

Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

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Generated on: 10/8/2018 9:41:08 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														
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: fresh, boiled	1 CUP	55	0	64	5.15	1.05	62.4	2415	101.24	3.71	11.2	0.64	0.11	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
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, 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		609	64	931	10.26	3.85	595.2	6625	145.00	36.22	83.28	16.25	4.65	*0.00
% of Calories										23.8%	54.7%	24.0%	6.9%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Tue - 11/06/2018														
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
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
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
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		625	30	1088	10.25	6.30	595.4	3861	40.76	27.93	94.44	16.13	4.40	*0.00
% of Calories										17.9%	60.5%	23.2%	6.3%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

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 - 11/07/2018														
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
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
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
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, 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		575	42	1195	7.96	3.42	391.3	3600	23.63	25.95	78.01	17.98	6.66	*0.45
% of Calories										18.0%	54.2%	28.1%	10.4%	*0.7%
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 - 11/08/2018														
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
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		702	77	1235	10.17	3.17	586.2	6965	29.76	36.57	76.09	27.89	11.16	*0.00
% of Calories										20.8%	43.4%	35.8%	14.3%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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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)	CalcM (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														
Valley View Elem	Total													
Wild Mike's Cheese Bites K-8	3 each	213	15	410	3.04	1.09	182.2	304	0.0	12.15	21.26	9.11	3.04	0.00
PB&J Jamwich Pierre	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 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, 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		623	*19	985	9.42	3.29	536.9	3836	42.25	24.53	90.44	*17.65	*4.53	*0.00
% of Calories										15.8%	58.1%	*25.5%	*6.6%	*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 ¹ (g)
Mon - 11/12/2018														
Valley View Elem	Total													
Chicken Patty Breaded	1 EACH	230	30	280	1.00	1.80	20.0	100	1.2	12.0	12.0	15.0	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
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
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 - 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*
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, 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		601	47	1159	8.82	3.94	429.8	15404	33.84	27.47	82.62	18.45	4.79	*0.00
% of Calories										18.3%	55.0%	27.6%	7.2%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Nov 5, 2018 thru Nov 30, 2018

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 - 11/13/2018														
Valley View Elem	Total													
Hot Dog, Turkey/WW Bun K-5	1 each	231	46	828	2.00	2.17	60.2	20	1.22	12.1	22.01	11.62	3.04	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 Chip Original	1 Each	140	0	120	3.00	0.36	0.0	0	0.0	2.0	19.0	6.0	1.00	0.00
GARDEN SALAD No Dressing	SERVING 1 CUP	13	0	15	1.16	0.73	26.9	3654	8.6	1.0	2.66	0.19	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
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
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		552	56	1126	9.50	3.57	425.8	6300	34.75	23.95	75.01	18.67	4.70	*0.00
% of Calories										17.4%	54.4%	30.4%	7.7%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Wed - 11/14/2018														
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
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
Ketchup & Mustard	serving	21	0	217	0.10	0.16	6.7	90	0.7	0.41	4.98	0.24	0.01	*N/A*
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		581	52	1066	8.81	3.66	375.1	1058	48.00	30.09	87.28	13.59	4.73	*0.34
% of Calories										20.7%	60.1%	21.1%	7.3%	*0.5%
Nutrient Guideline		550-650		1230									<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/15/2018														
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
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 1/4 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
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		631	40	1140	15.72	4.61	461.0	2446	92.75	32.54	94.82	14.83	4.97	*0.00
% of Calories										20.6%	60.1%	21.2%	7.1%	*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 ¹ (g)
Fri - 11/16/2018														
Valley View Elem	Total													
French Toast Sticks WG K-8	4 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
PB&J Jamwich Pierre	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, 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		768	49	1020	10.61	3.30	583.2	3312	120.08	27.50	98.40	29.92	7.13	*0.00
% of Calories										14.3%	51.2%	35.1%	8.4%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

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)	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														
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
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
Ketchup & Mustard	serving	21	0	217	0.10	0.16	6.7	90	0.7	0.41	4.98	0.24	0.01	*N/A*
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		723	51	1368	12.92	4.47	557.7	2545	22.94	30.41	112.02	19.27	5.20	*0.00
% of Calories										16.8%	62.0%	24.0%	6.5%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Tue - 11/20/2018														
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
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
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
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
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
Weighted Daily Average		558	34	1111	8.17	3.22	772.0	4037	43.75	28.69	94.94	7.70	3.03	*0.00
% of Calories										20.5%	68.0%	12.4%	4.9%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

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 - 11/26/2018														
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
Rice Pilaf	1/2 cup	78	0	1783	0.00	0.00	6.0	0	0.0	2.79	16.73	0.0	0.00	*N/A*
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 3/4 Cup	3/4 CUP	27	0	11	1.71	0.58	18.2	815	52.29	1.32	5.55	0.18	0.02	*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
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
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		610	45	2115	8.62	3.73	425.6	3566	75.46	30.58	82.52	18.47	4.68	*0.00
% of Calories										20.1%	54.1%	27.2%	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)
Tue - 11/27/2018														
Valley View Elem	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
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
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
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
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
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		592	37	1384	14.59	4.61	545.5	2882	53.47	33.34	87.84	12.70	3.52	*0.00
% of Calories										22.5%	59.4%	19.3%	5.3%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

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)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/28/2018														
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
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
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*
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, 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		615	51	899	10.11	3.05	388.3	6048	32.32	28.16	89.31	18.21	5.50	*0.34
% of Calories										18.3%	58.1%	26.6%	8.0%	*0.5%
Nutrient Guideline		550-650		1230									<10.00	

Thu - 11/29/2018														
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	Sandwich	377	40	731	3.94	2.44	36.8	28	0.63	18.85	39.09	17.55	4.10	*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
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
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		599	44	1236	8.98	5.62	675.8	6213	25.74	32.53	73.46	21.24	7.42	*0.00
% of Calories										21.7%	49.0%	31.9%	11.1%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Weighted Average		623	*46	1191	10.31	3.99	521.6	4919	54.03	29.78	87.53	*18.06	*5.44	*0.07
										19.1%	56.2%	*26.1%	*7.9%	*0.1%

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Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Valley View Elem

Portion Values - Detailed

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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 ¹ (g)	Error Messages (if any)
Calories	623		550 - 650	100%												
Cholesterol (mg)	46					Missing										
Sodium (mg)	1191		1230													
Fiber (g)	10.31															
Iron (mg)	3.99															
Calcium (mg)	521.6															
Vitamin A (IU)	4919															
Vitamin C (mg)	54.03															
Protein (g)	29.78	19.13%														
Carbohydrate (g)	87.53	56.22%														
Total Fat (g)	18.06	26.10%														
Saturated Fat (g)	5.44	7.87%		<10.00%		Missing										
Trans Fat ¹ (g)	0.07	0.10%				Missing										

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