

# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

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 - 01/07/2019														
Secondary Lunch TJ	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
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
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 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
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
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, 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, 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
Weighted Daily Average		775	65	1285	14.44	5.24	567.0	3721	45.97	33.27	119.67	20.84	5.88	*0.08
% of Calories										17.2%	61.8%	24.2%	6.8%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

Tue - 01/08/2019														
Secondary Lunch TJ	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 Patty Brd/WW Bun 6-12	serving	409	30	549	4.05	3.45	31.6	102	1.2	17.54	45.09	18.29	3.83	*0.00
Salad Bar - Baked Potato:TJFK	serving	674	68	1203	12.79	7.12	425.2	7829	91.7	35.67	88.37	22.51	9.10	*0.70
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	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*
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		804	59	730	11.81	5.18	457.7	6103	61.19	37.96	134.66	14.10	4.07	*0.10
% of Calories										18.9%	67.0%	15.8%	4.6%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

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Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

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 - 01/09/2019														
Secondary Lunch TJ	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
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
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
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 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		784	50	1165	13.70	5.75	441.1	5047	71.31	32.52	121.59	20.30	6.45	*0.35
% of Calories										16.6%	62.1%	23.3%	7.4%	*0.4%
Nutrient Guideline		750-850		1420									<10.00	

Thu - 01/10/2019														
Secondary Lunch TJ	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
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
TeaBisc WW 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
Salad Lettuce Cheez Bacon Bit	1 cup	32	2	70	1.62	0.84	55.1	5664	2.59	2.26	3.23	1.44	0.45	*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
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		753	*94	1097	11.18	5.47	637.7	8089	46.35	38.19	112.90	*17.89	*6.62	*0.00
% of Calories										20.3%	59.9%	*21.4%	*7.9%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

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 - 01/11/2019														
Secondary Lunch TJ	Total													
Cheese Bread:6-12 no meat	1 serving	323	26	624	3.05	1.76	475.4	294	0.0	21.03	34.55	11.54	6.06	*0.00
CHICKEN FAJITA WRAP: gr 9-12	1 EACH	260	25	711	5.05	1.16	42.5	26	1.15	13.13	33.59	7.01	2.51	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
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	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	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
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
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, 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		822	56	1306	15.66	4.80	814.6	7419	59.52	37.30	123.64	21.24	7.66	*0.00
% of Calories										18.2%	60.2%	23.3%	8.4%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Mon - 01/14/2019														
Secondary Lunch TJ	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
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
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
California Blend	1/2 CUP	23	0	23	2.53	0.44	23.7	4428	22.22	1.57	4.64	0.27	0.04	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
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
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, 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		855	100	1078	11.83	*3.51	801.6	9615	73.85	49.27	114.63	23.89	8.58	*0.08
% of Calories										23.1%	53.7%	25.2%	9.0%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

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Base Menu Spreadsheet

Secondary Lunch TJ

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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 - 01/15/2019														
Secondary Lunch TJ	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 Patty Brd/WW Bun 6-12	serving	409	30	549	4.05	3.45	31.6	102	1.2	17.54	45.09	18.29	3.83	*0.00
Salad Bar - Baked Potato:TJFK	serving	674	68	1203	12.79	7.12	425.2	7829	91.7	35.67	88.37	22.51	9.10	*0.70
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
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
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
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		851	43	1829	15.93	6.11	489.3	2744	59.32	33.39	126.50	25.56	8.74	*0.57
% of Calories										15.7%	59.5%	27.0%	9.2%	*0.6%
Nutrient Guideline		750-850		1420									<10.00	

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Wed - 01/16/2019														
Secondary Lunch TJ	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
Goulash Hot Dish	.75 cup serving	248	25	970	5.02	3.37	57.4	1509	8.97	15.77	31.85	6.63	2.65	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Marinara Sauce Italian	1/2 cup	70	*N/A*	460	1.00	1.44	40.0	1000	15.0	2.0	12.0	*N/A*	*N/A*	*N/A*
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
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
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
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	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
Variety Snack	1 each	132	0	130	1.80	0.50	48.1	0	0.0	1.81	19.05	4.92	1.00	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, 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		757	*51	1289	13.76	5.44	664.2	6874	70.51	34.23	114.25	*18.59	*5.84	*0.00
% of Calories										18.1%	60.4%	*22.1%	*6.9%	*0.0%
Nutrient Guideline		750-850		1420									<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 - 01/17/2019														
Secondary Lunch TJ	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
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
TeaBisc WW 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
Coleslaw - School Made	1/2 cup	55	2	32	2.02	0.38	32.6	79	29.65	1.04	8.31	2.42	0.38	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
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		798	102	1089	15.18	4.01	581.4	3793	58.98	39.13	107.95	24.27	9.10	*0.00
% of Calories										19.6%	54.1%	27.4%	10.3%	*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 <sup>1</sup> (g)
Fri - 01/18/2019														
Secondary Lunch TJ	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 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
CHICKEN FAJITA WRAP: gr 9-12	1 EACH	260	25	711	5.05	1.16	42.5	26	1.15	13.13	33.59	7.01	2.51	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
CHICKEN NOODLE SOUP	1 CUP	98	26	207	0.69	0.86	26.0	33	1.69	7.31	12.19	2.16	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
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
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		758	76	1300	11.56	4.21	889.5	6454	51.92	39.14	119.75	15.39	5.96	*0.00
% of Calories										20.6%	63.2%	18.3%	7.1%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

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 - 01/22/2019														
Secondary Lunch TJ	Total													
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
Chicken Patty Brd/WW Bun 6-12	serving	409	30	549	4.05	3.45	31.6	102	1.2	17.54	45.09	18.29	3.83	*0.00
Salad Bar - Baked Potato:TJFK	serving	674	68	1203	12.79	7.12	425.2	7829	91.7	35.67	88.37	22.51	9.10	*0.70
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
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 1/2 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
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, 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		868	53	1748	13.05	5.37	473.2	3786	52.06	33.53	123.92	29.13	8.94	*0.10
% of Calories										15.5%	57.1%	30.2%	9.3%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

Wed - 01/23/2019														
Secondary Lunch TJ	Total													
Cheeseburger/WW 51% Bun 6-12	1 serving	355	48	771	4.06	3.10	131.7	152	0.0	21.11	36.11	15.36	6.11	*0.50
Chicken 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 - 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
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
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
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
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		849	54	1219	13.96	4.88	511.5	9072	68.65	32.73	121.57	28.40	8.08	*0.35
% of Calories										15.4%	57.3%	30.1%	8.6%	*0.4%
Nutrient Guideline		750-850		1420									<10.00	

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# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

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)
Thu - 01/24/2019														
Secondary Lunch TJ	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
Salad Bar	1 serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Tortilla WW Catallia 8"	2 each	240	0	480	2.00	1.44	40.0	0	0.0	6.0	40.0	7.0	1.00	0.00
Lettuce Shred 1/2 C	1/2 cup	4	0	3	0.33	0.11	5.0	138	0.77	0.25	0.82	0.04	0.00	0.00
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*
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
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
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 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
	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
Weighted Daily Average		763	85	1264	15.86	6.38	594.1	4850	84.78	38.45	114.22	18.77	6.32	*0.00
% of Calories										20.1%	59.8%	22.1%	7.4%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/25/2019														
Secondary Lunch TJ	Total													
French Toast Sticks WG 9-12	5 PIECES	337	0	350	3.75	2.50	293.8	539	0.0	7.5	43.75	15.0	2.50	0.00
Egg Cheese Omelet	1 each	110	195	210	0.00	0.72	80.0	400	0.0	8.0	1.0	8.0	3.00	0.00
CHICKEN FAJITA WRAP: gr 9-12	1 EACH	260	25	711	5.05	1.16	42.5	26	1.15	13.13	33.59	7.01	2.51	*0.00
Salad Bar	1 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
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
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		830	173	1173	10.66	4.40	676.6	5967	60.11	29.10	112.15	29.77	8.42	*0.00
% of Calories										14.0%	54.0%	32.3%	9.1%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

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 - 01/28/2019														
Secondary Lunch TJ	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
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
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
CARROTS:frozen, boiled	1/2 CUP	27	0	44	2.43	0.39	26.4	12303	1.72	0.43	5.72	0.5	0.09	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
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
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, 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		788	61	998	11.03	*2.30	*499.6	*15945	*42.55	33.03	116.72	22.95	7.39	*0.08
% of Calories										16.8%	59.2%	26.2%	8.4%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

Tue - 01/29/2019														
Secondary Lunch TJ	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
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*
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
MIXED VEGETABLES:1/2 Cup	1/2 CUP	59	0	32	4.00	0.75	22.8	3892	2.91	2.6	11.91	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	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

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# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

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)
Weighted Daily Average		778	97	885	12.86	4.15	459.9	5184	61.42	35.73	119.42	18.48	4.36	*0.00
% of Calories										18.4%	61.4%	21.4%	5.0%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Wed - 01/30/2019														
Secondary Lunch TJ	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
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 - 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
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 Lamb Weston	1/2 CUP	162	0	435	2.03	1.09	0.0	0	6.08	2.03	20.25	8.1	2.03	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 PACHE 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		798	53	1317	12.77	5.72	459.4	4948	62.81	31.82	115.85	25.28	8.05	*0.35
% of Calories										16.0%	58.1%	28.5%	9.1%	*0.4%
Nutrient Guideline		750-850		1420									<10.00	

Thu - 01/31/2019														
Secondary Lunch TJ	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
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
TeaBisc WW 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
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

\*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.

# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

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)
Weighted Daily Average		801	91	1142	14.24	6.34	645.2	7207	54.13	41.98	111.75	22.27	7.96	*0.00
% of Calories										21.0%	55.8%	25.0%	8.9%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Weighted Average		802	*76	1218	13.31	*4.96	*592.4	*6490	*60.30	36.15	118.40	*22.06	*7.13	*0.11
										18.0%	59.1%	*24.8%	*8.0%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	802		750 - 850	100%				
Cholesterol (mg)	76				Missing			
Sodium (mg)	1218		1420					
Fiber (g)	13.31							
Iron (mg)	4.96				Missing			
Calcium (mg)	592.4				Missing			
Vitamin A (IU)	6490				Missing			
Vitamin C (mg)	60.30				Missing			
Protein (g)	36.15	18.04%						
Carbohydrate (g)	118.40	59.07%						
Total Fat (g)	22.06	24.77%						
Saturated Fat (g)	7.13	8.01%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.11	0.13%			Missing			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.