

Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 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 - 09/04/2019														
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
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
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
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		578	52	1065	10.60	3.58	443.6	1407	137.11	30.72	85.83	13.48	4.65	*0.34
% of Calories										21.3%	59.4%	21.0%	7.2%	*0.5%
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 - 09/05/2019														
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
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
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
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
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, 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		756	43	1156	11.15	4.83	412.3	18971	45.51	31.36	103.62	25.59	5.64	*0.00
% of Calories										16.6%	54.8%	30.5%	6.7%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 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 - 09/06/2019														
Valley View Elem	Total													
Cheese Bosco Stick WG (2)	2 PIECES	300	30	440	4.00	2.16	400.0	400	0.0	20.0	34.0	10.0	5.00	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	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, 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		557	29	916	10.25	3.03	607.5	4574	34.84	27.98	81.55	14.00	4.84	*0.00
% of Calories										20.1%	58.6%	22.6%	7.8%	*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)
Mon - 09/09/2019														
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: 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
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
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		607	64	932	10.11	3.78	593.4	5409	125.08	36.09	83.14	16.17	4.65	*0.00
% of Calories										23.8%	54.8%	24.0%	6.9%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Sep 4, 2019 thru Sep 27, 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 - 09/10/2019														
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
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
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		689	49	1359	14.26	4.62	510.9	2714	52.30	28.31	104.98	17.82	4.82	*0.00
% of Calories										16.4%	61.0%	23.3%	6.3%	*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 - 09/11/2019														
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
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
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		659	44	812	10.08	3.23	386.2	6088	37.95	27.98	93.11	21.08	4.75	*0.00
% of Calories										17.0%	56.5%	28.8%	6.5%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Sep 4, 2019 thru Sep 27, 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)
Thu - 09/12/2019														
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 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
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		579	49	913	8.73	3.77	526.3	6375	32.68	30.54	73.30	19.55	6.66	*0.00
% of Calories										21.1%	50.7%	30.4%	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 - 09/13/2019														
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
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
Corn Frozen USDA 1/2 c	1/2 cup	67	0	1	1.98	0.39	2.5	164	2.89	2.1	15.92	0.55	0.08	*N/A*
Veg Choice Raw	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*0.00
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
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
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		628	26	855	8.50	4.84	546.0	3160	32.74	26.36	98.24	16.75	5.07	*0.00
% of Calories										16.8%	62.5%	24.0%	7.3%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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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 - 09/16/2019														
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
California Blend	1/2 CUP	23	0	23	2.53	0.44	23.7	4428	22.22	1.57	4.64	0.27	0.04	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		603	47	1164	8.91	3.98	427.2	7589	54.34	28.61	82.34	18.42	4.74	*0.00
% of Calories										19.0%	54.6%	27.5%	7.1%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Tue - 09/17/2019														
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
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
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
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
Melon Chunks	1/2 cup	26	0	7	0.52	0.18	6.4	1580	17.92	0.58	6.28	0.14	0.02	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
Ketchup & Mustard	serving	21	0	217	0.10	0.16	6.7	90	0.7	0.41	4.98	0.24	0.01	*N/A*
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		662	61	1568	9.55	4.52	451.7	13397	43.87	30.10	70.99	29.38	10.96	*0.89
% of Calories										18.2%	42.9%	39.9%	14.9%	*1.2%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 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 - 09/18/2019														
Valley View Elem	Total													
Quesadilla Cheese:5oz Max	1 each	360	15	810	5.00	2.70	350.0	300	0.0	18.0	42.0	14.0	4.00	0.00
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
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													
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
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
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		636	34	1377	14.27	5.31	633.0	4408	32.00	36.14	93.32	14.13	4.49	*0.00
% of Calories										22.7%	58.6%	20.0%	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)
Thu - 09/19/2019														
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
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*
Corn Frozen USDA 1/2 c	1/2 cup	67	0	1	1.98	0.39	2.5	164	2.89	2.1	15.92	0.55	0.08	*N/A*
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
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
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		601	43	642	11.25	3.29	445.7	3230	84.85	26.79	93.81	15.73	5.07	*0.00
% of Calories										17.8%	62.4%	23.6%	7.6%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 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)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/20/2019														
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
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, 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		707	49	878	9.95	3.07	583.2	3312	119.29	26.84	91.73	26.64	6.15	*0.00
% of Calories										15.2%	51.9%	33.9%	7.8%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Mon - 09/23/2019														
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
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
MIXED VEGETABLES:1/2 Cup	1/2 CUP	59	0	32	4.00	0.75	22.8	3892	2.91	2.6	11.91	0.14	0.03	0.00
Veg Choice Raw	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*0.00
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
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
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		631	43	1070	9.79	5.68	606.1	7023	20.85	30.10	97.34	14.39	5.30	*0.00
% of Calories										19.1%	61.7%	20.5%	7.6%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 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 - 09/24/2019														
Valley View Elem	Total													
Hot Dog, Turkey/WW Bun K-5	1 each	221	46	808	2.00	1.81	80.2	0	1.22	11.1	21.01	11.12	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
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
Melon Chunks	1/2 cup	26	0	7	0.52	0.18	6.4	1580	17.92	0.58	6.28	0.14	0.02	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		629	54	1637	9.44	4.09	493.0	4158	44.22	28.62	93.21	18.33	4.33	*0.00
% of Calories										18.2%	59.2%	26.2%	6.2%	*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 - 09/25/2019														
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
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
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		581	51	885	8.63	3.93	385.8	1060	33.60	30.00	88.35	13.61	4.85	*0.34
% of Calories										20.7%	60.9%	21.1%	7.5%	*0.5%
Nutrient Guideline		550-650		1230									<10.00	

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Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 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)
Thu - 09/26/2019														
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
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
Apples,Fresh	1 APPLE	105	0	2	4.86	0.24	12.2	109	9.32	0.53	27.97	0.34	0.06	*N/A*
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		750	77	1235	13.01	3.17	590.0	7078	36.25	36.70	89.23	28.11	11.22	*0.00
% of Calories										19.6%	47.6%	33.7%	13.5%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Fri - 09/27/2019														
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
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 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	

Weighted Average		638	*46	1081	10.44	4.00	509.9	5766	56.10	29.88	89.70	*18.94	*5.71	*0.09
										18.7%	56.3%	*26.7%	*8.1%	*0.1%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 2019

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	638		550 - 650	100%												
Cholesterol (mg)	46					Missing										
Sodium (mg)	1081		1230													
Fiber (g)	10.44															
Iron (mg)	4.00															
Calcium (mg)	509.9															
Vitamin A (IU)	5766															
Vitamin C (mg)	56.10															
Protein (g)	29.88	18.75%														
Carbohydrate (g)	89.70	56.28%														
Total Fat (g)	18.94	26.73%														
Saturated Fat (g)	5.71	8.06%	<10.00%			Missing										
Trans Fat ¹ (g)	0.09	0.12%				Missing										

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