

Bloomington Public Schools #271

May 6, 2019 thru Jun 6, 2019

Base Menu Spreadsheet

Valley View Elem

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)
Mon - 05/06/2019														
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
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
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
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
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		649	43	816	9.74	4.05	422.6	5039	48.30	31.54	95.81	16.56	3.91	*0.00
% of Calories										19.4%	59.0%	23.0%	5.4%	*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 ¹ (g)
Tue - 05/07/2019														
Valley View Elem	Total													
SLOPPY JOE/WW BUN (K-5)	SERVINGS	340	44	493	3.38	5.11	88.5	500	7.37	21.83	36.35	12.02	4.48	*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
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,FRESH 1/2 c	1/2 CUP	23	0	1	1.44	0.30	11.5	9	42.34	0.48	5.53	0.22	0.01	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	7	0	75	0.04	0.07	3.0	24	0.18	0.18	1.41	0.13	0.01	*N/A*
	T 1 EA													
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		581	53	809	7.41	5.30	488.3	6544	81.12	30.57	74.67	19.03	5.28	*0.00
% of Calories										21.0%	51.4%	29.5%	8.2%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Bloomington Public Schools #271

May 6, 2019 thru Jun 6, 2019

Base Menu Spreadsheet

Valley View Elem

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 - 05/08/2019														
Valley View Elem	Total													
Chicken Patty Brd/WW Bun K-5	serving	330	30	460	3.00	2.88	60.0	100	1.2	16.0	31.0	16.0	3.50	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
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
Melon Wedges Cantaloupe	1/2 cup	27	0	13	0.72	0.17	7.2	2706	29.36	0.67	6.53	0.15	0.04	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, 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		597	44	835	8.18	3.15	388.9	8731	58.54	27.58	76.74	20.84	4.66	*0.00
% of Calories										18.5%	51.4%	31.4%	7.0%	*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 ¹ (g)
Thu - 05/09/2019														
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, Fresh	1 EACH	95	0	2	5.15	0.30	14.9	42	7.14	0.6	25.28	0.23	0.04	*N/A*
Sorbet Variety	1 Each	70	0	5	3.00	0.36	60.0	2000	60.0	0.0	19.0	0.0	0.00	0.00
SOUR CREAM,Light Kemps	1 TABLES POON	20	5	18	0.00	0.00	30.0	100	0.0	0.5	1.5	1.25	0.75	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		669	41	1272	*20.18	5.10	492.1	2953	91.08	31.82	108.40	13.88	4.69	*0.00
% of Calories										19.0%	64.8%	18.7%	6.3%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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May 6, 2019 thru Jun 6, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/10/2019														
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	

Mon - 05/13/2019														
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
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
Tortilla Chips	1 oz	142	0	106	1.01	0.00	40.5	0	0.0	2.03	19.24	7.09	1.01	0.00
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	130	0	550	5.00	1.80	40.0	0	0.0	6.0	29.0	0.0	0.00	0.00
Veg Choice Raw	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*0.00
PEACHES: canned,light syrup	1/2 cup	53	0	6	1.30	0.38	6.0	340	3.81	0.5	13.39	0.13	0.00	0.00
Fruit Variety - Fresh 1/4 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, 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		675	51	1190	10.57	4.00	542.5	2885	24.49	28.55	100.73	19.28	5.20	*0.00
% of Calories										16.9%	59.7%	25.7%	6.9%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/14/2019														
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
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
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
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
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
Salad Dressing Composite	1 TBSP	29	1	143	0.08	0.05	4.7	30	0.46	0.22	2.5	2.12	0.25	*0.00
Milk, 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		573	42	995	8.01	5.47	590.4	6606	37.92	26.63	86.54	15.08	5.31	*0.00
% of Calories										18.6%	60.4%	23.7%	8.3%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Wed - 05/15/2019														
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, 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
Pineapple Tidbits	1/2 cup	66	0	1	1.01	0.49	17.6	48	9.45	0.45	16.95	0.15	0.01	*N/A*
Fruit Variety - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*0.00
CATSUP & MUSTARD: individual PC	PC PACKE	7	0	75	0.04	0.07	3.0	24	0.18	0.18	1.41	0.13	0.01	*N/A*
	T 1 EA													
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		549	53	976	5.82	3.58	386.4	1013	27.76	27.99	69.91	18.25	6.11	*0.34
% of Calories										20.4%	50.9%	29.9%	10.0%	*0.6%
Nutrient Guideline		550-650		1230									<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/16/2019														
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 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 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, 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		573	49	927	7.96	3.84	530.5	7199	31.94	29.99	71.96	19.43	6.63	*0.00
% of Calories										20.9%	50.2%	30.5%	10.4%	*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 ¹ (g)
Fri - 05/17/2019														
Valley View Elem	Total													
Mozz Chz Sticks	5 pieces	370	30	530	1.00	1.44	400.0	400	0.0	19.0	29.0	21.0	8.00	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
Pizza Dipping Sauce	1/2 CUP	80	0	520	4.00	0.72	0.0	2000	4.8	2.0	14.0	1.0	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
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
Fruit Variety - 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		649	29	998	10.19	3.22	612.4	5236	37.29	29.30	88.23	21.57	6.87	*0.00
% of Calories										18.1%	54.4%	29.9%	9.5%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

May 6, 2019 thru Jun 6, 2019

Base Menu Spreadsheet

Valley View Elem

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)
Mon - 05/20/2019														
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
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
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
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		577	64	877	7.72	3.30	561.4	3925	60.72	35.23	76.86	15.56	4.54	*0.00
% of Calories										24.4%	53.2%	24.2%	7.1%	*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 ¹ (g)
Tue - 05/21/2019														
Valley View Elem	Total													
Quesadilla Chicken or Cheese	1 Piece	340	18	790	4.50	2.70	275.0	300	0.0	18.0	40.0	12.5	3.25	0.00
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
Lettuce Shred 1/2 C	1/2 cup	4	0	3	0.33	0.11	5.0	138	0.77	0.25	0.82	0.04	0.00	0.00
Salsa Rosarita	1/4 Cup	10	0	180	*N/A*	0.00	0.0	200	2.4	0.0	2.0	0.0	0.00	0.00
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
BANANAS,PETITE	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0.00
Fruit Variety - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*0.00
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
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
Weighted Daily Average		641	36	1571	*14.62	4.58	579.1	1107	31.12	33.51	97.57	13.98	4.20	*0.00
% of Calories										20.9%	60.9%	19.6%	5.9%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

May 6, 2019 thru Jun 6, 2019

Base Menu Spreadsheet

Valley View Elem

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 - 05/22/2019														
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 , Oven 99% FF:Lamb W	1/2 cup	121	0	324	2.70	0.97	0.0	0	12.15	2.7	25.65	1.35	0.00	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
CATSUP & MUSTARD: individual PC	PC PACKE T 1 EA	7	0	75	0.04	0.07	3.0	24	0.18	0.18	1.41	0.13	0.01	*N/A*
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		552	51	1000	7.18	3.86	379.7	1009	35.36	29.14	82.66	12.79	4.47	*0.34
% of Calories										21.1%	59.9%	20.9%	7.3%	*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 ¹ (g)
Thu - 05/23/2019														
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 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
Melon Wedges Cantaloupe	1/2 cup	27	0	13	0.72	0.17	7.2	2706	29.36	0.67	6.53	0.15	0.04	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
Weighted Daily Average		611	66	966	9.55	2.69	438.1	5595	84.06	31.01	69.30	23.51	8.49	*0.00
% of Calories										20.3%	45.4%	34.6%	12.5%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

May 6, 2019 thru Jun 6, 2019

Base Menu Spreadsheet

Valley View Elem

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 - 05/24/2019														
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
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
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*
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Veg Choice Cooked 1/4 cup	1/4 CUP	19	0	8	1.15	0.26	9.8	1143	6.54	1.08	4.23	0.15	0.02	*0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Fruit Variety - 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		597	*23	964	10.76	3.66	534.5	3644	39.17	28.19	89.16	*15.11	*4.26	*0.00
% of Calories										18.9%	59.7%	*22.8%	*6.4%	*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 ¹ (g)
Tue - 05/28/2019														
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
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
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 - 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, 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		657	48	1314	12.49	4.74	500.0	4034	43.01	27.43	102.96	15.71	4.43	*0.00
% of Calories										16.7%	62.7%	21.5%	6.1%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

May 6, 2019 thru Jun 6, 2019

Base Menu Spreadsheet

Valley View Elem

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 - 05/29/2019														
Valley View Elem	Total													
Meatball Sub	1 Sub (4 balls)	469	53	1153	7.10	3.44	113.3	1217	2.92	22.88	35.18	26.94	12.00	1.33
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
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
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
Apple Wedges	1/2 APPLE	53	0	1	2.43	0.12	6.1	55	4.66	0.26	13.98	0.17	0.03	*N/A*
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
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		661	60	1401	10.06	3.85	407.6	3406	30.45	31.97	75.05	26.54	10.69	*0.89
% of Calories										19.3%	45.4%	36.1%	14.6%	*1.2%
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 ¹ (g)
Thu - 05/30/2019														
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 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
Baby Carrots/Dip: 1/2 cup	1/2 cup	75	3	248	3.29	1.01	46.3	15640	3.55	1.23	10.34	3.65	0.52	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 - 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*
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		588	*54	1116	9.44	4.52	464.2	17850	31.08	29.18	81.00	*17.68	*4.87	*0.00
% of Calories										19.9%	55.1%	*27.1%	*7.5%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

May 6, 2019 thru Jun 6, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/31/2019														
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
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
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
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
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		654	26	691	10.77	3.60	385.3	3710	44.74	28.91	92.46	20.06	4.04	*0.00
% of Calories										17.7%	56.5%	27.6%	5.6%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Mon - 06/03/2019														
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
Sandwich Choice (ele.)	1 sandwich	290	32	634	2.71	2.25	114.6	96	0.24	16.18	27.18	13.61	3.73	*0.10
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 Oven Variety	1/2 cup	195	0	387	2.25	0.72	5.0	750	4.8	2.25	26.22	8.61	1.87	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
CATSUP & MUSTARD: individual PC	PC PACKE T 1 EA	7	0	75	0.04	0.07	3.0	24	0.18	0.18	1.41	0.13	0.01	*N/A*
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, 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		626	46	1055	7.95	3.60	398.9	1731	26.43	27.29	81.53	21.76	6.75	*0.37
% of Calories										17.4%	52.1%	31.3%	9.7%	*0.5%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

May 6, 2019 thru Jun 6, 2019

Base Menu Spreadsheet

Valley View Elem

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 - 06/04/2019														
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
Sandwich Choice (ele.)	1 sandwich	290	32	634	2.71	2.25	114.6	96	0.24	16.18	27.18	13.61	3.73	*0.10
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
Variety Snack	1 each	132	0	130	1.80	0.50	48.1	0	0.0	1.81	19.05	4.92	1.00	0.00
Milk, 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		645	26	1054	11.11	6.15	587.3	3926	40.94	29.23	94.77	17.72	4.95	*0.03
% of Calories										18.1%	58.8%	24.7%	6.9%	*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 ¹ (g)
Wed - 06/05/2019														
Valley View Elem	Total													
Sandwich Choice (ele.)	1 sandwich	290	32	634	2.71	2.25	114.6	96	0.24	16.18	27.18	13.61	3.73	*0.10
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
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
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
Ketchup & Mustard	serving	21	0	217	0.10	0.16	6.7	90	0.7	0.41	4.98	0.24	0.01	*N/A*
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		656	41	934	9.55	3.40	493.1	3647	45.00	30.29	88.28	22.38	5.46	*0.10
% of Calories										18.5%	53.8%	30.7%	7.5%	*0.1%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

May 6, 2019 thru Jun 6, 2019

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/06/2019														
Valley View Elem	Total													
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
CHEESE STICK 1oz	1 each	86	15	150	0.00	0.07	207.2	147	0.0	7.36	1.09	5.68	3.59	*N/A*
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
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
Variety Snack	1 each	132	0	130	1.80	0.50	48.1	0	0.0	1.81	19.05	4.92	1.00	0.00
Milk, 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		700	24	781	10.03	2.39	645.9	6887	59.64	28.93	85.93	27.94	7.77	*0.00
% of Calories										16.5%	49.1%	35.9%	10.0%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Weighted Average		625	*44	1018	*9.97	3.96	496.2	4782	49.11	29.61	86.11	*19.19	*5.64	*0.09
										18.9%	55.1%	*27.6%	*8.1%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	625		550 - 650	100%				
Cholesterol (mg)	44				Missing			
Sodium (mg)	1018		1230					
Fiber (g)	9.97				Missing			
Iron (mg)	3.96							
Calcium (mg)	496.2							
Vitamin A (IU)	4782							
Vitamin C (mg)	49.11							
Protein (g)	29.61	18.94%						
Carbohydrate (g)	86.11	55.08%						
Total Fat (g)	19.19	27.61%			Missing			
Saturated Fat (g)	5.64	8.12%	<10.00%		Missing			
Trans Fat ¹ (g)	0.09	0.13%			Missing			

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