

# Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

Portion Values - Detailed

Page 1

Generated on: 1/23/2019 9:43:23 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 - 03/04/2019														
Secondary Lunch TJ	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
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
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Doritos Variety Chips	Package	132	0	185	2.03	0.27	15.2	25	0.0	2.03	20.25	5.06	0.39	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 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
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	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
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		766	65	1352	15.30	5.47	545.5	3743	45.97	33.27	120.53	19.11	5.35	*0.08
% of Calories										17.4%	62.9%	22.5%	6.3%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

Tue - 03/05/2019														
Secondary Lunch TJ	Total													
Sweet and Sour Chick Rice Bowl	SERVING	125	51	116	0.08	0.81	12.5	73	1.84	16.53	4.14	4.35	1.20	*0.00
Chicken Patty Brd/WW Bun 6-12	serving	409	30	549	4.05	3.45	31.6	102	1.2	17.54	45.09	18.29	3.83	*0.00
Salad Bar - Baked Potato:TJFK	serving	674	68	1203	12.79	7.12	425.2	7829	91.7	35.67	88.37	22.51	9.10	*0.70
BROWN RICE: 9-12	1 CUP	298	0	104	2.83	1.21	22.1	0	0.0	6.4	62.22	2.35	0.47	*0.00
TeaBisc WW 1 oz	1 EACH	88	0	145	1.31	0.71	16.4	1	0.06	2.54	14.88	2.25	0.36	*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	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Pineapple Tidbits	1/2 cup	66	0	1	1.01	0.49	17.6	48	9.45	0.45	16.95	0.15	0.01	*N/A*
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
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		799	59	732	12.50	5.12	467.9	8627	59.08	37.52	133.17	13.89	4.04	*0.10
% of Calories										18.8%	66.7%	15.6%	4.6%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

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# Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

Portion Values - Detailed

Page 2

Generated on: 1/23/2019 9:43:24 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)
Wed - 03/06/2019														
Secondary Lunch TJ	Total													
Cheese Bread:6-12 no meat	1 serving	323	26	624	3.05	1.76	475.4	294	0.0	21.03	34.55	11.54	6.06	*0.00
Walking Taco	1 EACH	472	36	513	5.54	3.59	83.2	781	11.49	18.54	43.89	22.9	5.69	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Italian Dunkers (no meat)	1/2 cup	101	0	443	4.08	1.27	26.4	1641	12.12	2.56	17.33	2.68	0.34	*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	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
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, 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		840	56	1265	15.73	5.16	820.7	7532	61.07	38.11	125.04	22.12	7.91	*0.00
% of Calories										18.1%	59.5%	23.7%	8.5%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Mon - 03/11/2019														
Secondary Lunch TJ	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
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
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Macaroni & Cheese (6-12)	1 cup	343	30	458	3.07	1.57	433.6	289	1.27	17.18	45.43	9.87	5.71	*0.00
Broccoli: frozen, boiled	1/2 CUP	26	0	10	2.76	0.56	30.4	930	36.89	2.85	4.92	0.11	0.01	0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
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 1/2 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
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
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		799	91	996	12.48	4.47	817.8	6280	85.42	45.93	106.10	22.57	7.91	*0.08
% of Calories										23.0%	53.1%	25.4%	8.9%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

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Base Menu Spreadsheet

Secondary Lunch TJ

Portion Values - Detailed

Page 3

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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)
Tue - 03/12/2019														
Secondary Lunch TJ	Total													
Quesadilla Chicken or Cheese	1 Piece	340	18	790	4.50	2.70	275.0	300	0.0	18.0	40.0	12.5	3.25	0.00
Chicken Patty Brd/WW Bun 6-12	serving	409	30	549	4.05	3.45	31.6	102	1.2	17.54	45.09	18.29	3.83	*0.00
Salad Bar - Baked Potato:TJFK	serving	674	68	1203	12.79	7.12	425.2	7829	91.7	35.67	88.37	22.51	9.10	*0.70
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
Lettuce Shred 1/2 C	1/2 cup	4	0	3	0.33	0.11	5.0	138	0.77	0.25	0.82	0.04	0.00	0.00
Tomatoes Diced: 1/4 C	1/4 CUP	8	0	2	0.54	0.12	4.5	375	6.17	0.4	1.75	0.09	0.01	*N/A*
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	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Mayo Packet	PACKET	80	5	65	0.00	0.00	0.0	0	0.0	0.0	0.0	9.0	1.50	0.00
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
Weighted Daily Average		784	39	1418	18.37	5.58	685.2	2814	119.31	37.99	118.92	19.35	5.79	*0.10
% of Calories										19.4%	60.6%	22.2%	6.6%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

Wed - 03/13/2019														
Secondary Lunch TJ	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
Goulash Hot Dish	.75 cup serving	248	25	970	5.02	3.37	57.4	1509	8.97	15.77	31.85	6.63	2.65	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
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*
TeaBisc WW 1 oz	1 EACH	88	0	145	1.31	0.71	16.4	1	0.06	2.54	14.88	2.25	0.36	*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 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
Strawberries: frozen 1/2 cup	1/2 CUP	80	0	0	2.00	0.75	14.0	31	52.8	1.0	19.0	0.0	0.00	0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Salad Dressing Composite	1 TBSP	29	1	143	0.08	0.05	4.7	30	0.46	0.22	2.5	2.12	0.25	*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, 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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Secondary Lunch TJ

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Page 4

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Weighted Daily Average		806	*51	1408	14.39	5.89	675.9	6896	93.80	35.08	120.84	*20.29	*6.05	*0.00
% of Calories										17.4%	60.0%	*22.7%	*6.8%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Thu - 03/14/2019														
Secondary Lunch TJ	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
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
TeaBisc WW 2 - 1oz	2 EACH	171	0	291	2.59	1.37	32.6	2	0.13	4.96	28.9	4.49	0.72	*0.00
Peas frozen boiled	1/2 CUP	62	0	58	4.40	1.22	19.2	1680	7.92	4.12	11.41	0.22	0.04	*N/A*
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
PEACHES: canned,light syrup	1/2 cup	53	0	6	1.30	0.38	6.0	340	3.81	0.5	13.39	0.13	0.00	0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		768	101	1119	15.24	4.39	579.6	7339	51.76	39.76	102.21	22.55	8.84	*0.00
% of Calories										20.7%	53.2%	26.4%	10.4%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Fri - 03/15/2019														
Secondary Lunch TJ	Total													
Toasted Cheese WW Bread:9-12	1 EACH	282	23	915	2.87	1.60	337.9	458	0.13	16.65	34.39	9.5	4.57	*0.00
CHICKEN FAJITA WRAP: gr 9-12	1 EACH	260	25	711	5.05	1.16	42.5	26	1.15	13.13	33.59	7.01	2.51	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
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
Soup, Tomato 1 C	1 CUP	105	1	477	0.92	0.67	76.1	494	6.13	3.84	21.69	0.0	0.00	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Veg Choice Raw	1/2 Cup	19	0	44	1.60	0.41	23.4	4048	15.25	0.8	4.1	0.14	0.03	*0.00
Apple Wedges	1/2 APPLE	53	0	1	2.43	0.12	6.1	55	4.66	0.26	13.98	0.17	0.03	*N/A*
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
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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Weighted Daily Average		754	55	1526	12.60	3.82	930.5	6759	51.76	36.08	125.11	13.62	5.53	*0.00
% of Calories										19.1%	66.3%	16.3%	6.6%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Mon - 03/18/2019														
Secondary Lunch TJ	Total													
Hot Dog Beef /WW Bun 6-12	1 each	399	42	1079	3.05	2.37	11.6	2	0.0	13.54	37.09	22.29	7.83	*0.00
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
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Tortilla Chips	1 oz	142	0	106	1.01	0.00	40.5	0	0.0	2.03	19.24	7.09	1.01	0.00
Baked Beans Vegetarian: 1/2 Cp	1/2 cup	130	0	550	5.00	1.80	40.0	0	0.0	6.0	29.0	0.0	0.00	0.00
Veg Choice Raw	1/4 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 1/2 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
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
Weighted Daily Average		841	68	1687	12.57	4.82	479.4	3674	46.36	33.29	120.95	27.84	8.73	*0.08
% of Calories										15.8%	57.5%	29.8%	9.3%	*0.1%
Nutrient Guideline		750-850		1420									<10.00	

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# Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

Portion Values - Detailed

Page 6

Generated on: 1/23/2019 9:43:24 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)
Tue - 03/19/2019														
Secondary Lunch TJ	Total													
Chicken Drumstick Tyson	1 Each	150	85	290	0.00	0.72	0.0	0	0.0	15.0	2.0	9.0	2.00	0.00
Chicken Patty Brd/WW Bun 6-12	serving	409	30	549	4.05	3.45	31.6	102	1.2	17.54	45.09	18.29	3.83	*0.00
Salad Bar - Baked Potato:TJFK	serving	674	68	1203	12.79	7.12	425.2	7829	91.7	35.67	88.37	22.51	9.10	*0.70
Mashed Potatoes 9-12	1 CUP	140	0	30	2.00	0.40	14.7	4	12.82	2.0	30.0	1.0	0.00	0.00
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*
TeaBisc WW 2 - 1oz	2 EACH	171	0	291	2.59	1.37	32.6	2	0.13	4.96	28.9	4.49	0.72	*0.00
Fresh Veggie Cup	1/2 cup	8	0	11	0.55	0.12	8.1	408	12.12	0.33	1.63	0.08	0.01	*0.00
BANANA	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	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
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		766	84	904	10.17	3.99	425.0	2192	57.99	33.57	118.58	18.86	4.74	*0.10
% of Calories										17.5%	61.9%	22.2%	5.6%	*0.1%
Nutrient Guideline		750-850		1420									<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)
Wed - 03/20/2019														
Secondary Lunch TJ	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
Salad Chicken Caesar w G Toast	salad	696	40	1001	5.33	4.42	136.4	8521	4.96	22.07	44.72	48.29	10.88	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
Lettuce & Tomato	1/2 cup	10	0	4	0.71	0.18	7.0	444	6.55	0.52	2.16	0.11	0.01	*0.00
Potatoes, Sweet Crnkl C: 9-12	3/4 cup	240	0	270	6.00	0.54	30.0	7500	14.4	1.5	37.5	10.5	1.50	0.00
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	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
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		779	67	1002	12.39	4.39	451.0	8619	67.25	30.78	106.81	28.12	7.72	*0.35
% of Calories										15.8%	54.8%	32.5%	8.9%	*0.4%
Nutrient Guideline		750-850		1420									<10.00	

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# Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

Portion Values - Detailed

Page 7

Generated on: 1/23/2019 9:43:24 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)
Thu - 03/21/2019														
Secondary Lunch TJ	Total													
Spaghetti WG/Meat Sauce (6-12)	1 cup	303	36	451	5.26	3.86	54.7	1099	20.83	18.11	34.25	10.25	3.78	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
TeaBisc WW 2 - 1oz	2 EACH	171	0	291	2.59	1.37	32.6	2	0.13	4.96	28.9	4.49	0.72	*0.00
Caesar Salad	1 cup	115	13	312	1.34	0.78	179.5	4159	1.88	6.88	6.8	6.83	3.09	*0.00
Veg Choice Cooked	1/2 cup	64	0	29	3.19	0.83	10.7	922	5.4	3.11	13.67	0.39	0.06	*0.00
Pears: canned,light syrup	1/2 cup	58	0	2	2.00	0.26	8.0	0	2.26	0.38	15.12	0.12	0.00	0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Milk, 1% :LOL	half pint	110	15	125	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
Milk, Skim:LOL	half pint	90	5	125	0.00	0.00	300.0	500	26.4	8.0	13.0	0.0	0.00	0.00
Milk, Choc Skim:LOL	half pint	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		801	91	1142	14.24	6.34	645.2	7207	54.13	41.98	111.75	22.27	7.96	*0.00
% of Calories										21.0%	55.8%	25.0%	8.9%	*0.0%
Nutrient Guideline		750-850		1420									<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)
Fri - 03/22/2019														
Secondary Lunch TJ	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
CHICKEN FAJITA WRAP: gr 9-12	1 EACH	260	25	711	5.05	1.16	42.5	26	1.15	13.13	33.59	7.01	2.51	*0.00
Salad Bar	serving	498	159	779	10.08	3.98	459.3	7680	63.44	34.11	52.09	19.04	6.64	*0.00
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	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Fruit Variety	1/2 CUP	62	0	2	1.65	0.25	10.7	108	10.05	0.49	16.02	0.15	0.03	*0.00
Ice Cream Bar	1 Each	180	20	45	0.09	*N/A*	*N/A*	*N/A*	*N/A*	2.0	18.0	12.0	9.00	*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
Weighted Daily Average		774	68	884	11.31	*2.25	*422.5	*6064	*51.04	32.85	110.08	24.85	12.78	*0.00
% of Calories										17.0%	56.9%	28.9%	14.9%	*0.0%
Nutrient Guideline		750-850		1420									<10.00	

Weighted Average		791	*69	1187	13.64	*4.74	*611.3	*5981	*64.99	36.63	116.93	*21.19	*7.18	*0.07
										18.5%	59.2%	*24.1%	*8.2%	*0.1%

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# Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Secondary Lunch TJ

Portion Values - Detailed

Page 8

Generated on: 1/23/2019 9:43:24 AM

	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)
<b>Nutrient</b>	<b>Menu AVG</b>	<b>% of Cals</b>	<b>Weekly Target</b>	<b>% of Target</b>	<b>Miss Data</b>	<b>Shortfall</b>	<b>Overage</b>	<b>Error Messages (if any)</b>						
Calories	791		750 - 850	100%										
Cholesterol (mg)	69				Missing									
Sodium (mg)	1187		1420											
Fiber (g)	13.64													
Iron (mg)	4.74				Missing									
Calcium (mg)	611.3				Missing									
Vitamin A (IU)	5981				Missing									
Vitamin C (mg)	64.99				Missing									
Protein (g)	36.63	18.53%												
Carbohydrate (g)	116.93	59.15%												
Total Fat (g)	21.19	24.12%			Missing									
Saturated Fat (g)	7.18	8.17%	<10.00%		Missing									
Trans Fat <sup>1</sup> (g)	0.07	0.08%			Missing									

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