

Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

Page 1

Generated on: 5/29/2019 2:22:26 PM

	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														
Ele Lunch w/Alt	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
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
Lettuce & Tomato	1/2 cup	10	0	4	0.71	0.18	7.0	444	6.55	0.52	2.16	0.11	0.01	*0.00
Potatoes, Spicy Curly (K-8)	1/2 cup	107	0	287	1.33	0.72	0.0	0	4.0	1.33	13.33	5.33	1.33	0.00
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
CATSUP & MUSTARD: individual PC	PC PACKE T 1 EA	7	0	75	0.04	0.07	3.0	24	0.18	0.18	1.41	0.13	0.01	*N/A*
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		603	47	956	9.54	3.77	448.9	1417	116.03	27.95	78.64	20.89	6.47	*0.34
% of Calories										18.5%	52.1%	31.2%	9.7%	*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														
Ele Lunch w/Alt	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
Pork Steak Advance Pierre	1 Each	273	35	395	2.03	1.82	40.5	0	0.0	14.17	18.22	16.2	4.56	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	1 each	160	0	280	1.00	0.36	0.0	200	0.0	3.0	15.0	10.0	2.00	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, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		737	40	1005	10.19	4.15	413.5	18957	50.10	29.82	94.03	27.84	5.83	*0.00
% of Calories										16.2%	51.0%	34.0%	7.1%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

Page 2

Generated on: 5/29/2019 2:22:26 PM

	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														
Ele Lunch w/Alt	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
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
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	1/2 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 - 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, 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		552	43	1061	12.64	3.91	655.5	7195	55.98	31.23	82.93	11.44	4.69	*0.00
% of Calories										22.6%	60.1%	18.7%	7.7%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Mon - 09/09/2019														
Ele Lunch w/Alt	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
TUNA SALAD/WW Bun: K-5	1 EACH	240	44	406	2.30	2.35	59.1	212	0.82	13.56	23.49	10.79	1.18	*0.00
Macaroni & Cheese (K-5)	.5 cup	172	15	229	1.53	0.79	216.8	145	0.63	8.59	22.72	4.93	2.86	*0.00
Broccoli: frozen, boiled	1/2 CUP	26	0	10	2.76	0.56	30.4	930	36.89	2.85	4.92	0.11	0.01	0.00
Veg Choice Raw	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	69	0	7	1.21	0.35	7.3	252	2.3	0.48	18.07	0.08	0.01	*N/A*
Fruit Variety - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*0.00
BBQ Sauce Heinz	1 tbspc	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		559	61	732	7.47	3.31	524.4	3975	60.66	33.15	72.86	16.16	3.87	*0.00
% of Calories										23.7%	52.1%	26.0%	6.2%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

Page 3

Generated on: 5/29/2019 2:22:26 PM

	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														
Ele Lunch w/Alt	Total													
Corn Dog WG:Foster Farms	1 each	240	40	390	5.00	1.80	80.0	0	0.0	9.0	30.0	8.0	2.50	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
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*
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		677	51	1356	14.62	4.27	440.9	2722	52.08	30.00	105.87	14.52	4.01	*0.00
% of Calories										17.7%	62.5%	19.3%	5.3%	*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														
Ele Lunch w/Alt	Total													
Chicken Patty Brd/WW Bun K-5	1 serving	330	30	460	3.00	2.88	60.0	100	1.2	16.0	31.0	16.0	3.50	0.00
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
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
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		676	43	796	10.48	3.61	393.2	6093	38.35	26.70	94.19	23.29	5.64	*0.17
% of Calories										15.8%	55.8%	31.0%	7.5%	*0.2%
Nutrient Guideline		550-650		1230									<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

Page 4

Generated on: 5/29/2019 2:22:26 PM

	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														
Ele Lunch w/Alt	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
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
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
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		566	42	839	8.75	3.80	527.4	6466	37.27	30.26	70.68	19.04	5.83	*0.00
% of Calories										21.4%	49.9%	30.3%	9.3%	*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)
Fri - 09/13/2019														
Ele Lunch w/Alt	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
School-Made PB&J WG K-5	serving	392	0	401	4.57	2.17	54.9	20	0.0	14.68	36.55	23.26	4.19	*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 - 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
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
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
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		658	26	887	8.50	5.32	548.5	3190	31.56	27.81	99.63	19.09	5.60	*0.00
% of Calories										16.9%	60.6%	26.1%	7.7%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

Page 5

Generated on: 5/29/2019 2:22:26 PM

	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														
Ele Lunch w/Alt	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
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
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
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
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		668	40	1143	9.10	4.34	399.0	5591	46.14	28.96	88.56	22.22	5.67	*0.00
% of Calories										17.4%	53.1%	30.0%	7.6%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Tue - 09/17/2019														
Ele Lunch w/Alt	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
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
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
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
Melon Wedges Cantaloupe	1/2 cup	27	0	13	0.72	0.17	7.2	2706	29.36	0.67	6.53	0.15	0.04	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
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
Weighted Daily Average		659	60	1525	10.00	4.07	439.0	18710	58.12	29.84	72.66	28.52	11.06	*0.89
% of Calories										18.1%	44.1%	38.9%	15.1%	*1.2%
Nutrient Guideline		550-650		1230									<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

Page 6

Generated on: 5/29/2019 2:22:26 PM

	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														
Ele Lunch w/Alt	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
TUNA SALAD/WW Bun: K-5	1 EACH	240	44	406	2.30	2.35	59.1	212	0.82	13.56	23.49	10.79	1.18	*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
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		599	34	1171	11.73	5.02	626.1	4478	31.88	31.38	86.56	15.29	4.05	*0.00
% of Calories										20.9%	57.8%	23.0%	6.1%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/19/2019														
Ele Lunch w/Alt	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
Fish Taco K-5	1 EACH	300	15	440	5.00	1.08	80.0	0	0.0	18.0	34.0	10.0	2.00	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
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
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, 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		574	36	553	11.60	2.84	471.9	3261	84.64	26.71	92.92	12.56	4.47	*0.00
% of Calories										18.6%	64.7%	19.7%	7.0%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

Page 7

Generated on: 5/29/2019 2:22:26 PM

	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 - 09/20/2019														
Ele Lunch w/Alt	Total													
French Toast Sticks WG K-8	3 PIECES	270	0	280	3.00	2.00	235.0	431	0.0	6.0	35.0	12.0	2.00	0.00
sausage link turkey Jennie O	2 links	120	60	200	0.00	0.72	40.0	84	0.0	12.0	0.0	8.0	2.00	0.00
Turkey Ham Wrap K-8	wrap	195	45	560	3.00	0.82	60.0	29	0.0	15.32	20.76	6.4	2.13	0.00
Potato Tri Tator, 2 oz. :LW	2 PIECES	199	0	438	1.99	0.72	0.0	0	2.39	1.99	23.87	9.95	2.98	0.00
Veg Choice Raw	1/4 Cup	10	0	22	0.80	0.20	11.7	2024	7.63	0.4	2.05	0.07	0.02	*0.00
Orange	Orange 1	86	0	0	4.42	0.18	73.6	414	97.89	1.73	21.62	0.22	0.03	*N/A*
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
SYRUP,PANCAKE	1 TBSP	46	0	16	0.00	0.01	0.6	0	0.0	0.0	12.06	0.0	0.00	0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		728	64	1102	10.28	3.21	589.8	3300	120.08	29.25	93.22	26.75	7.01	*0.00
% of Calories										16.1%	51.2%	33.1%	8.7%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Mon - 09/23/2019														
Ele Lunch w/Alt	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
Fish Patty on a WW Bun	serving	270	35	360	4.00	2.16	40.0	0	0.0	15.0	34.0	8.0	1.00	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
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		617	38	921	10.11	5.64	563.2	7008	25.59	28.51	95.95	13.89	4.53	*0.00
% of Calories										18.5%	62.2%	20.3%	6.6%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

Page 8

Generated on: 5/29/2019 2:22:26 PM

	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														
Ele Lunch w/Alt	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
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
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
WATERMELON,CHUNKS	.5 CUP	24	0	1	0.32	0.19	5.6	455	6.48	0.49	6.04	0.12	0.01	0.00
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
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*
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
Weighted Daily Average		629	56	1522	9.21	3.91	465.3	2988	27.34	30.98	90.94	18.15	4.65	*0.00
% of Calories										19.7%	57.8%	26.0%	6.6%	*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														
Ele Lunch w/Alt	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
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
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*
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		610	46	798	8.93	4.36	390.5	1065	33.78	28.56	90.45	16.56	5.27	*0.34
% of Calories										18.7%	59.3%	24.4%	7.8%	*0.5%
Nutrient Guideline		550-650		1230									<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

Page 9

Generated on: 5/29/2019 2:22:26 PM

	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														
Ele Lunch w/Alt	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
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
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
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, 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		678	78	1153	10.76	2.95	621.3	7014	16.50	33.69	75.05	26.61	11.37	*0.00
% of Calories										19.9%	44.3%	35.3%	15.1%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Fri - 09/27/2019														
Ele Lunch w/Alt	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
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
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
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
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, 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, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		651	34	1225	12.89	3.62	530.4	5107	33.83	26.98	98.08	16.98	4.75	*0.00
% of Calories										16.6%	60.3%	23.5%	6.6%	*0.0%
Nutrient Guideline		550-650		1230									<10.00	

Weighted Average		636	47	1041	10.38	4.00	502.7	6030	51.11	29.54	87.96	19.43	5.82	*0.10
										18.6%	55.3%	27.5%	8.2%	*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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Bloomington Public Schools #271

Sep 4, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Ele Lunch w/Alt

Portion Values - Detailed

Page 10

Generated on: 5/29/2019 2:22:26 PM

	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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	636		550 - 650	100%										
Cholesterol (mg)	47													
Sodium (mg)	1041		1230											
Fiber (g)	10.38													
Iron (mg)	4.00													
Calcium (mg)	502.7													
Vitamin A (IU)	6030													
Vitamin C (mg)	51.11													
Protein (g)	29.54	18.59%												
Carbohydrate (g)	87.96	55.34%												
Total Fat (g)	19.43	27.51%												
Saturated Fat (g)	5.82	8.24%	<10.00%											
Trans Fat ¹ (g)	0.10	0.14%			Missing									

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.