

Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

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 ¹ (g)
Mon - 03/04/2019														
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
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
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 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
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		685	49	1321	12.74	4.74	480.7	4015	42.60	30.27	109.65	15.52	4.23	*0.00
% of Calories										17.7%	64.0%	20.4%	5.6%	*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 ¹ (g)
Tue - 03/05/2019														
VVMS Menu	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, Breaded	serving	300	40	390	2.00	1.80	40.0	5	0.0	14.0	16.0	20.0	6.00	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 1.2oz 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
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
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
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		708	39	739	10.59	4.39	400.6	6746	32.74	31.42	98.89	21.19	4.37	*0.00
% of Calories										17.8%	55.9%	26.9%	5.6%	*0.0%
Nutrient Guideline		600-700		1360									<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
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Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

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 ¹ (g)
Wed - 03/06/2019														
VVMS Menu	Total													
Cheese Bread:6-12 no meat	serving	323	26	624	3.05	1.76	475.4	294	0.0	21.03	34.55	11.54	6.06	*0.00
PBJ 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
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	1/4 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		693	27	1111	12.79	4.07	698.8	4905	48.23	34.53	95.99	21.24	7.11	*0.00
% of Calories										19.9%	55.4%	27.6%	9.2%	*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 ¹ (g)
Mon - 03/11/2019														
VVMS Menu	Total													
Chicken Sriracha Bites	Pieces	290	53	381	1.52	*N/A*	0.0	305	1.83	22.86	21.33	13.71	2.29	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
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: 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
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		867	76	1042	13.37	*3.41	828.5	5466	126.42	48.71	114.20	26.11	8.79	*0.00
% of Calories										22.5%	52.7%	27.1%	9.1%	*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 ¹ (g)
Tue - 03/12/2019														
VVMS Menu	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
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
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
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, 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		648	39	1235	15.07	4.39	625.8	3258	118.84	33.73	95.04	15.93	4.19	*0.00
% of Calories										20.8%	58.7%	22.1%	5.8%	*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 ¹ (g)
Wed - 03/13/2019														
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
Hot Dog Beef /WW Bun VVMS	1 each	320	42	980	2.00	1.80	60.0	0	0.0	11.0	24.0	20.0	7.00	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*
GARDEN SALAD No Dressing	SERVING 1 CUP	13	0	15	1.16	0.73	26.9	3654	8.6	1.0	2.66	0.19	0.03	*0.00
Veg Choice 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
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 - 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
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
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		603	*36	1379	8.88	4.78	582.0	6632	90.88	27.85	82.59	*16.89	*5.71	*0.00
% of Calories										18.5%	54.7%	*25.2%	*8.5%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

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 ¹ (g)
Thu - 03/14/2019														
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
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 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
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	1/4 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*
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		627	64	885	12.78	3.62	460.2	4901	32.11	32.22	80.49	19.03	7.46	*0.00
% of Calories										20.6%	51.4%	27.3%	10.7%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Fri - 03/15/2019														
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
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
Yogurt 4oz Raspberry Upstate F	1 EACH	90	0	50	0.00	0.00	301.1	0	1.2	3.01	19.07	0.0	0.00	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
Apple Wedges	1/2 APPLE	53	0	1	2.43	0.12	6.1	55	4.66	0.26	13.98	0.17	0.03	*N/A*
Fruit Variety - Canned 1/4 cup	.25 cup	32	0	2	0.72	0.19	4.0	78	4.15	0.19	8.59	0.04	0.00	*0.00
Ketchup & Mustard	serving	21	0	217	0.10	0.16	6.7	90	0.7	0.41	4.98	0.24	0.01	*N/A*
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		621	34	1194	10.23	3.37	790.9	3101	32.81	31.56	106.58	9.09	3.67	*0.00
% of Calories										20.3%	68.6%	13.2%	5.3%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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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 ¹ (g)
Mon - 03/18/2019														
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
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
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
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		770	58	1621	11.28	4.86	433.3	2856	23.85	31.72	118.12	22.11	5.04	*0.00
% of Calories										16.5%	61.4%	25.9%	5.9%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Tue - 03/19/2019														
VVMS Menu	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
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 Knot	Each Knot	172	0	273	2.02	1.09	20.2	202	6.07	4.05	23.29	7.09	1.52	0.00
Mashed Potatoes K-8	SERVING 1/2 CUP	68	0	325	1.51	0.27	15.1	0	6.79	1.51	15.1	0.0	0.00	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 - 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
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		653	81	1124	7.42	2.89	361.7	1185	40.91	30.09	87.05	20.89	5.47	*0.00
% of Calories										18.4%	53.3%	28.8%	7.5%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

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 ¹ (g)
Wed - 03/20/2019														
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
Potatoes, Sweet CrnKlC: 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
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
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		658	48	864	10.50	3.82	361.6	5993	54.78	27.17	95.07	20.77	5.46	*0.35
% of Calories										16.5%	57.8%	28.4%	7.5%	*0.5%
Nutrient Guideline		600-700		1360									<10.00	

Thu - 03/21/2019														
VVMS Menu	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
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
Pears: canned,light syrup	1/2 cup	58	0	2	2.00	0.26	8.0	0	2.26	0.38	15.12	0.12	0.00	0.00
Fruit Variety - Fresh 1/4 Cup	1/4 cup	22	0	0	0.92	0.06	7.6	49	9.9	0.29	5.71	0.07	0.02	*0.00
BBQ Sauce Heinz	1 Tbsp	20	0	225	0.00	0.00	0.0	100	0.0	0.0	4.5	0.0	0.00	0.00
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		679	55	1003	10.16	5.28	548.4	6807	38.01	36.54	84.94	22.28	7.11	*0.00
% of Calories										21.5%	50.0%	29.5%	9.4%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Bloomington Public Schools #271

Mar 4, 2019 thru Mar 22, 2019

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 ¹ (g)
Fri - 03/22/2019														
VVMS Menu														
Wild Mike's Cheese Bites	Total													
Turkey Deli/WW Bun 6-12	4 each sandwich	283	20	547	4.05	1.46	243.0	405	0.0	16.2	28.35	12.15	4.05	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 - 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, 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		677	*47	1132	10.16	3.93	575.1	4546	45.75	33.22	101.47	*15.45	*5.74	*0.00
% of Calories										19.6%	60.0%	*20.5%	*7.6%	*0.0%
Nutrient Guideline		600-700		1360									<10.00	

Weighted Average		684	*50	1127	11.23	*4.12	549.8	4647	55.99	33.00	97.70	*18.96	*5.72	*0.03
										19.3%	57.1%	*25.0%	*7.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	684		600 - 700	100%				
Cholesterol (mg)	50				Missing			
Sodium (mg)	1127		1360					
Fiber (g)	11.23							
Iron (mg)	4.12				Missing			
Calcium (mg)	549.8							
Vitamin A (IU)	4647							
Vitamin C (mg)	55.99							
Protein (g)	33.00	19.31%						
Carbohydrate (g)	97.70	57.15%						
Total Fat (g)	18.96	24.95%						
Saturated Fat (g)	5.72	7.53%	<10.00%		Missing			
Trans Fat ¹ (g)	0.03	0.04%			Missing			

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