 | 21.03 | 34.55 | 11.54 | 6.06 | *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 |
| Italian Dunkers (no meat) | 1/2 cup | 101 | 0 | 443 | 4.08 | 1.27 | 26.4 | 1641 | 12.12 | 2.56 | 17.33 | 2.68 | 0.34 | *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 |
| 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 | | 766 | 62 | 1369 | 15.25 | 5.18 | 840.2 | 7871 | 69.38 | *35.79 | 114.44 | 18.90 | 8.26 | *0.00 |
| % of Calories | | | | | | | | | | *18.7% | 59.8% | 22.2% | 9.7% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| Mon - 02/11/2019 | | | | | | | | | | | | | | |
|-------------------------------|-----------|-----|-----|-----|-------|-------|-------|------|-------|-------|-------|-------|------|-------|
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Secondary Lunch JFK

Portion Values - Detailed

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|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 857 | 102 | 1063 | 13.10 | *3.84 | 792.7 | 7115 | 82.02 | 51.04 | 112.11 | 24.16 | 8.35 | *0.00 |
| % of Calories | | | | | | | | | | 23.8% | 52.3% | 25.4% | 8.8% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| Tue - 02/12/2019 | | | | | | | | | | | | | | |
|------------------------------|------------------|---------|-----|------|-------|------|-------|------|-------|-------|--------|-------|--------|-------|
| 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 |
| 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 - Taco Salad:TJFK | serving | 794 | 52 | 1417 | 15.46 | 7.79 | 462.3 | 2806 | 83.89 | 31.48 | 95.85 | 31.93 | 9.72 | *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 |
| 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 |
| SOUR CREAM,Light Kemps | 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 | | 757 | 46 | 1389 | 16.42 | 5.13 | 708.2 | 2423 | 57.62 | 37.15 | 112.22 | 19.13 | 5.85 | *0.00 |
| % of Calories | | | | | | | | | | 19.6% | 59.3% | 22.8% | 7.0% | *0.0% |
| 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) |
|-----------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/13/2019 | | | | | | | | | | | | | | |
| Secondary Lunch JFK | Total | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| 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 |
| Potato Oven Variety Sec | .75 cup | 250 | 0 | 488 | 2.87 | 0.90 | 7.5 | 1125 | 6.6 | 2.87 | 34.35 | 10.93 | 2.18 | 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 |
| 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 |
| 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 | | 925 | 75 | 1584 | 14.12 | 5.36 | 497.4 | 6878 | 50.33 | 36.83 | 120.48 | 34.40 | 12.53 | *0.93 |
| % of Calories | | | | | | | | | | 15.9% | 52.1% | 33.5% | 12.2% | *0.9% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | |
|----------------------------|------------|---------|-----|------|-------|------|-------|------|-------|-------|--------|-------|--------|-------|
| Thu - 02/14/2019 | | | | | | | | | | | | | | |
| 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 |
| 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 |
| CARROT & Celery Sticks/Dip | 1/2 CUP | 59 | 3 | 220 | 1.82 | 0.21 | 39.4 | 7510 | 4.34 | 1.16 | 6.31 | 3.67 | 0.53 | *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 | | 795 | 80 | 1084 | 15.06 | 3.54 | 577.0 | 9144 | 34.97 | 36.71 | 111.15 | 23.78 | 8.72 | *0.00 |
| % of Calories | | | | | | | | | | 18.5% | 55.9% | 26.9% | 9.9% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

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Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 2019

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 - 02/15/2019 | | | | | | | | | | | | | | |
| Secondary Lunch JFK | Total | | | | | | | | | | | | | |
| Toasted Cheese WW Bread:9-12 | 1 EACH | 282 | 23 | 915 | 2.87 | 1.60 | 337.9 | 458 | 0.13 | 16.65 | 34.39 | 9.5 | 4.57 | *0.00 |
| Yogurt Variety Upstate Farms | 4 oz | 90 | 0 | 50 | 0.00 | 0.00 | 301.1 | 0 | 0.0 | 3.01 | 19.07 | 0.0 | 0.00 | 0.00 |
| Sub Sandwich on WW Bun 6-12 | 1 each | 309 | 50 | 855 | 3.05 | 2.55 | 199.8 | 75 | 1.2 | 17.35 | 35.09 | 11.65 | 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 |
| CHILI CON CARNE W/ BEANS | 1/2 CUP | 180 | 42 | 204 | 2.50 | 2.70 | 46.0 | 813 | 14.49 | 15.43 | 10.67 | 8.58 | 3.56 | 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 |
| 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, 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 | | 823 | 92 | 1309 | 12.79 | 5.98 | 930.1 | 7124 | 61.97 | 46.67 | 118.69 | 20.19 | 8.50 | *0.00 |
| % of Calories | | | | | | | | | | 22.7% | 57.7% | 22.1% | 9.3% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | |
|-------------------------------|-----------|---------|-----|------|-------|------|-------|------|-------|-------|--------|-------|--------|-------|
| Tue - 02/19/2019 | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Corn Frozen USDA 1/2 c | 1/2 cup | 67 | 0 | 1 | 1.98 | 0.39 | 2.5 | 164 | 2.89 | 2.1 | 15.92 | 0.55 | 0.08 | *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 |
| 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 |
| 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 | | 774 | 83 | 873 | 8.99 | 3.70 | 775.6 | 6346 | 52.95 | 37.06 | 107.33 | 24.04 | 9.05 | *0.00 |
| % of Calories | | | | | | | | | | 19.2% | 55.5% | 28.0% | 10.5% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

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Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 2019

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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/20/2019 | | | | | | | | | | | | | | |
| 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 |
| Corn Dog WG:Foster Farms | 1 each | 240 | 40 | 390 | 5.00 | 1.80 | 80.0 | 0 | 0.0 | 9.0 | 30.0 | 8.0 | 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 |
| 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, 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 |
| 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 |
| 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 |
| 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 | | 840 | 60 | 1029 | 15.65 | 4.60 | 470.3 | 12077 | 65.56 | 29.88 | 122.22 | 28.23 | 6.17 | *0.00 |
| % of Calories | | | | | | | | | | 14.2% | 58.2% | 30.2% | 6.6% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | |
|------------------------------|------------------|-----|-----|-----|-------|------|-------|------|-------|-------|-------|-------|------|-------|
| Thu - 02/21/2019 | | | | | | | | | | | | | | |
| 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 | 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 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 |
| 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 | 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 |
| 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 |

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Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 2019

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 | | 814 | 62 | 1404 | *16.10 | 6.59 | 606.1 | 3866 | 120.93 | 37.04 | 126.66 | 18.94 | 6.05 | *0.00 |
| % of Calories | | | | | | | | | | 18.2% | 62.2% | 20.9% | 6.7% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| Fri - 02/22/2019 | | | | | | | | | | | | | | |
|------------------------------|-----------|---------|-----|------|-------|------|-------|------|--------|-------|--------|-------|--------|-------|
| 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 |
| 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 |
| 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 - 02/25/2019 | | | | | | | | | | | | | | |
|-----------------------|-----------|-----|-----|-----|-------|------|-------|------|-------|-------|-------|-------|------|-------|
| 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 |
| Chicken Tacos 6-12 | 3 oz | 231 | 46 | 665 | 1.00 | 2.74 | 40.2 | 101 | 1.22 | 18.19 | 23.04 | 7.55 | 1.51 | *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 |
| 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 |
| 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 |
| 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 | 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

Feb 4, 2019 thru Mar 1, 2019

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 | | 808 | 54 | 1468 | 15.74 | 5.41 | 628.8 | 5455 | 46.98 | 38.47 | 122.00 | 20.42 | 4.96 | *0.00 |
| % of Calories | | | | | | | | | | 19.0% | 60.4% | 22.7% | 5.5% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| Tue - 02/26/2019 | | | | | | | | | | | | | | |
|----------------------------|-------------|---------|-----|------|-------|------|-------|------|-------|-------|--------|-------|--------|-------|
| Secondary Lunch JFK | Total | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| 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 |
| GREEN BEANS: frozen,boiled | 1/2 CUP | 19 | 0 | 1 | 2.03 | 0.45 | 28.4 | 376 | 2.77 | 1.01 | 4.35 | 0.11 | 0.03 | *N/A* |
| 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 |
| 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 | | 857 | 66 | 1232 | 12.69 | 4.25 | 522.2 | 1910 | 65.72 | 35.30 | 117.18 | 29.32 | 11.12 | *0.93 |
| % of Calories | | | | | | | | | | 16.5% | 54.7% | 30.8% | 11.7% | *1.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

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Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 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) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/27/2019 | | | | | | | | | | | | | | |
| 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 |
| 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 | 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 |
| 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 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 | | 783 | 73 | 1324 | 12.08 | 5.21 | 503.5 | 5770 | 54.44 | 34.67 | 111.04 | 24.91 | 8.59 | *0.43 |
| % of Calories | | | | | | | | | | 17.7% | 56.7% | 28.6% | 9.9% | *0.5% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | |
|--------------------------------|-----------|---------|-----|------|-------|-------|--------|-------|--------|-------|--------|-------|--------|-------|
| Thu - 02/28/2019 | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 | serving | 498 | 159 | 779 | 10.08 | 3.98 | 459.3 | 7680 | 63.44 | 34.11 | 52.09 | 19.04 | 6.64 | *0.00 |
| Garlic Toast WW | 1 EACH | 80 | 0 | 140 | 1.00 | 0.72 | 0.0 | 100 | 0.0 | 2.0 | 11.0 | 3.5 | 1.00 | 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 - 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 | | 754 | 64 | 1040 | 13.55 | *5.49 | *620.7 | *6779 | *58.86 | 38.78 | 102.87 | 22.44 | 8.35 | *0.00 |
| % of Calories | | | | | | | | | | 20.6% | 54.6% | 26.8% | 10.0% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

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Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 2019

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 - 03/01/2019 | | | | | | | | | | | | | | |
| Secondary Lunch JFK | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | |
| | Wild Mike's Cheese Bites | 283 | 20 | 547 | 4.05 | 1.46 | 243.0 | 405 | 0.0 | 16.2 | 28.35 | 12.15 | 4.05 | 0.00 |
| | Chicken Strips WG Hot & Spicy | 260 | 25 | 390 | 3.00 | 1.80 | 0.0 | 100 | 0.0 | 15.0 | 17.0 | 15.0 | 2.50 | 0.00 |
| | Salad Bar | 498 | 159 | 779 | 10.08 | 3.98 | 459.3 | 7680 | 63.44 | 34.11 | 52.09 | 19.04 | 6.64 | *0.00 |
| | Garlic Toast 1.2oz WG | 90 | 0 | 110 | 1.00 | 0.72 | 0.0 | 200 | 0.0 | 3.0 | 15.01 | 2.5 | 0.00 | 0.00 |
| | Marinara Sauce Italian | 70 | *N/A* | 460 | 1.00 | 1.44 | 40.0 | 1000 | 15.0 | 2.0 | 12.0 | *N/A* | *N/A* | *N/A* |
| | Coleslaw - School Made | 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 | 64 | 0 | 29 | 3.19 | 0.83 | 10.7 | 922 | 5.4 | 3.11 | 13.67 | 0.39 | 0.06 | *0.00 |
| | Fruit Variety - Canned | 65 | 0 | 5 | 1.44 | 0.38 | 8.0 | 156 | 8.3 | 0.39 | 17.18 | 0.09 | 0.01 | *0.00 |
| | Fruit Variety | 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 | 180 | 20 | 45 | 0.09 | *N/A* | *N/A* | *N/A* | *N/A* | 2.0 | 18.0 | 12.0 | 9.00 | *N/A* |
| | BBQ Sauce Heinz | 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 | 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 | 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 | 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 | 854 | *70 | 1232 | 12.93 | *4.79 | *625.7 | *3921 | *79.40 | 34.83 | 119.93 | *27.77 | *12.86 | *0.00 |
| | % of Calories | | | | | | | | | 16.3% | 56.2% | *29.3% | *13.6% | *0.0% |
| | Nutrient Guideline | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | |
|------------------|--|-----|-----|------|--------|-------|--------|-------|--------|------------------|-----------------|------------------|----------------|----------------|
| Weighted Average | | 813 | *71 | 1208 | *13.75 | *5.05 | *630.5 | *6286 | *66.57 | *37.23 *18.3% | 118.31 58.2% | *22.88 *25.3% | *7.76 *8.6% | *0.14 *0.2% |
|------------------|--|-----|-----|------|--------|-------|--------|-------|--------|------------------|-----------------|------------------|----------------|----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 813 | | 750 - 850 | 100% | | | | |
| Cholesterol (mg) | 71 | | | | Missing | | | |
| Sodium (mg) | 1208 | | 1420 | | | | | |
| Fiber (g) | 13.75 | | | | Missing | | | |
| Iron (mg) | 5.05 | | | | Missing | | | |
| Calcium (mg) | 630.5 | | | | Missing | | | |
| Vitamin A (IU) | 6286 | | | | Missing | | | |
| Vitamin C (mg) | 66.57 | | | | Missing | | | |
| Protein (g) | 37.23 | 18.33% | | | Missing | | | |
| Carbohydrate (g) | 118.31 | 58.23% | | | | | | |
| Total Fat (g) | 22.88 | 25.34% | | | Missing | | | |
| Saturated Fat (g) | 7.76 | 8.60% | <10.00% | | Missing | | | |
| Trans Fat ¹ (g) | 0.14 | 0.15% | | | Missing | | | |

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