

# Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

VVMS Menu

Portion Values - Detailed

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Generated on: 10/8/2018 9:50:57 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 <sup>1</sup> (g)
Mon - 11/05/2018														
VVMS Menu	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
Sub Sandwich on WW Bun 6-12	1 each	309	50	855	3.05	2.55	199.8	75	1.2	17.35	35.09	11.65	3.83	*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
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		749	82	1021	9.14	*3.06	715.4	5366	82.02	45.12	97.46	21.35	7.38	*0.00
% of Calories										24.1%	52.1%	25.7%	8.9%	*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 <sup>1</sup> (g)
Tue - 11/06/2018														
VVMS Menu	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
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*
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		672	34	876	10.36	*2.70	*435.0	*3512	*35.33	28.91	100.23	17.87	5.62	*0.00
% of Calories										17.2%	59.6%	23.9%	7.5%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Wed - 11/07/2018														
VVMS Menu	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
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
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*
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		630	40	1382	8.40	3.75	384.9	3646	28.82	23.86	82.59	23.21	8.52	*0.47
% of Calories										15.1%	52.4%	33.1%	12.2%	*0.7%
Nutrient Guideline		600-700		1360									<10.00	

Thu - 11/08/2018														
VVMS Menu	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
TUNA SALAD SAND. WW:6-12	1 EACH	341	55	538	3.43	2.78	35.4	242	1.03	17.44	36.2	14.87	2.31	*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 1/4 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
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		708	83	1176	10.45	3.31	586.2	6160	23.73	36.91	78.79	27.27	10.78	*0.00
% of Calories										20.8%	44.5%	34.6%	13.7%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Fri - 11/09/2018														
VVMS Menu	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
PB&J/WW Bun School-Made	serving	559	0	551	6.62	2.65	32.4	3	0.13	19.79	55.08	32.31	6.42	*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 - 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
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 % of Calories		644	*23	1069	11.34	3.98	545.7	4534	50.24	30.75 19.1%	87.92 54.6%	*19.79 *27.6%	*5.47 *7.6%	*0.00 *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 <sup>1</sup> (g)
Mon - 11/12/2018														
VVMS Menu	Total													
Chicken Patty Breaded	serving	230	30	280	1.00	1.80	20.0	100	1.2	12.0	12.0	15.0	3.00	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
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
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													
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 - 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
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*
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 % of Calories		606	42	1068	7.71	3.74	375.9	13320	20.88	25.83 17.1%	76.99 50.9%	21.81 32.4%	5.63 8.4%	*0.00 *0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Base Menu Spreadsheet

VVMS Menu

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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 <sup>1</sup> (g)
Tue - 11/13/2018														
VVMS Menu	Total													
Hot Dog, Turkey/WW Bun 6-8	1 each	301	46	907	3.05	2.38	31.8	2	1.22	13.64	34.1	13.42	3.87	*0.00
Sub Sandwich on WW Bun 6-12	1 each	309	50	855	3.05	2.55	199.8	75	1.2	17.35	35.09	11.65	3.83	*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	1/4 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
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
Weighted Daily Average		628	56	1234	9.85	3.87	427.6	6301	34.29	26.45	85.84	20.43	5.54	*0.00
% of Calories										16.9%	54.7%	29.3%	7.9%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Wed - 11/14/2018														
VVMS Menu	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
Turkey Burger/WW Bun 6-12	1 serving	289	50	589	3.05	2.37	11.6	2	0.0	20.54	33.09	9.29	2.83	*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
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
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
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		670	58	1224	9.87	4.34	409.1	1132	47.83	33.34	100.48	16.83	5.93	*0.35
% of Calories										19.9%	60.0%	22.6%	8.0%	*0.5%
Nutrient Guideline		600-700		1360									<10.00	

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VVMS Menu

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<b>Thu - 11/15/2018</b>														
VVMS Menu	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
Turkey Deli Wrap 6-8	wrap	211	38	617	3.00	0.55	60.0	0	0.0	22.28	20.0	4.52	1.00	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 1/4 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
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
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		728	47	1399	15.80	5.61	486.8	3162	102.64	37.38	112.82	15.35	4.84	*0.00
% of Calories										20.5%	62.0%	19.0%	6.0%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

<b>Fri - 11/16/2018</b>														
VVMS Menu	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
Turkey Ham/WW Bun 6-8	1 each	279	60	799	3.05	2.37	31.6	2	1.2	20.54	34.09	7.79	2.33	*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
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, 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

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# Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Weighted Daily Average		765	69	1185	10.30	3.75	588.1	3311	120.47	30.92	98.98	27.68	7.14	*0.00
% of Calories										16.2%	51.7%	32.5%	8.4%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Mon - 11/19/2018														
VVMS Menu	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
TUNA SALAD SAND. WW:6-12	1 EACH	341	55	538	3.43	2.78	35.4	242	1.03	17.44	36.2	14.87	2.31	*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 - 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, 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		738	52	1275	13.06	4.63	516.4	2606	22.38	29.42	112.59	21.15	4.95	*0.00
% of Calories										15.9%	61.0%	25.8%	6.0%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Tue - 11/20/2018														
VVMS Menu	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 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
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
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 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 - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*0.00
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00

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# Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Weighted Daily Average		632	32	1135	9.47	3.40	748.2	3137	37.65	32.31	108.06	9.17	3.48	*0.00
% of Calories										20.4%	68.4%	13.1%	5.0%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Mon - 11/26/2018														
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
VVMS Menu	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
PB&J/WW Bun School-Made	serving	559	0	551	6.62	2.65	32.4	3	0.13	19.79	55.08	32.31	6.42	*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
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
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
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	45	604	7.64	3.79	374.5	3543	78.40	31.95	93.12	18.47	4.57	*0.00
% of Calories										19.6%	57.0%	25.5%	6.3%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Tue - 11/27/2018														
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
VVMS Menu	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
TUNA SALAD SAND. WW:6-12	1 EACH	341	55	538	3.43	2.78	35.4	242	1.03	17.44	36.2	14.87	2.31	*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
	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

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# Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Weighted Daily Average		649	41	1374	15.08	4.90	531.7	2975	48.34	35.23	94.65	15.30	3.84	*0.00
% of Calories										21.7%	58.3%	21.2%	5.3%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Wed - 11/28/2018														
VVMS Menu	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
Fish Patty on a WW Bun wCheese	serving	353	36	470	5.05	2.73	21.7	18	0.0	16.89	48.19	10.5	1.46	*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
Roasted Red Potatoes	1/2 cup	126	0	166	2.52	1.25	17.6	12	10.89	2.85	24.05	2.4	0.35	*0.00
BANANAS, PETITE	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
CATSUP & MUSTARD: individual PC	PC PACKE 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*
Tartar Sauce Packet	PACKET	23	2	97	0.00	0.00	0.0	0	0.0	0.0	1.94	1.72	0.19	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		664	48	850	10.28	4.70	359.0	1037	38.42	29.90	103.73	16.38	4.92	*0.35
% of Calories										18.0%	62.5%	22.2%	6.7%	*0.5%
Nutrient Guideline		600-700		1360									<10.00	

Thu - 11/29/2018														
VVMS Menu	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
Sub Sandwich on WW Bun 6-12	1 each	309	50	855	3.05	2.55	199.8	75	1.2	17.35	35.09	11.65	3.83	*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
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

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# Bloomington Public Schools #271

Nov 5, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

VVMS Menu

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 <sup>1</sup> (g)
Weighted Daily Average		610	51	1160	8.03	*1.98	*556.8	*5900	*20.68	33.40	76.75	19.83	7.77	*0.00
% of Calories										21.9%	50.3%	29.2%	11.5%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Weighted Average		672	*50	1127	10.42	*3.84	*502.6	*4353	*49.51	31.98	94.44	*19.49	*6.02	*0.07
										19.0%	56.2%	*26.1%	*8.1%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	672		600 - 700	100%				
Cholesterol (mg)	50				Missing			
Sodium (mg)	1127		1360					
Fiber (g)	10.42							
Iron (mg)	3.84				Missing			
Calcium (mg)	502.6				Missing			
Vitamin A (IU)	4353				Missing			
Vitamin C (mg)	49.51				Missing			
Protein (g)	31.98	19.04%						
Carbohydrate (g)	94.44	56.23%						
Total Fat (g)	19.49	26.12%			Missing			
Saturated Fat (g)	6.02	8.07%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.07	0.10%			Missing			

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