

# Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 2019

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Mon - 02/04/2019														
VVMS Menu	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
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
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	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*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 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*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, 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		701	52	1300	12.85	4.97	487.8	4087	42.91	29.04	110.28	17.64	4.22	*0.00
% of Calories										16.6%	63.0%	22.7%	5.4%	*0.0%
Nutrient Guideline		600-700		1360									<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 <sup>1</sup> (g)
Tue - 02/05/2019														
VVMS Menu	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
Turkey Deli/WW Bun 6-12	sandwich	289	45	609	3.05	2.01	11.6	2	0.0	21.53	34.09	7.79	2.33	*0.00
BROWN RICE:1/2c K-8	1/2 CUP	149	0	52	1.41	0.60	11.1	0	0.0	3.2	31.11	1.18	0.23	*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
Fresh Veggie Cup	1/2 cup	8	0	11	0.55	0.12	8.1	408	12.12	0.33	1.63	0.08	0.01	*0.00
Veg Choice Cooked 1/4 cup	1/4 CUP	19	0	8	1.15	0.26	9.8	1143	6.54	1.08	4.23	0.15	0.02	*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 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*0.00
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
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		683	42	830	7.81	3.88	375.6	2280	35.82	31.08	93.61	21.24	4.71	*0.00
% of Calories										18.2%	54.8%	28.0%	6.2%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Feb 4, 2019 thru Mar 1, 2019

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Wed - 02/06/2019														
VVMS Menu	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
Fish Patty on a WW Bun wCheese	1 serving	353	36	470	5.05	2.73	21.7	18	0.0	16.89	48.19	10.5	1.46	*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
Apples,Fresh	1 APPLE	105	0	2	4.86	0.24	12.2	109	9.32	0.53	27.97	0.34	0.06	*N/A*
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	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*
Tartar Sauce Packet	PACKET	23	2	97	0.00	0.00	0.0	0	0.0	0.0	1.94	1.72	0.19	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		675	48	1022	12.70	4.41	348.5	1070	48.31	29.18	108.87	15.34	4.51	*0.35
% of Calories										17.3%	64.5%	20.5%	6.0%	*0.5%
Nutrient Guideline		600-700		1360									<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 <sup>1</sup> (g)
Thu - 02/07/2019														
VVMS Menu	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
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
Garlic Knot	Each Knot	172	0	273	2.02	1.09	20.2	202	6.07	4.05	23.29	7.09	1.52	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 1/4 cup	1/4 CUP	19	0	8	1.15	0.26	9.8	1143	6.54	1.08	4.23	0.15	0.02	*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 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*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		649	*45	1021	8.27	5.62	496.8	8235	61.05	30.60	93.07	*17.91	*5.08	*0.00
% of Calories										18.9%	57.3%	*24.8%	*7.0%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Feb 4, 2019 thru Mar 1, 2019

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Fri - 02/08/2019														
VVMS Menu	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
PBJ School-Made	serving	559	0	551	6.62	2.65	32.4	3	0.13	19.79	55.08	32.31	6.42	*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	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*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 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	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		693	27	1111	12.79	4.07	698.8	4905	48.23	34.53	95.99	21.24	7.11	*0.00
% of Calories										19.9%	55.4%	27.6%	9.2%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Mon - 02/11/2019														
VVMS Menu	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
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
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	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*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 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*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		754	78	924	10.46	*3.35	652.2	4660	56.33	45.03	94.38	22.78	7.63	*0.00
% of Calories										23.9%	50.0%	27.2%	9.1%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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**Bloomington Public Schools #271**

**Feb 4, 2019 thru Mar 1, 2019**

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Tue - 02/12/2019														
VVMS Menu	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
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
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	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	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 - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*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, 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		663	39	1388	15.43	4.90	584.2	2975	48.34	35.23	96.05	16.35	4.36	*0.00
% of Calories										21.2%	57.9%	22.2%	5.9%	*0.0%
Nutrient Guideline		600-700		1360									<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 <sup>1</sup> (g)
Wed - 02/13/2019														
VVMS Menu	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
Hot Dog Beef /WW Bun VVMS	1 each	320	42	980	2.00	1.80	60.0	0	0.0	11.0	24.0	20.0	7.00	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*
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 1/4 cup	1/4 CUP	19	0	8	1.15	0.26	9.8	1143	6.54	1.08	4.23	0.15	0.02	*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 - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*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, 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		603	*36	1329	9.47	4.27	571.4	6655	46.71	27.88	85.76	*16.50	*5.74	*0.00
% of Calories										18.5%	56.8%	*24.6%	*8.6%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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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 <sup>1</sup> (g)
Thu - 02/14/2019														
VVMS Menu	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
Turkey Ham & Cheese Bun K-8	1 EACH	292	53	813	3.05	2.28	170.1	47	0.9	19.81	34.84	8.93	3.21	*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
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 1/4 cup	1/4 CUP	19	0	8	1.15	0.26	9.8	1143	6.54	1.08	4.23	0.15	0.02	*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 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*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		637	71	1166	10.82	2.58	486.4	9453	26.16	31.91	77.90	22.33	8.49	*0.00
% of Calories										20.0%	48.9%	31.5%	12.0%	*0.0%
Nutrient Guideline		600-700		1360									<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 <sup>1</sup> (g)
Fri - 02/15/2019														
VVMS Menu	Total													
Toasted Cheese WW Bread:6-8	1 EACH	246	15	697	2.87	1.60	234.2	303	0.13	13.02	33.36	7.42	3.27	*0.00
Yogurt 4oz Raspberry Upstate F	1 EACH	90	0	50	0.00	0.00	301.1	0	1.2	3.01	19.07	0.0	0.00	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
Soup, Tomato	1/2 cup	53	1	238	0.46	0.33	38.1	247	3.07	1.92	10.84	0.0	0.00	*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 Cooked 1/4 cup	1/4 CUP	19	0	8	1.15	0.26	9.8	1143	6.54	1.08	4.23	0.15	0.02	*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
Fruit Variety - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*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		644	35	1110	9.58	3.63	755.4	3209	38.80	31.08	108.69	10.85	3.40	*0.00
% of Calories										19.3%	67.5%	15.2%	4.8%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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# Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 2019

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Tue - 02/19/2019														
VVMS Menu	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
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
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	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*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 - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*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
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*
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		630	45	812	7.80	*1.56	*387.0	*3060	*22.24	27.76	98.03	14.92	5.76	*0.00
% of Calories										17.6%	62.3%	21.3%	8.2%	*0.0%
Nutrient Guideline		600-700		1360									<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 <sup>1</sup> (g)
Wed - 02/20/2019														
VVMS Menu	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
Turkey Ham/WW Bun 6-8	1 each	279	60	799	3.05	2.37	31.6	2	1.2	20.54	34.09	7.79	2.33	*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 CrnKIC: K-8	1/2 cup	160	0	180	4.00	0.36	20.0	5000	9.6	1.0	25.0	7.0	1.00	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 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
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		701	48	946	10.96	3.80	365.0	6079	34.18	28.24	98.19	23.52	5.04	*0.00
% of Calories										16.1%	56.0%	30.2%	6.5%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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# Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 2019

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Thu - 02/21/2019														
VVMS Menu	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
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 1/4 C	1/4 cup	2	0	1	0.17	0.06	2.5	69	0.39	0.12	0.41	0.02	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
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's	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		709	39	1319	*14.24	5.91	480.4	2963	130.91	33.43	110.17	15.19	4.53	*0.00
% of Calories										18.9%	62.2%	19.3%	5.7%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Fri - 02/22/2019														
VVMS Menu	Total													
French Toast Sticks WG K-8	4 PIECES	270	0	280	3.00	2.00	235.0	431	0.0	6.0	35.0	12.0	2.00	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
Turkey Deli/WW Bun 6-12	sandwich	289	45	609	3.05	2.01	11.6	2	0.0	21.53	34.09	7.79	2.33	*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	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*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 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
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
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*
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	65	1119	10.29	3.63	581.8	3309	120.09	31.21	97.63	27.67	7.14	*0.00
% of Calories										16.4%	51.2%	32.6%	8.4%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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# Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 2019

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Mon - 02/25/2019														
VVMS Menu	Total													
Hot Dog, Turkey/WW Bun 6-8	1 each	301	46	907	3.05	2.38	31.8	2	1.22	13.64	34.1	13.42	3.87	*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
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	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*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 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*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 - Nugget Brand	1 tsp	90	10	75	0.00	0.00	0.0	0	0.0	0.0	1.0	10.0	1.50	*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		757	56	1711	10.96	4.93	493.0	2602	31.05	31.66	116.69	21.31	5.51	*0.00
% of Calories										16.7%	61.6%	25.3%	6.6%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Tue - 02/26/2019														
VVMS Menu	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
Pork Steak, Breaded	serving	300	40	390	2.00	1.80	40.0	5	0.0	14.0	16.0	20.0	6.00	0.00
Garlic Knot	Each Knot	172	0	273	2.02	1.09	20.2	202	6.07	4.05	23.29	7.09	1.52	0.00
Mashed Potatoes K-8	SERVING 1/2 CUP	68	0	325	1.51	0.27	15.1	0	6.79	1.51	15.1	0.0	0.00	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 - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
Low Fat Gravy (BROTH)	1 OZ	14	0	94	0.07	0.17	1.7	0	0.0	0.76	2.21	0.17	0.04	*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		635	81	1114	8.64	3.12	396.9	1218	49.80	30.49	82.13	20.79	5.42	*0.00
% of Calories										19.2%	51.8%	29.5%	7.7%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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# Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 2019

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Wed - 02/27/2019														
VVMS Menu	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
Turkey Burger/WW Bun 6-12	1 serving	289	50	589	3.05	2.37	11.6	2	0.0	20.54	33.09	9.29	2.83	*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 (K-8)	1/2 cup	107	0	287	1.33	0.72	0.0	0	4.0	1.33	13.33	5.33	1.33	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 - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*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		653	58	1155	8.52	4.05	408.8	1123	32.11	31.94	88.87	20.79	7.26	*0.35
% of Calories										19.6%	54.5%	28.7%	10.0%	*0.5%
Nutrient Guideline		600-700		1360									<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 <sup>1</sup> (g)
Thu - 02/28/2019														
VVMS Menu	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
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 1/4 cup	1/4 CUP	19	0	8	1.15	0.26	9.8	1143	6.54	1.08	4.23	0.15	0.02	*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 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*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		669	55	1033	10.16	5.28	548.4	6707	38.01	35.54	80.94	23.28	8.11	*0.00
% of Calories										21.2%	48.4%	31.3%	10.9%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

\*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.

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# Bloomington Public Schools #271

Feb 4, 2019 thru Mar 1, 2019

Base Menu Spreadsheet

VVMS Menu

Portion Values - Detailed

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Generated on: 12/19/2018 2:43:14 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 <sup>1</sup> (g)
Fri - 03/01/2019														
VVMS Menu														
Wild Mike's Cheese Bites	Total													
	4 each	283	20	547	4.05	1.46	243.0	405	0.0	16.2	28.35	12.15	4.05	0.00
PBJ School-Made	serving	559	0	551	6.62	2.65	32.4	3	0.13	19.79	55.08	32.31	6.42	*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*
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 1/4 cup	1/4 CUP	19	0	8	1.15	0.26	9.8	1143	6.54	1.08	4.23	0.15	0.02	*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
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	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		664	*26	1060	10.41	3.74	561.3	2822	63.91	29.30	89.99	*21.91	*5.79	*0.00
% of Calories										17.7%	54.2%	*29.7%	*7.9%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Weighted Average		678	*50	1130	*10.64	*4.09	*509.5	*4074	*51.31	31.85	96.17	*19.56	*5.78	*0.04
										18.8%	56.7%	*26.0%	*7.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	678		600 - 700	100%				
Cholesterol (mg)	50				Missing			
Sodium (mg)	1130		1360					
Fiber (g)	10.64				Missing			
Iron (mg)	4.09				Missing			
Calcium (mg)	509.5				Missing			
Vitamin A (IU)	4074				Missing			
Vitamin C (mg)	51.31				Missing			
Protein (g)	31.85	18.79%						
Carbohydrate (g)	96.17	56.73%						
Total Fat (g)	19.56	25.96%						
Saturated Fat (g)	5.78	7.67%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.04	0.05%			Missing			

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