

# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

Page 1

Generated on: 12/3/2018 3:02:43 PM

|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Vit-A (IU) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 01/07/2019               |              |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Valley View Elem               | 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                    |
| PBJ Sandwich IW                | 1 each       | 310         | 0           | 310       | 4.00      | 1.08      | 40.0       | 65         | 0.0        | 10.0      | 35.0     | 16.0      | 2.50      | 0.00                    |
| Sun Chips Variety              | 1 Each       | 140         | 0           | 160       | 2.33      | 0.36      | 0.0        | 33         | 0.0        | 2.0       | 17.33    | 6.0       | 1.00      | 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                    |
| 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 - 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                   |
| 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         |              | 699         | 34          | 1079      | 12.25     | 4.01      | 461.7      | 4055       | 42.03      | 25.39     | 103.98   | 20.55     | 4.96      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |            |            |            | 14.5%     | 59.5%    | 26.5%     | 6.4%      | *0.0%                   |
| Nutrient Guideline             |              | 550-650     |             | 1230      |           |           |            |            |            |           |          |           | <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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 01/08/2019              |              |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Valley View Elem              | 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                    |
| Sub Sandwich on WW Bun K-5    | 1 each       | 196         | 43          | 632       | 2.00      | 1.89      | 114.9      | 43         | 1.2        | 12.16     | 21.1     | 7.31      | 1.87      | 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                    |
| 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                   |
| 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                   |
| 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                    |
| Weighted Daily Average        |              | 659         | 40          | 824       | 9.71      | 4.48      | 413.0      | 3681       | 40.66      | 30.20     | 95.80    | 18.36     | 4.14      | *0.00                   |
| % of Calories                 |              |             |             |           |           |           |            |            |            | 18.3%     | 58.2%    | 25.1%     | 5.7%      | *0.0%                   |
| Nutrient Guideline            |              | 550-650     |             | 1230      |           |           |            |            |            |           |          |           | <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.

**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.**

# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

Page 2

Generated on: 12/3/2018 3:02:43 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 <sup>1</sup> (g) |
|---------------------------------|--------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 01/09/2019                |                    |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem                | Total              |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Hamburger on WW Bun K-5         | 1 serving          | 241         | 40          | 472       | 3.01      | 2.53      | 60.1      | 0          | 0.0        | 16.08     | 21.01    | 11.07     | 4.53      | 0.50                    |
| Turkey Deli/WW Bun K-5 RS       | sandwich           | 210         | 45          | 520       | 2.00      | 1.44      | 40.0      | 0          | 0.0        | 20.0      | 20.0     | 5.5       | 2.00      | 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                    |
| 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 1/4 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<br>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          |                    | 568         | 51          | 1003      | 8.79      | 3.63      | 367.0     | 1025       | 42.79      | 29.77     | 87.36    | 12.07     | 4.42      | *0.34                   |
| % of Calories                   |                    |             |             |           |           |           |           |            |            | 21.0%     | 61.6%    | 19.1%     | 7.0%      | *0.5%                   |
| Nutrient Guideline              |                    | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <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 - 01/10/2019               |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem               | 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                   |
| Sandwich Choice                | Sandwich     | 377         | 40          | 731       | 3.94      | 2.44      | 36.8      | 28         | 0.63       | 18.85     | 39.09    | 17.55     | 4.10      | *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                    |
| 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 1/4 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                   |
| 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                    |
| Weighted Daily Average         |              | 594         | *55         | 994       | 7.32      | 4.65      | 471.7     | 8076       | 30.64      | 30.25     | 76.74    | *19.74    | *6.23     | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | 20.4%     | 51.7%    | *29.9%    | *9.4%     | *0.0%                   |
| Nutrient Guideline             |              | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <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.

**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.**

# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

Page 3

Generated on: 12/3/2018 3:02:43 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 01/11/2019               |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem               | Total        |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Cheese Bread: K-5 no meat      | 1 serving    | 243         | 26          | 525       | 2.00      | 1.19      | 523.8     | 292        | 0.0        | 18.5      | 21.46    | 9.25      | 5.23      | *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                   |
| 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                  | 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                   |
| 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, 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         |              | 580         | 44          | 1121      | 10.79     | 3.70      | 758.3     | 4872       | 38.62      | 32.67     | 85.88    | 13.00     | 5.57      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | 22.5%     | 59.3%    | 20.2%     | 8.7%      | *0.0%                   |
| Nutrient Guideline             |              | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 01/14/2019               |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem               | Total        |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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                    |
| 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                   |
| Macaroni & Cheese (K-5)        | .5 cup       | 172         | 15          | 229       | 1.53      | 0.79      | 216.8     | 145        | 0.63       | 8.59      | 22.72    | 4.93      | 2.86      | *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                 | 1/4 Cup      | 10          | 0           | 22        | 0.80      | 0.20      | 11.7      | 2024       | 7.63       | 0.4       | 2.05     | 0.07      | 0.02      | *0.00                   |
| Fruit 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, 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         |              | 574         | 64          | 880       | 7.48      | 3.17      | 554.4     | 7418       | 46.02      | 33.93     | 76.33    | 15.70     | 4.57      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | 23.7%     | 53.2%    | 24.6%     | 7.2%      | *0.0%                   |
| Nutrient Guideline             |              | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <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.

**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.

# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

Page 4

Generated on: 12/3/2018 3:02:43 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 <sup>1</sup> (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 01/15/2019               |                 |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem               | 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                    |
| Sub Sandwich on WW Bun K-5     | 1 each          | 196         | 43          | 632       | 2.00      | 1.89      | 114.9     | 43         | 1.2        | 12.16     | 21.1     | 7.31      | 1.87      | 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                    |
| 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 - 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                   |
| 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                    |
| Weighted Daily Average         |                 | 673         | 41          | 1753      | 13.32     | 5.00      | 457.4     | 1481       | 50.70      | 29.34     | 100.67   | 18.55     | 6.63      | *0.45                   |
| % of Calories                  |                 |             |             |           |           |           |           |            |            | 17.4%     | 59.8%    | 24.8%     | 8.9%      | *0.6%                   |
| Nutrient Guideline             |                 | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <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 - 01/16/2019              |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem              | 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                    |
| Turkey Deli/WW Bun K-5 RS     | sandwich     | 210         | 45          | 520       | 2.00      | 1.44      | 40.0      | 0          | 0.0        | 20.0      | 20.0     | 5.5       | 2.00      | 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      | 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 CUP        | 19          | 0           | 8         | 1.15      | 0.26      | 9.8       | 1143       | 6.54       | 1.08      | 4.23     | 0.15      | 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                   |
| 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        |              | 529         | *39         | 1040      | 7.79      | 3.70      | 545.2     | 6279       | 58.77      | 29.11     | 70.65    | *14.39    | *4.53     | *0.00                   |
| % of Calories                 |              |             |             |           |           |           |           |            |            | 22.0%     | 53.5%    | *24.5%    | *7.7%     | *0.0%                   |
| Nutrient Guideline            |              | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <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.

**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.

# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

Page 5

Generated on: 12/3/2018 3:02:43 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 <sup>1</sup> (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 01/17/2019              |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem              | 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                   |
| Sandwich Choice               | Sandwich     | 377         | 40          | 731       | 3.94      | 2.44      | 36.8      | 28         | 0.63       | 18.85     | 39.09    | 17.55     | 4.10      | *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                    |
| 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                   |
| 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                   |
| 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                    |
| Weighted Daily Average        |              | 655         | 69          | 942       | 11.20     | 2.83      | 437.4     | 2005       | 51.64      | 31.40     | 79.79    | 24.15     | 8.77      | *0.00                   |
| % of Calories                 |              |             |             |           |           |           |           |            |            | 19.2%     | 48.7%    | 33.2%     | 12.0%     | *0.0%                   |
| Nutrient Guideline            |              | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <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               |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem               | Total        |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Toasted Cheese WW Bread:K-5    | 1 EACH       | 214         | 15          | 674       | 2.00      | 1.44      | 240.0     | 320        | 0.0        | 13.0      | 28.0     | 5.49      | 2.54      | 0.00                    |
| PBJ Sandwich IW                | 1 each       | 310         | 0           | 310       | 4.00      | 1.08      | 40.0      | 65         | 0.0        | 10.0      | 35.0     | 16.0      | 2.50      | 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                    |
| 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                 | 1/4 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                  | 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         |              | 653         | 45          | 995       | 9.06      | 3.48      | 735.2     | 3831       | 31.89      | 33.36     | 103.67   | 12.73     | 3.76      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | 20.4%     | 63.5%    | 17.5%     | 5.2%      | *0.0%                   |
| Nutrient Guideline             |              | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <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.

**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.

# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

Page 6

Generated on: 12/3/2018 3:02:43 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 <sup>1</sup> (g) |
|---------------------------------|--------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 01/22/2019                |                    |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem                | 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 K-5      | 1 each             | 196         | 43          | 632       | 2.00      | 1.89      | 114.9     | 43         | 1.2        | 12.16     | 21.1     | 7.31      | 1.87      | 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 1/4 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                   |
| 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                   |
| 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*                   |
| CATSUP & MUSTARD: individual PC | PC PACKE<br>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                    |
| Weighted Daily Average          |                    | 669         | 54          | 1435      | 9.61      | 4.07      | 443.3     | 2005       | 29.36      | 28.81     | 99.76    | 19.88     | 4.86      | *0.00                   |
| % of Calories                   |                    |             |             |           |           |           |           |            |            | 17.2%     | 59.7%    | 26.8%     | 6.5%      | *0.0%                   |
| Nutrient Guideline              |                    | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <10.00    |                         |

|                                 |                    |         |    |      |      |      |       |      |       |       |       |       |        |       |
|---------------------------------|--------------------|---------|----|------|------|------|-------|------|-------|-------|-------|-------|--------|-------|
| Wed - 01/23/2019                |                    |         |    |      |      |      |       |      |       |       |       |       |        |       |
| Valley View Elem                | Total              |         |    |      |      |      |       |      |       |       |       |       |        |       |
| Cheeseburger/WW Bun K-5         | 1 serving          | 244     | 41 | 493  | 3.01 | 2.53 | 70.3  | 15   | 0.0   | 16.43 | 21.11 | 11.27 | 4.65   | 0.50  |
| Turkey Deli/WW Bun K-5 RS       | sandwich           | 210     | 45 | 520  | 2.00 | 1.44 | 40.0  | 0    | 0.0   | 20.0  | 20.0  | 5.5   | 2.00   | 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  |
| 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<br>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          |                    | 591     | 52 | 850  | 8.84 | 3.14 | 397.4 | 7429 | 46.10 | 27.79 | 82.63 | 18.10 | 5.48   | *0.34 |
| % of Calories                   |                    |         |    |      |      |      |       |      |       | 18.8% | 55.9% | 27.5% | 8.3%   | *0.5% |
| Nutrient Guideline              |                    | 550-650 |    | 1230 |      |      |       |      |       |       |       |       | <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.

**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.**

# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

Page 7

Generated on: 12/3/2018 3:02:43 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 <sup>1</sup> (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 01/24/2019              |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem              | Total        |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Taco Meat K-5                 | 1.5 OZ       | 116         | 27          | 220       | 0.39      | 1.93      | 23.7      | 169        | 1.41       | 10.28     | 3.45     | 6.41      | 2.72      | *0.00                   |
| Sandwich Choice               | Sandwich     | 377         | 40          | 731       | 3.94      | 2.44      | 36.8      | 28         | 0.63       | 18.85     | 39.09    | 17.55     | 4.10      | *0.00                   |
| Tortilla WW Catalia 8"        | 1 each       | 120         | 0           | 160       | 3.00      | 0.00      | 60.0      | 0          | 0.0        | 4.0       | 20.0     | 3.0       | 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                    |
| 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                   |
| Sorbet Variety                | 1 Each       | 70          | 0           | 5         | 3.00      | 0.36      | 60.0      | 2000       | 60.0       | 0.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| SOUR CREAM,Light Kemp         | 1 TABLES     | 20          | 5           | 18        | 0.00      | 0.00      | 30.0      | 100        | 0.0        | 0.5       | 1.5      | 1.25      | 0.75      | 0.00                    |
|                               | POON         |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Milk, 1% :LOL                 | 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                    |
| Weighted Daily Average        |              | 596         | 41          | 1119      | *14.39    | 4.31      | 469.1     | 2904       | 86.13      | 29.20     | 92.10    | 13.54     | 4.55      | *0.00                   |
| % of Calories                 |              |             |             |           |           |           |           |            |            | 19.6%     | 61.8%    | 20.4%     | 6.9%      | *0.0%                   |
| Nutrient Guideline            |              | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <10.00    |                         |

|                                |           |         |    |      |      |      |       |      |        |       |       |       |        |       |
|--------------------------------|-----------|---------|----|------|------|------|-------|------|--------|-------|-------|-------|--------|-------|
| Fri - 01/25/2019               |           |         |    |      |      |      |       |      |        |       |       |       |        |       |
| Valley View Elem               | Total     |         |    |      |      |      |       |      |        |       |       |       |        |       |
| French Toast Sticks WG K-8     | 3 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  |
| PBJ Sandwich IW                | 1 each    | 310     | 0  | 310  | 4.00 | 1.08 | 40.0  | 65   | 0.0    | 10.0  | 35.0  | 16.0  | 2.50   | 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 |
| 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, 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     | 49 | 875  | 9.95 | 3.07 | 583.2 | 3312 | 119.29 | 26.84 | 90.04 | 26.64 | 6.15   | *0.00 |
| % of Calories                  |           |         |    |      |      |      |       |      |        | 15.3% | 51.4% | 34.2% | 7.9%   | *0.0% |
| Nutrient Guideline             |           | 550-650 |    | 1230 |      |      |       |      |        |       |       |       | <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.

**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.

# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

Page 8

Generated on: 12/3/2018 3:02:43 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 01/28/2019               |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem               | Total        |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Pizza Wedge WG Real Slice      | 1 each       | 270         | 10          | 800       | 4.00      | 5.40      | 250.0     | 500        | 0.0        | 15.0      | 32.0     | 10.0      | 3.00      | 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                   |
| 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                 | 1/4 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 - 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                   |
| 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                    |
| 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         |              | 584         | 43          | 1081      | 8.29      | 5.36      | 608.1     | 15526      | 20.59      | 27.94     | 86.76    | 14.80     | 5.35      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | 19.1%     | 59.4%    | 22.8%     | 8.2%      | *0.0%                   |
| Nutrient Guideline             |              | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <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 - 01/29/2019               |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem               | 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                    |
| Sub Sandwich on WW Bun K-8     | 1 each       | 196         | 43          | 632       | 2.00      | 1.89      | 114.9     | 43         | 1.2        | 12.16     | 21.1     | 7.31      | 1.87      | 0.00                    |
| Mashed Potatoes K-8            | SERVING      | 68          | 0           | 325       | 1.51      | 0.27      | 15.1      | 0          | 6.79       | 1.51      | 15.1     | 0.0       | 0.00      | 0.00                    |
|                                | 1/2 CUP      |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Gravy Chicken Knorr 1oz        | 1 oz         | 30          | 0           | 130       | 0.00      | 0.00      | 0.0       | 300        | 0.0        | 0.0       | 4.0      | 1.0       | 0.00      | 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                    |
| 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 - 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, 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                    |
| Weighted Daily Average         |              | 551         | 83          | 1068      | 9.62      | 3.02      | 396.2     | 4734       | 49.55      | 29.02     | 76.80    | 14.53     | 4.01      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | 21.1%     | 55.8%    | 23.7%     | 6.6%      | *0.0%                   |
| Nutrient Guideline             |              | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <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.

**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.**



# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

Page 9

Generated on: 12/3/2018 3:02:43 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 01/30/2019               |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Valley View Elem               | 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                   |
| Turkey Deli/WW Bun K-5 RS      | sandwich     | 210         | 45          | 520       | 2.00      | 1.44      | 40.0      | 0          | 0.0        | 20.0      | 20.0     | 5.5       | 2.00      | 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 K-8         | 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                    |
| 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 1/4 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                   |
| 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         |              | 669         | 51          | 1243      | 8.86      | 4.19      | 350.2     | 1063       | 28.90      | 30.27     | 94.75    | 20.43     | 6.67      | *0.34                   |
| % of Calories                  |              |             |             |           |           |           |           |            |            | 18.1%     | 56.6%    | 27.5%     | 9.0%      | *0.5%                   |
| Nutrient Guideline             |              | 550-650     |             | 1230      |           |           |           |            |            |           |          |           | <10.00    |                         |

|                               |           |         |    |      |      |      |       |      |       |       |       |       |        |       |
|-------------------------------|-----------|---------|----|------|------|------|-------|------|-------|-------|-------|-------|--------|-------|
| Thu - 01/31/2019              |           |         |    |      |      |      |       |      |       |       |       |       |        |       |
| Valley View Elem              | Total     |         |    |      |      |      |       |      |       |       |       |       |        |       |
| Spaghetti WG/Meat Sauce (K-5) | 1/2 cup   | 152     | 18 | 225  | 2.63 | 1.93 | 27.4  | 550  | 10.42 | 9.05  | 17.12 | 5.13  | 1.89   | *0.00 |
| Sandwich Choice               | Sandwich  | 377     | 40 | 731  | 3.94 | 2.44 | 36.8  | 28   | 0.63  | 18.85 | 39.09 | 17.55 | 4.10   | *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 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 |
| 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 |
| 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  |
| Weighted Daily Average        |           | 563     | 47 | 948  | 7.96 | 3.83 | 530.5 | 7132 | 36.74 | 29.32 | 69.28 | 19.69 | 7.01   | *0.00 |
| % of Calories                 |           |         |    |      |      |      |       |      |       | 20.8% | 49.2% | 31.5% | 11.2%  | *0.0% |
| Nutrient Guideline            |           | 550-650 |    | 1230 |      |      |       |      |       |       |       |       | <10.00 |       |

|                  |  |     |     |      |       |      |       |      |       |       |       |        |       |       |
|------------------|--|-----|-----|------|-------|------|-------|------|-------|-------|-------|--------|-------|-------|
| Weighted Average |  | 617 | *50 | 1069 | *9.73 | 3.87 | 498.8 | 4824 | 47.25 | 29.70 | 87.39 | *17.60 | *5.43 | *0.08 |
|                  |  |     |     |      |       |      |       |      |       | 19.3% | 56.6% | *25.7% | *7.9% | *0.1% |

\*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.

# Bloomington Public Schools #271

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

Page 10

Generated on: 12/3/2018 3:02:43 PM

| Nutrient                   | Menu AVG | 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) | Error Messages (if any) |
|----------------------------|----------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|
| Calories                   | 617      |              | 550 - 650   | 100%        |           |           |           |           |            |            |           |          |           |           |                         |                         |
| Cholesterol (mg)           | 50       |              |             |             |           | Missing   |           |           |            |            |           |          |           |           |                         |                         |
| Sodium (mg)                | 1069     |              | 1230        |             |           |           |           |           |            |            |           |          |           |           |                         |                         |
| Fiber (g)                  | 9.73     |              |             |             |           | Missing   |           |           |            |            |           |          |           |           |                         |                         |
| Iron (mg)                  | 3.87     |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |                         |
| Calcium (mg)               | 498.8    |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |                         |
| Vitamin A (IU)             | 4824     |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |                         |
| Vitamin C (mg)             | 47.25    |              |             |             |           |           |           |           |            |            |           |          |           |           |                         |                         |
| Protein (g)                | 29.70    | 19.25%       |             |             |           |           |           |           |            |            |           |          |           |           |                         |                         |
| Carbohydrate (g)           | 87.39    | 56.65%       |             |             |           |           |           |           |            |            |           |          |           |           |                         |                         |
| Total Fat (g)              | 17.60    | 25.67%       |             |             |           |           |           |           |            |            |           |          |           |           |                         |                         |
| Saturated Fat (g)          | 5.43     | 7.91%        |             | <10.00%     |           | Missing   |           |           |            |            |           |          |           |           |                         |                         |
| Trans Fat <sup>1</sup> (g) | 0.08     | 0.12%        |             |             |           | 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.