

Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

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Generated on: 10/9/2018 8:12:19 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 - 11/05/2018														
Secondary Lunch JFK	Total													
Chicken Wing Sriracha Boneless	Pieces	290	53	381	1.52	*N/A*	0.0	305	1.83	22.86	21.33	13.71	2.29	0.00
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
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Macaroni & Cheese (6-12)	1 cup	343	30	458	3.07	1.57	433.6	289	1.27	17.18	45.43	9.87	5.71	*0.00
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	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*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 1/2 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
BBQ Sauce Heinz	1 tbs	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		843	102	1026	11.73	*3.40	805.8	7695	103.55	50.30	110.39	24.10	8.33	*0.00
% of Calories										23.9%	52.4%	25.7%	8.9%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	
Tue - 11/06/2018														
Secondary Lunch JFK	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
PB&J Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar - Baked Potato:TJFK	serving	674	68	1203	12.79	7.12	425.2	7829	91.7	35.67	88.37	22.51	9.10	*0.70
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
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
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Pineapple Tidbits	1/2 cup	66	0	1	1.01	0.49	17.6	48	9.45	0.45	16.95	0.15	0.01	*N/A*
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
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		749	46	943	12.00	*3.16	*516.6	*6165	*54.35	33.79	114.03	19.04	6.27	*0.07
% of Calories										18.1%	60.9%	22.9%	7.5%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

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Base Menu Spreadsheet

Secondary Lunch JFK

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 - 11/07/2018														
Secondary Lunch JFK	Total													
Meatball Sub	1 Sub (4 balls)	309	27	820	5.77	2.48	86.7	1217	2.92	13.56	31.85	14.28	6.00	0.67
Chicken Patty Brd/WW Bun 6-12	serving	409	30	549	4.05	3.45	31.6	102	1.2	17.54	45.09	18.29	3.83	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Potatoes, Spicy Curly (9-12)	3/4 cup	160	0	430	2.00	1.08	0.0	0	6.0	2.0	20.0	8.0	2.00	0.00
CARROT STICKS 1/2 C	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	0.82	8.42	0.21	0.03	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	69	0	7	1.21	0.35	7.3	252	2.3	0.48	18.07	0.08	0.01	*N/A*
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
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		753	57	1366	12.38	4.51	474.6	15309	38.50	28.48	106.05	25.14	8.36	*0.47
% of Calories										15.1%	56.3%	30.0%	10.0%	*0.6%
Nutrient Guideline		750-850		1420									<10.00	

Thu - 11/08/2018														
Secondary Lunch JFK	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
PB&J Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Garlic Toast WW	1 EACH	80	0	140	1.00	0.72	0.0	100	0.0	2.0	11.0	3.5	1.00	0.00
Caesar Salad	1 cup	115	13	312	1.34	0.78	179.5	4159	1.88	6.88	6.8	6.83	3.09	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Pears: canned,light syrup	1/2 cup	58	0	2	2.00	0.26	8.0	0	2.26	0.38	15.12	0.12	0.00	0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		822	89	1183	13.90	3.73	690.6	6364	32.88	40.32	103.97	28.05	11.40	*0.00
% of Calories										19.6%	50.6%	30.7%	12.5%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Base Menu Spreadsheet

Secondary Lunch JFK

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 - 11/09/2018														
Secondary Lunch JFK	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
Salad Bar	498 serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Marinara Sauce Italian	1/2 cup	70	*N/A*	460	1.00	1.44	40.0	1000	15.0	2.0	12.0	*N/A*	*N/A*	*N/A*
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
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
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		753	*71	1216	12.78	4.53	701.2	7451	63.55	35.74	108.81	*20.71	*6.23	*0.00
% of Calories										19.0%	57.8%	*24.7%	*7.4%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Mon - 11/12/2018														
Secondary Lunch JFK	Total													
Chicken Patty Breaded	498 serving	230	30	280	1.00	1.80	20.0	100	1.2	12.0	12.0	15.0	3.00	0.00
Hamburger Gravy	4 oz.	258	54	354	1.08	2.63	22.0	83	1.6	18.23	22.47	9.83	3.80	*0.00
Salad Bar	498 serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Mashed Potatoes 9-12	1 CUP	140	0	30	2.00	0.40	14.7	4	12.82	2.0	30.0	1.0	0.00	0.00
Gravy Chicken Knorr 2 oz	2 OZ	60	0	260	0.00	0.00	0.0	600	0.0	0.0	8.0	2.0	0.00	0.00
TeaBisc WW 2 - 1oz	2 EACH	171	0	291	2.59	1.37	32.6	2	0.13	4.96	28.9	4.49	0.72	*0.00
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
PEACHES: canned,light syrup	1/2 cup	53	0	6	1.30	0.38	6.0	340	3.81	0.5	13.39	0.13	0.00	0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
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		787	60	921	10.84	4.62	463.0	12788	46.36	31.37	118.12	21.36	4.68	*0.00
% of Calories										16.0%	60.0%	24.4%	5.3%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Base Menu Spreadsheet

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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 - 11/13/2018														
Secondary Lunch JFK	Total													
Hot Dog Beef /WW Bun 6-12	1 each	399	42	1079	3.05	2.37	11.6	2	0.0	13.54	37.09	22.29	7.83	*0.00
PB&J Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Walking Taco	1 EACH	472	36	513	5.54	3.59	83.2	781	11.49	18.54	43.89	22.9	5.69	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*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
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	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*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	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
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
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		750	57	1265	11.21	4.01	461.6	7685	49.93	28.01	99.86	27.14	8.29	*0.00
% of Calories										14.9%	53.2%	32.6%	9.9%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Wed - 11/14/2018														
Secondary Lunch JFK	Total													
Cheeseburger/WW 51% Bun 6-12	1 serving	355	48	771	4.06	3.10	131.7	152	0.0	21.11	36.11	15.36	6.11	*0.50
Chicken Patty Brd/WW Bun 6-12	serving	409	30	549	4.05	3.45	31.6	102	1.2	17.54	45.09	18.29	3.83	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
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
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
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	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
CATSUP &MUSTARD: individual PC	PC PACKE	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 - Nugget Brand	1 tsp	90	10	75	0.00	0.00	0.0	0	0.0	0.0	1.0	10.0	1.50	*N/A*
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00

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Weighted Daily Average		774	73	1255	12.68	5.18	503.6	5787	66.74	35.26	116.46	21.10	6.89	*0.35
% of Calories										18.2%	60.2%	24.5%	8.0%	*0.4%
Nutrient Guideline		750-850		1420									<10.00	

Thu - 11/15/2018														
Secondary Lunch JFK	Total													
Taco Meat 6-12	2 OZ	155	36	294	0.52	2.59	31.7	226	1.88	13.77	4.62	8.59	3.65	*0.00
Fish Tacos 6-12	wrap	300	15	440	5.00	1.08	80.0	0	0.0	18.0	34.0	10.0	2.00	0.00
PB&J Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Tortilla WW Catallia 8"	2 each	240	0	480	2.00	1.44	40.0	0	0.0	6.0	40.0	7.0	1.00	0.00
Lettuce Shred 1/2 C	1/2 cup	4	0	3	0.33	0.11	5.0	138	0.77	0.25	0.82	0.04	0.00	0.00
Tomatoes Diced: 1/4 C	1/4 CUP	8	0	2	0.54	0.12	4.5	375	6.17	0.4	1.75	0.09	0.01	*N/A*
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
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 1/2 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
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 POON	20	5	18	0.00	0.00	30.0	100	0.0	0.5	1.5	1.25	0.75	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		810	55	1336	17.14	5.94	580.0	3869	116.57	37.52	125.94	19.22	6.07	*0.00
% of Calories										18.5%	62.2%	21.3%	6.7%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Secondary Lunch JFK

Portion Values - Detailed

	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 ¹ (g)
Fri - 11/16/2018														
Secondary Lunch JFK	Total													
French Toast Sticks WG 9-12	5 PIECES	337	0	350	3.75	2.50	293.8	539	0.0	7.5	43.75	15.0	2.50	0.00
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
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Potato Tri Tator, 2 oz. :LW	2 PIECES	199	0	438	1.99	0.72	0.0	0	2.39	1.99	23.87	9.95	2.98	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
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	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
SYRUP,PANCAKE	1 TBSP	46	0	16	0.00	0.01	0.6	0	0.0	0.0	12.06	0.0	0.00	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		845	102	1095	12.17	4.61	745.8	6545	115.66	35.61	111.67	29.66	7.85	*0.00
% of Calories										16.8%	52.8%	31.6%	8.4%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/19/2018														
Secondary Lunch JFK	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
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Tortilla Chips	1 oz	142	0	106	1.01	0.00	40.5	0	0.0	2.03	19.24	7.09	1.01	0.00
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	130	0	550	5.00	1.80	40.0	0	0.0	6.0	29.0	0.0	0.00	0.00
Veg Choice 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
Pears: canned,light syrup	1/2 cup	58	0	2	2.00	0.26	8.0	0	2.26	0.38	15.12	0.12	0.00	0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
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		764	63	1241	14.69	4.72	579.2	5208	39.72	31.02	118.61	20.92	5.51	*0.00
% of Calories										16.2%	62.1%	24.6%	6.5%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Secondary Lunch JFK

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 - 11/20/2018														
Secondary Lunch JFK	Total													
Turkey Deli/WW Bun 6-12	sandwich	289	45	609	3.05	2.01	11.6	2	0.0	21.53	34.09	7.79	2.33	*0.00
PB&J Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Soup, Tomato 1 C	1 CUP	105	1	477	0.92	0.67	76.1	494	6.13	3.84	21.69	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	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		751	68	1249	11.72	4.33	553.3	6543	54.60	38.18	118.92	15.33	4.44	*0.00
% of Calories										20.3%	63.4%	18.4%	5.3%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Mon - 11/26/2018														
Secondary Lunch JFK	Total													
Sweet and Sour Chick Rice Bowl	SERVING	125	51	116	0.08	0.81	12.5	73	1.84	16.53	4.14	4.35	1.20	*0.00
CHICKEN A LA KING	3/4 CUP	218	53	280	2.58	1.63	71.0	680	7.68	22.42	14.56	8.05	1.95	0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
BROWN RICE: 9-12	1 CUP	298	0	104	2.83	1.21	22.1	0	0.0	6.4	62.22	2.35	0.47	*0.00
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
Stir Fry Veg Mix 1 Cup	1 CUP	34	0	15	2.19	0.83	25.5	999	66.09	1.79	6.95	0.23	0.02	*0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Pineapple Tidbits	1/2 cup	66	0	1	1.01	0.49	17.6	48	9.45	0.45	16.95	0.15	0.01	*N/A*
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
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		779	76	646	10.69	4.73	472.8	6312	104.39	38.20	128.34	13.65	4.06	*0.00
% of Calories										19.6%	65.9%	15.8%	4.7%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Secondary Lunch JFK

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 - 11/27/2018														
Secondary Lunch JFK	Total													
Chicken Quesadilla	1 Each	320	20	770	4.00	2.70	200.0	300	0.0	18.0	38.0	11.0	2.50	0.00
PB&J Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar - Taco Salad:TJFK	serving	794	52	1417	15.46	7.79	462.3	2806	83.89	31.48	95.85	31.93	9.72	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
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	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
SOUR CREAM,Light Kemps	1 TABLES	20	5	18	0.00	0.00	30.0	100	0.0	0.5	1.5	1.25	0.75	0.00
	POON													
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		749	47	1407	16.07	5.35	659.5	5234	50.69	37.00	112.52	18.05	5.32	*0.00
% of Calories										19.8%	60.1%	21.7%	6.4%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Wed - 11/28/2018														
Secondary Lunch JFK	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
PB&J Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
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
BANANAS,PETITE	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0.00
Fruit Variety - Canned	1/2 cup	65	0	5	1.44	0.38	8.0	156	8.3	0.39	17.18	0.09	0.01	*0.00
CATSUP &MUSTARD: individual PC	PC PACKE	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
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		830	62	985	14.12	4.12	501.2	8621	48.62	31.13	126.22	25.75	7.11	*0.35
% of Calories										15.0%	60.8%	27.9%	7.7%	*0.4%
Nutrient Guideline		750-850		1420									<10.00	

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Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Secondary Lunch JFK

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 - 11/29/2018														
Secondary Lunch JFK	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
PB&J Pack	PACK	503	8	458	4.00	1.12	444.7	138	0.0	17.69	64.61	20.84	4.80	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
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
Caesar Salad	1 cup	115	13	312	1.34	0.78	179.5	4159	1.88	6.88	6.8	6.83	3.09	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
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	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		805	51	1172	12.67	*3.06	*590.9	*6143	*37.10	37.59	112.99	24.43	8.50	*0.00
% of Calories										18.7%	56.1%	27.3%	9.5%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Weighted Average		785	*67	1144	12.92	*4.37	*581.2	*7357	*63.95	35.60	114.56	*22.10	*6.83	*0.08
										18.1%	58.3%	*25.3%	*7.8%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	785		750 - 850	100%				
Cholesterol (mg)	67				Missing			
Sodium (mg)	1144		1420					
Fiber (g)	12.92							
Iron (mg)	4.37				Missing			
Calcium (mg)	581.2				Missing			
Vitamin A (IU)	7357				Missing			
Vitamin C (mg)	63.95				Missing			
Protein (g)	35.60	18.13%						
Carbohydrate (g)	114.56	58.35%						
Total Fat (g)	22.10	25.33%						
Saturated Fat (g)	6.83	7.83%	<10.00%		Missing			
Trans Fat ¹ (g)	0.08	0.09%			Missing			

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