

Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

OGM Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 9:23:09 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/04/2019														
OGM Lunch	Total													
Corn Dog Nuggets (K-12):FF	6 each	270	38	420	4.50	2.16	150.0	0	0.0	10.5	30.0	12.0	3.75	0.00
Chicken Strips WG Hot & Spicy	3 pieces	260	25	390	3.00	1.80	0.0	100	0.0	15.0	17.0	15.0	2.50	0.00
Doritos Variety Chips	Package	132	0	185	2.03	0.27	15.2	25	0.0	2.03	20.25	5.06	0.39	0.00
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	130	0	550	5.00	1.80	40.0	0	0.0	6.0	29.0	0.0	0.00	0.00
Veg Choice Raw	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*0.00
Mandarin Oranges	1/2 cup	71	0	7	1.36	0.42	9.1	1467	22.23	0.61	18.21	0.16	0.01	*N/A*
Fruit Variety - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*0.00
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		716	43	1310	13.33	4.75	481.7	4052	42.60	28.92	110.58	19.20	4.40	*0.00
% of Calories										16.2%	61.8%	24.1%	5.5%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Tue - 03/05/2019														
OGM Lunch	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
Pork Steak, Breaded	serving	300	40	390	2.00	1.80	40.0	5	0.0	14.0	16.0	20.0	6.00	0.00
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
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
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 - 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		654	57	592	8.95	3.89	384.3	6624	28.41	32.45	97.37	15.08	4.53	*0.00
% of Calories										19.9%	59.6%	20.8%	6.2%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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

Mar 4, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

OGM Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/06/2019														
OGM Lunch	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
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
Italian Dunkers (no meat)	1/2 cup	101	0	443	4.08	1.27	26.4	1641	12.12	2.56	17.33	2.68	0.34	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Veg Choice Raw	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*0.00
Fruit Variety - Fresh 1/2 Cup	1/2 cup	42	0	0	1.76	0.10	15.0	95	19.55	0.54	10.78	0.13	0.03	*0.00
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
CATSUP &MUSTARD: individual PC	PC PACKE T 1 EA	7	0	75	0.04	0.07	3.0	24	0.18	0.18	1.41	0.13	0.01	*N/A*
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, 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		663	39	1380	12.39	4.23	692.4	3981	51.53	33.15	93.03	19.00	7.63	*0.00
% of Calories										20.0%	56.1%	25.8%	10.3%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/11/2019														
OGM Lunch	Total													
Chicken Sriracha Bites	Pieces	290	53	381	1.52	*N/A*	0.0	305	1.83	22.86	21.33	13.71	2.29	0.00
Pork Steak Advance Pierre	1 Each	273	35	395	2.03	1.82	40.5	0	0.0	14.17	18.22	16.2	4.56	0.00
Macaroni & Cheese (6-12)	1 cup	343	30	458	3.07	1.57	433.6	289	1.27	17.18	45.43	9.87	5.71	*0.00
Broccoli: frozen, boiled	1/2 CUP	26	0	10	2.76	0.56	30.4	930	36.89	2.85	4.92	0.11	0.01	0.00
Veg Choice Raw	1/4 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
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		725	78	876	9.47	*2.68	666.5	3875	61.69	43.94	89.26	22.68	7.59	*0.00
% of Calories										24.3%	49.3%	28.2%	9.4%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Base Menu Spreadsheet

OGM Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/12/2019														
OGM Lunch	Total													
Quesadilla Cheese:5oz Max	1 each	360	15	810	5.00	2.70	350.0	300	0.0	18.0	42.0	14.0	4.00	0.00
Salad Taco w Chips:OGM	salad	331	30	685	5.20	2.72	309.0	1670	10.97	12.56	30.65	17.89	7.15	*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
Refried Beans Dehyd	1/2 CUP	140	0	510	8.00	1.80	40.0	0	1.2	8.0	24.0	1.5	0.50	0.00
Veg Choice Raw	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*0.00
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
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, 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		653	29	1275	15.88	4.36	748.4	2552	121.07	32.20	94.42	17.55	5.95	*0.00
% of Calories										19.7%	57.8%	24.2%	8.2%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Wed - 03/13/2019														
OGM Lunch	Total													
Wild Mike's Cheese Bites	4 each	283	20	547	4.05	1.46	243.0	405	0.0	16.2	28.35	12.15	4.05	0.00
Hot Dog Beef /WW Bun 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
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
	1 CUP													
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
Strawberries: frozen 1/2 cup	1/2 CUP	80	0	0	2.00	0.75	14.0	31	52.8	1.0	19.0	0.0	0.00	0.00
Fruit Variety - 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
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		610	*36	1415	8.83	4.91	569.0	7525	91.95	27.95	84.55	*16.53	*5.83	*0.00
% of Calories										18.3%	55.5%	*24.4%	*8.6%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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OGM Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/14/2019														
OGM Lunch	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
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
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
Peas frozen boiled	1/2 CUP	62	0	58	4.40	1.22	19.2	1680	7.92	4.12	11.41	0.22	0.04	*N/A*
Veg Choice Raw	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*0.00
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
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		627	64	969	12.79	3.68	461.8	4859	31.74	31.63	79.41	19.79	8.16	*0.00
% of Calories										20.2%	50.7%	28.4%	11.7%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Fri - 03/15/2019														
OGM Lunch	Total													
Toasted Cheese WW Bread:6-8	1 EACH	246	15	697	2.87	1.60	234.2	303	0.13	13.02	33.36	7.42	3.27	*0.00
Yogurt 4oz Raspberry Upstate F	1 EACH	90	0	50	0.00	0.00	301.1	0	1.2	3.01	19.07	0.0	0.00	0.00
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
Soup, Tomato	1/2 cup	53	1	238	0.46	0.33	38.1	247	3.07	1.92	10.84	0.0	0.00	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Veg Choice 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
Apples,Fresh	1 APPLE	105	0	2	4.86	0.24	12.2	109	9.32	0.53	27.97	0.34	0.06	*N/A*
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
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		656	23	1191	12.59	4.36	822.7	4172	38.51	29.70	116.08	10.00	3.93	*0.00
% of Calories										18.1%	70.8%	13.7%	5.4%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Mon - 03/18/2019														
OGM Lunch	Total													
Quesadilla Cheese:5oz Max	1 each	360	15	810	5.00	2.70	350.0	300	0.0	18.0	42.0	14.0	4.00	0.00
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
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
Refried Beans Dehyd	1/2 CUP	140	0	510	8.00	1.80	40.0	0	1.2	8.0	24.0	1.5	0.50	0.00
Veg Choice Raw	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*0.00
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
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		700	32	1554	14.66	5.00	607.0	2018	25.09	33.81	100.34	19.21	6.28	*0.00
% of Calories										19.3%	57.4%	24.7%	8.1%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/19/2019														
OGM Lunch	Total													
Chicken Drumstick Tyson	1 Each	150	85	290	0.00	0.72	0.0	0	0.0	15.0	2.0	9.0	2.00	0.00
Pork Steak, Breaded	servng	300	40	390	2.00	1.80	40.0	5	0.0	14.0	16.0	20.0	6.00	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
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*
Garlic Knot	Each Knot	172	0	273	2.02	1.09	20.2	202	6.07	4.05	23.29	7.09	1.52	0.00
Fresh Veggie Cup	1/2 cup	8	0	11	0.55	0.12	8.1	408	12.12	0.33	1.63	0.08	0.01	*0.00
BANANA	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
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		645	81	1099	7.41	2.87	361.5	1185	45.95	29.97	85.32	20.86	5.46	*0.00
% of Calories										18.6%	52.9%	29.1%	7.6%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

OGM Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/20/2019														
OGM Lunch	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
Fish Patty Cheese School Bun	serving	387	42	594	5.05	2.82	155.1	47	0.0	19.54	49.09	12.54	2.58	*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
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
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*
TARTAR SAUCE	2 TBSP	63	8	246	0.40	0.36	5.0	63	0.4	0.23	7.94	3.59	0.58	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
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	55	1154	12.51	4.04	482.1	8615	59.64	30.94	108.96	26.31	7.18	*0.35
% of Calories										16.0%	56.3%	30.6%	8.3%	*0.4%
Nutrient Guideline		600-700		1360									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/21/2019														
OGM Lunch	Total													
Spaghetti WG/Meat Sauce (6-12)	1 cup	303	36	451	5.26	3.86	54.7	1099	20.83	18.11	34.25	10.25	3.78	*0.00
Chicken Strips, Tyson	3 each	260	25	390	3.00	1.80	40.0	100	0.0	15.0	16.0	15.0	2.50	0.00
Garlic Toast 1.2oz WG	1 Each	90	0	110	1.00	0.72	0.0	200	0.0	3.0	15.01	2.5	0.00	0.00
Caesar Salad	1 cup	115	13	312	1.34	0.78	179.5	4159	1.88	6.88	6.8	6.83	3.09	*0.00
Veg Choice Cooked 1/4 cup	1/4 CUP	19	0	8	1.15	0.26	9.8	1143	6.54	1.08	4.23	0.15	0.02	*0.00
Pears: canned,light syrup	1/2 cup	58	0	2	2.00	0.26	8.0	0	2.26	0.38	15.12	0.12	0.00	0.00
Fruit Variety - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*0.00
BBQ Sauce Heinz	1 Tbsp	20	0	225	0.00	0.00	0.0	100	0.0	0.0	4.5	0.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		680	55	1012	10.16	5.28	548.4	6811	38.01	36.54	85.12	22.28	7.11	*0.00
% of Calories										21.5%	50.1%	29.5%	9.4%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

OGM Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/22/2019														
OGM Lunch	Total													
Pizza French Bread 6"	1 Each	300	20	570	3.00	*N/A*	*N/A*	*N/A*	*N/A*	17.0	34.0	11.0	4.00	0.00
Corn Dog 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
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 - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*0.00
ICE CREAM SANDWICH, MINI MITE	1 each	100	10	55	0.00	0.00	40.0	0	0.0	2.0	16.0	3.0	1.50	0.00
Ketchup & Mustard	serving	21	0	217	0.10	0.16	6.7	90	0.7	0.41	4.98	0.24	0.01	*N/A*
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		645	44	846	9.21	*1.98	*420.9	*3586	*30.99	29.20	98.40	15.98	6.14	*0.00
% of Calories										18.1%	61.0%	22.3%	8.6%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Weighted Average		673	*49	1129	11.40	*4.00	*557.4	*4604	*51.32	32.34	95.60	*18.81	*6.17	*0.03
										19.2%	56.8%	*25.2%	*8.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	673		600 - 700	100%				
Cholesterol (mg)	49				Missing			
Sodium (mg)	1129		1360					
Fiber (g)	11.40							
Iron (mg)	4.00				Missing			
Calcium (mg)	557.4				Missing			
Vitamin A (IU)	4604				Missing			
Vitamin C (mg)	51.32				Missing			
Protein (g)	32.34	19.23%						
Carbohydrate (g)	95.60	56.84%						
Total Fat (g)	18.81	25.16%			Missing			
Saturated Fat (g)	6.17	8.25%	<10.00%		Missing			
Trans Fat ¹ (g)	0.03	0.04%			Missing			

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