

Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017															
ELEMENTARY LUNCH (K-5	Total														
BEEF FRANK, TYSON 1/17	1 EACH	180	30	550	0.00	0.72	20.0	0	0	0.0	6.0	2.0	16.0	6.00	1.00
TURKEY, FRANK RED SOD 12/16	1 EACH	110	55	260	0.00	1.08	60.0	0	20	6.0	8.0	0.0	9.0	2.50	0.00
SANDWICH, TOASTED CHEESE 8/15	1 EACH	280	30	670	2.00	1.44	1468.6	2143	429	0.0	20.0	30.0	9.0	5.00	0.00
CHICKEN, MINI CORN DOG WG 6/15	6 EACH	270	40	410	5.00	1.80	150.0	0	0	0.0	10.0	30.01	12.0	3.50	0.00
CHICKEN, CORN DOG 100%WG 6/15	CORND0	240	40	390	5.00	1.80	80.0	0	0	0.0	9.0	30.0	8.0	2.50	0.00
CHICKEN, MINI WG CORNDOG 1 2/16	6 EACH	240	60	420	0.00	2.16	120.0	0	0	0.0	12.0	30.0	9.0	0.00	0.00
BEEF RIB-B-QUE	1 EACH	325	35	818	3.07	3.67	73.4	181	36	1.28	17.03	30.68	15.38	5.80	*N/A*
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA, STUFF CRST CHS 12/16	SLICE	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,6" WW PEPP 11/16 NARD ONE	1 EACH	350	40	580	3.00	2.70	350.0	500	100	12.0	22.0	30.0	16.0	7.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
BURRITO, BEAN AND CHEESE,V EGET	1 EACH	333	12	384	8.38	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	14.03	55.54	7.14	2.51	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
BREAD, #5151 POG 51% WG HO T DO	1 EACH	100	0	170	2.00	1.08	60.0	*N/A*	*0	0.0	3.0	20.0	1.0	0.00	0.00
BREADSTICK, WG, GARLIC 11/16	1 EACH	90	0	95	1.00	0.72	0.0	0	0	0.0	3.0	15.0	3.0	0.00	0.00

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
SAUCE,MARINARA ANGELA MIA 7/14	1/2 CUP	50	0	170	1.00	0.00	20.0	200	40	15.0	2.0	11.0	0.0	0.00	0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
POTATO, SPRIAL CUT MCCAIN 8 /15	1/2 CUP	110	0	300	1.00	0.36	0.0	0	0	3.6	1.0	15.0	5.0	0.50	0.00
POTATO, FRIES BAKED OVATIO	1/2 CUP	93	0	253	1.33	0.48	13.3	0	0	2.4	1.33	15.33	3.33	0.00	*N/A*
POTATO, SWEET CRINKLE CUT 1/17	1/2 CUP	100	0	95	2.00	0.36	20.0	750	150	*N/A*	1.0	15.0	4.0	0.50	0.00
BROCCOLI, FROZEN SIMPLOT 7/	1/2 CUP	30	0	15	2.00	0.45	33.3	402	80	47.99	2.0	5.0	0.0	0.00	0.00
GREEN BEANS: canned,cooked	1/2 CUP	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
CARROTS, GLAZED-2015	1/2 CUP	124	12	510	3.02	1.31	58.4	21675	2697	5.21	1.3	19.64	4.97	2.98	*0.00
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
KIWI FRUIT,(CHINESE GOOSEB ERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
COOKIE, LOW FAT CHOC CHIP 5 /14	#40 SCOO	128	19	66	*0.89	*0.47	*9.6	*25	*5	*0.64	1.83	20.79	4.2	1.10	*0.00
FROZEN & ICE CRM DESSERT 1 2/16	EACH	133	7	58	*0.00	*0.04	111.3	63	13	*4.05	1.0	24.75	2.81	1.31	*0.00
CHIPS, BAKED CRISP ORIG. 1/17	BAG	110	0	135	1.00	0.36	20.0	*N/A*	0	0.0	1.0	19.0	2.0	0.00	0.00
CHIPS, BAKED CRISPS BBQ 1/17	BAG	110	0	200	1.00	0.36	20.0	0	0	0.0	1.0	20.0	2.5	0.00	0.00
CHIPS, BAKED CRISP SWRNCH 8/16	1 EACH	140	0	230	2.00	0.36	40.0	0	0	1.2	2.0	24.0	3.5	0.50	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
DRESSING, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		721	45	1241	*10.20	*4.26	*576.6	*8430	*927	*69.58	26.33	108.10	20.08	5.96	*0.19
% of Calories											14.6%	60.0%	25.1%	7.4%	*0.2%

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ELEMENTARY LUNCH (K-5)

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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ELEMENTARY LUNCH (K-5)

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Thu - 03/02/2017															
ELEMENTARY LUNCH (K-5)	Total														
BREAD, IT DUNK CHEESE-2015	1 EACH	402	*63	439	*4.34	*1.39	*177.7	*574	*124	*0.7	21.16	40.3	17.34	10.58	*0.00
SANDWICH, TURKEY & PROV 20	1 EACH	266	43	692	*3.00	2.07	143.5	*0	*0	*0.45	22.66	29.0	6.3	2.40	0.00
SANDWICH, TURKEY/WG RICH	1 EACH	231	40	704	*3.00	2.16	70.1	0	0	0.61	24.17	29.0	3.01	0.50	0.00
7/15															
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRY JAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MOZZ STRING 1OZ BO	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
NGARD															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
T 8/15															
SAUCE, MARINARA HEINZ 8/16	1/2 CUP	60	0	470	2.00	1.08	80.0	750	150	2.4	2.0	9.0	1.5	0.00	0.00
SAUCE, MARINARA SCHOOLMA	1/2 CUP	35	*0	140	*1.69	*1.21	*13.9	*917	*183	*7.23	*0.35	8.62	0.0	0.00	*0.00
D 2015															
CALIFORNIA BLEND VEG. 12/16	1/2 CUP	28	0	28	1.88	0.00	18.8	938	188	16.89	0.94	4.69	0.0	0.00	0.00
SALAD, ROMAINE W/TOMATOES	1 CUP	13	0	5	1.37	0.52	17.4	4332	170	5.53	0.77	2.69	0.14	0.02	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
PINEAPPLE COCTAIL TIDBITS 20	1/2 CUP	60	0	10	1.00	0.36	*N/A*	*N/A*	*N/A*	15.0	0.0	15.0	0.0	0.00	0.00
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
BROWNIES, MINI -OSSEO-2015	1 EACH	144	43	71	1.11	0.69	4.7	284	57	0.0	1.96	17.74	7.55	4.23	*0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
6/15															
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING, HONEY MUSTARD M	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
ARZ															

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
DRESSING, KENS LITE RANCH 7/14	TABLESP OON	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, FF CALIF FRNCH 201	1 TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
DRESSING, MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
SAUCE, MUSTARD	1 TSP	19	0	322	0.94	0.43	16.4	20	0	0.43	1.24	1.51	1.14	0.07	0.00
Weighted Daily Average		697	*93	977	*9.69	*3.73	*532.1	*8379	*940	*48.29	*33.20	91.84	21.77	11.34	*0.00
% of Calories										*19.1%	52.7%	28.1%	14.6%	*0.0%	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/03/2017															
ELEMENTARY LUNCH (K-5)															
	Total														
MACARONI & CHZ RF WG LOL 7/	6 OZ	290	30	980	2.00	1.08	400.0	750	150	0.0	17.0	31.0	11.0	6.00	0.00
MACARONI & CHZ RS WG JTM 8/	6 OZ	283	37	648	2.00	0.00	371.0	493	99	1.0	15.0	31.0	11.0	6.50	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
T 8/15															
YOGURT,STRAWBRY GRK OIKO	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
S 6/14															
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
CHEESE,MOZZ STRING 1OZ BO	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
NGARD															
CRACKERS, CHEEZ IT, WG 12/16	1 EACH	100	4	150	1.00	0.72	100.0	500	100	0.0	2.0	14.0	3.5	1.00	0.00
CRACKERS, ANIMAL KEEBLER 7	1 EACH	130	0	110	2.00	1.00	100.0	0	0	0.0	2.0	21.0	4.0	1.00	1.00
/14															
CRACKERS,GOLDFSH CHED W	1 EACH	100	4	170	1.00	0.36	20.0	0	0	0.0	3.0	14.0	3.5	1.00	0.00
G 10/16															
CRACKER,BUGBITE CIN GRAM 1	1 EACH	120	0	115	1.00	0.72	100.0	500	100	0.0	2.0	21.0	3.5	1.00	0.00
2/16															
CRACKERS,ANNIE'S GRAHAM C	1 EACH	160	0	110	3.00	1.08	250.0	0	0	0.0	3.0	25.0	6.0	0.50	0.00
HOC															
CRACKERS,ANNIE'S GRAHAMS	1 EACH	160	0	150	3.00	0.72	250.0	0	0	0.0	3.0	26.0	6.0	0.50	0.00
HONEY															
PEAS GREEN,FROZEN,BOILED	1/2 CUP	88	0	82	6.24	1.72	27.2	2381	76	11.23	5.84	16.17	0.31	0.06	*N/A*
SALAD, SPINACH W/TOMATO 201	1 CUP	8	0	22	0.72	0.77	28.0	2643	190	9.06	0.87	1.39	0.13	0.02	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
PINEAPPLE COCTAIL TIDBITS 20	1/2 CUP	60	0	10	1.00	0.36	*N/A*	*N/A*	*N/A*	15.0	0.0	15.0	0.0	0.00	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
6/15															
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, HONEY MUSTARD M ARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TABLESP OON	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, FF CALIF FRNCH 201	1 TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		590	39	1072	8.59	*2.80	*843.4	*6567	*705	*34.01	*28.26	84.35	15.37	6.80	*0.01
% of Calories										*19.1%		57.2%	23.4%	10.4%	*0.0%

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/06/2017															
ELEMENTARY LUNCH (K-5	Total														
CHICKEN, MINI CORN DOG WG 6/15	6 EACH	270	40	410	5.00	1.80	150.0	0	0	0.0	10.0	30.01	12.0	3.50	0.00
CHICKEN, CORN DOG 100%WG 6/15	1 EACH	240	40	390	5.00	1.80	80.0	0	0	0.0	9.0	30.0	8.0	2.50	0.00
CHICKEN, MINI WG CORNDOG 1 2/16	6 EACH	240	60	420	0.00	2.16	120.0	0	0	0.0	12.0	30.0	9.0	0.00	0.00
BEEF PATTY 100% BF INTEG 7/1	1 EACH	147	39	200	0.03	1.85	13.7	0	0	0.03	16.08	0.1	8.65	3.40	0.00
BEEF PATTY, 100% BF JTM 6/15	1 EACH	172	49	275	0.00	0.18	180.0	0	0	0.0	12.0	2.0	12.0	4.80	0.80
TURKEY, PATTY FC JENNIE-O 7/	1 EACH	110	50	320	0.00	0.72	0.0	0	0	0.0	15.0	0.0	6.0	2.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
BREAD #706 WG 3.5 BUN 5/15	1 EACH	110	0	190	2.00	1.44	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
CARROTS, HONEY ROASTED	1/2 CUP	104	10	117	3.51	0.41	43.1	20771	3491	7.29	1.21	17.45	3.98	2.38	*0.00
POTATO, SPRIAL CUT MCCAIN 8 /15	1/2 CUP	110	0	300	1.00	0.36	0.0	0	0	3.6	1.0	15.0	5.0	0.50	0.00
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 1/17	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
SAUCE, MUSTARD	1 TSP	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
DRESSING, LIGHT MAYO PCKT 8/16	PACKET	40	5	105	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.0	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average		618	51	1018	8.86	*3.30	481.0	*15499	*2368	*43.93	24.23	84.21	20.37	5.74	*0.01
% of Calories											15.7%	54.5%	29.7%	8.4%	*0.0%

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/07/2017															
ELEMENTARY LUNCH (K-5)															
PANCAKES,MINI MPLE BRST 11/1	Total PACKAGE	230	0	150	3.00	0.72	40.0	0	0	0.0	4.0	40.97	7.0	0.50	0.00
FRENCH TOASTIX WG RICH'S 6/1	4 EACH	270	0	280	3.00	2.00	235.0	431	86	0.0	6.0	35.0	12.0	2.00	0.00
PANCAKES,MINI STRW SPLSH 1 1/16	PACKAGE	240	0	150	3.00	0.72	40.0	0	0	0.0	4.0	41.97	7.0	1.00	0.00
WAFFLE,2.4 OZ MAPLE SNACK1 1/16	1 EACH	240	25	300	3.00	1.08	20.0	*N/A*	*N/A*	*N/A*	5.0	41.0	7.0	3.00	0.00
WAFFLE,2.4 OZ CINN SNACK 11/16	1 EACH	240	25	300	3.00	1.08	20.0	*N/A*	*N/A*	*N/A*	5.0	41.0	7.0	3.00	0.00
WAFFLE, 2.4 OZ CHOC CHIP 11/16	1 EACH	250	20	280	3.00	1.08	20.0	*N/A*	*N/A*	*N/A*	5.0	41.0	8.0	3.50	0.00
WAFFLES,MINI MAPLE 12/16 PILL	POUCH	210	0	170	3.00	0.72	20.0	0	0	0.0	4.0	38.0	6.0	1.00	0.00
WAFFLE,MINI BLUEBRY 12/16 PILL	POUCH	210	0	170	3.00	0.72	20.0	0	0	0.0	4.0	37.0	6.0	1.00	0.00
BREAKFAST WRAP, WG CHSE 1 2/16	1 EACH	180	170	410	2.00	0.72	100.0	400	80	0.0	10.0	14.0	10.0	4.00	0.00
EGG, OMELET COLBY CHS 7/14	1 EACH	125	164	304	0.00	0.74	87.6	308	62	0.01	7.14	1.79	9.53	3.57	0.00
EGG, OMELET COLBY CHS 12/16	1 EACH	110	195	210	0.00	0.66	84.0	374	75	0.0	8.0	1.0	8.0	3.00	0.00
CHICKEN, PATTY WG TYSON 7/16	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, WG FC BRST PTTY 12/16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRYJAM 2.8 OZ 8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
TURKEY, SAUS. LINK JEN-O, 7/15	2 EACH	120	60	200	0.00	*N/A*	40.0	0	0	0.0	12.0	0.0	8.0	2.00	0.00
TURKEY,SAUSAGE LINK 8/15 JIM	4 EACH	120	40	387	0.00	0.96	26.7	0	0	0.0	13.33	1.33	8.0	2.00	0.00
TURKEY, SAUSAGE LINK FC 12/16	4 EACH	120	40	387	0.00	0.96	26.7	0	0	0.0	13.33	1.33	8.0	2.00	0.00
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAIT 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
BREAD #706 WG 3.5 BUN 5/15	1 EACH	110	0	190	2.00	1.44	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
POTATO,TRI TATOR 8/15 LAMB WES	1 EACH	110	0	225	1.00	0.36	0.0	0	0	1.2	1.0	13.5	5.5	0.75	0.00
BEANS, GREEN GARLIC ROASTE VEGETABLES, FRESH CHOICES	1/2 CUP	95	0	59	3.33	0.99	55.1	627	125	4.67	1.69	7.92	7.18	1.03	*0.00
PINEAPPLE,FRESH	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
JUICE,100% ORANGE W/CALC 8/	1 EACH	60	0	1	0.00	0.00	160.0	0	0	36.0	1.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SYRUP,AUNT JEMIMA ORIGINAL 6/1	TBLSPN	53	0	30	0.00	0.00	0.0	0	0	0.0	0.0	13.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
DRESSING,LIGHT MAYO HEINZ 7/14	TBLSPN	50	5	135	0.00	0.00	0.0	0	0	0.0	0.0	4.0	3.5	0.50	0.00
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average		663	77	918	7.16	*2.92	527.6	*3164	*329	*48.61	27.64	90.28	22.76	4.48	*0.00
% of Calories											16.7%	54.5%	30.9%	6.1%	*0.0%

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Osseo Area Schools

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017															
ELEMENTARY LUNCH (K-5 CHICKEN, DICED BRST LOW SO SAUCE, ALFREDO ANGELA MIA 1/17	Total SERVING (3OZ)	120	50	115	0.00	0.72	0.0	0	0	0.0	19.0	1.0	4.0	1.00	0.00
CHEESE SAUCE, ITALIAN LOL 20	2 OZ	87	20	360	0.00	0.00	200.0	67	13	0.0	5.33	2.0	6.67	4.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
PASTA, WG PENNE BARILLA 7/14	1/2 CUP	100	0	5	3.00	1.35	0.0	0	0	0.0	3.5	20.5	0.75	0.00	0.00
PASTA,51% WG ROTINI MARZ 1 2/16	SERVING	220	0	75	4.00	1.80	20.0	0	0	0.0	7.0	43.0	1.5	0.50	0.00
GARLIC TOAST, WG 1" 6/15	SLICE	80	0	180	2.00	1.08	0.0	400	80	0.0	3.0	15.0	2.0	0.00	0.00
BREAD,GARLIC BREADSTICK W G6/14	1 EACH	100	0	135	2.00	1.08	0.0	100	20	0.0	3.0	16.0	3.5	1.00	0.00
BREAD,TX TST WG GRLC RF 11/	1 EACH	100	0	130	2.00	0.72	0.0	300	80	0.0	3.0	15.0	3.0	0.00	0.00
BREADSTICK, WG, GARLIC 11/16	1 EACH	90	0	95	1.00	0.72	0.0	0	0	0.0	3.0	15.0	3.0	0.00	0.00
BROCCOLI, POTATO CRUNCH T	1/2 CUP	109	2	302	2.40	0.51	54.3	339	68	43.14	3.24	14.6	3.9	0.83	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*

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Osseo Area Schools

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		657	49	1017	8.43	*3.98	551.2	*4708	*619	*50.00	35.09	90.38	17.75	5.77	*0.00
% of Calories											21.4%	55.0%	24.3%	7.9%	*0.0%

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017															
ELEMENTARY LUNCH (K-5	Total														
BEEF TACO MEAT-2015	#10 SCOOP	151	33	232	1.22	2.58	31.9	420	74	3.97	14.53	5.81	7.64	3.08	*0.00
CHEESE, SHREDDED MOZZ/CH	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EDD															
SANDWICH, TURKEY/WG RICH	1 EACH	231	40	704	*3.00	2.16	70.1	0	0	0.61	24.17	29.0	3.01	0.50	0.00
7/15															
SANDWICH, TURKEY & PROV 20	1 EACH	266	43	692	*3.00	2.07	143.5	*0	*0	*0.45	22.66	29.0	6.3	2.40	0.00
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
CHEESE,MOZZ STRING 1OZ BO	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
NGARD															
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
T 8/15															
YOGURT,STRAWBRY GRK OIKO	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
S 6/14															
TACO HARD SHELL 12/16 PANCH	1 EACH	100	0	0	1.00	0.72	0.0	0	0	0.0	1.0	13.0	5.0	2.00	0.00
TORTILLA,100% WW 9" 8/16	1 EACH	150	0	210	4.00	0.00	60.0	0	0	0.0	5.0	25.0	3.5	1.50	0.00
TORTILLA CHIPS	1 OZ	131	0	33	1.87	0.34	37.4	0	0	0.0	1.87	19.63	5.61	0.93	*N/A*
RICE, BROWN WHOLE GRAIN P	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
ARBOI															
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/8 CUP	4	0	1	0.27	0.06	2.3	187	14	3.08	0.2	0.88	0.05	0.01	*N/A*
ONIONS,RAW	1/8 CUP	6	0	1	0.24	0.03	3.3	0	0	1.06	0.16	1.34	0.01	0.01	*N/A*
BEANS, BLACK	1/2 CUP	110	0	350	6.00	10.80	20.0	*N/A*	0	0.0	6.0	20.0	0.5	0.00	0.00
OLIVE, SLICED RIPE	1 OZ	45	0	205	0.00	0.00	0.0	0	0	0.0	0.0	1.79	4.46	0.00	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
CORN, WHOLE KERNEL	1/2 CUP	46	0	183	1.13	0.49	2.8	88	18	4.59	10.55	0.57	0.09	0.09	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
APPLESAUCE NATURAL UNSWE	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
ETENED															
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
6/15															

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Osseo Area Schools

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE 2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, SOUR CREAM	1 OZ	51	10	20	0.00	0.02	40.0	124	25	0.26	1.98	1.98	4.0	2.47	*N/A*
SAUCE, TACO, MILD	1 OZ	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
SAUCE, SALSA	1 OZ	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
DRESSING, MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		663	57	1119	*9.10	*7.72	500.2	*4797	*549	*32.96	37.58	90.39	17.49	6.61	*0.00
% of Calories											22.7%	54.6%	23.7%	9.0%	*0.0%

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/13/2017															
ELEMENTARY LUNCH (K-5 CHICKEN,MAND ORG JR WG 12/1	Total SERVING (3.6OZ)	150	40	280	0.00	0.72	0.0	0	0	1.2	11.0	19.0	3.0	0.50	0.00
CHICKEN,MAND ORNG LINGS 12 /16	SERVING	150	40	280	0.00	0.72	0.0	0	0	1.2	11.0	19.0	3.0	0.50	0.00
BEEF PATTY 100% BF INTEG 7/1	1 EACH	147	39	200	0.03	1.85	13.7	0	0	0.03	16.08	0.1	8.65	3.40	0.00
BEEF PATTY, 100% BF JTM 6/15	1 EACH	172	49	275	0.00	0.18	180.0	0	0	0.0	12.0	2.0	12.0	4.80	0.80
TURKEY, PATTY FC JENNIE-O 7/	1 EACH	110	50	320	0.00	0.72	0.0	0	0	0.0	15.0	0.0	6.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRY JAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
BREADSTICK, WG, GARLIC 11/16	1 EACH	90	0	95	1.00	0.72	0.0	0	0	0.0	3.0	15.0	3.0	0.00	0.00
BREADSTICK,WG PANBAKE 5" 1 /16	1 EACH	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	1.0	0.00	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
BREAD #706 WG 3.5 BUN 5/15	1 EACH	110	0	190	2.00	1.44	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
STIR FRY VEGETABLES	1/2 CUP	30	0	25	2.00	0.26	17.6	666	133	9.3	1.0	5.0	0.0	0.00	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 20	1 TBSP	15	0	160	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	19	0	322	0.94	0.43	16.4	20	0	0.43	1.24	1.51	1.14	0.07	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		587	44	796	6.22	*2.83	427.0	*4686	*602	*43.02	27.66	90.15	12.76	2.60	*0.12
% of Calories											18.8%	61.4%	19.5%	4.0%	*0.2%

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/14/2017															
ELEMENTARY LUNCH (K-5	Total														
PORK,DOUBLE RUB BBQ 12/16 RICH	2.5 (OZ)	230	85	300	0.00	0.00	0.0	0	1	0.0	25.01	0.0	15.01	5.00	0.00
CHICKEN, PATTY WG TYSON 7/1	PATTY	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, PATTY, WG ADVPIE 6/	1 EACH	230	30	280	1.00	1.80	20.0	100	20	1.2	12.0	12.0	15.0	3.00	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MOZZ STRING 1OZ BO	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
NGARD															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
T 8/15															
YOGURT,STRAWBRY GRK OIKO	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
S 6/14															
BREAD #706 WG 3.5 BUN 5/15	1 EACH	110	0	190	2.00	1.44	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
RICE KRIS MINI SQUARE WG 12/	1 EACH	50	0	45	0.00	0.36	0.0	0	0	0.0	0.0	9.0	1.0	0.00	0.00
SQUASH, BUTTERNUT ROASTED	1/2 CUP	40	1	18	1.11	0.49	30.7	979	286	9.35	0.99	6.1	1.72	0.37	*0.00
POTATO, SPRIAL CUT MCCAIN 8	1/2 CUP	110	0	300	1.00	0.36	0.0	0	0	3.6	1.0	15.0	5.0	0.50	0.00
/15															
POTATO, CRISSCUT FRIES 7/15	1/2 CUP	120	0	260	1.00	0.36	0.0	0	0	3.6	1.0	14.0	6.0	1.50	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
APPLESAUCE NATURAL UNSWE	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
ETENED															
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
KIWI FRUIT,(CHINESE GOOSEB	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
ERRI															
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
6/15															
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA MOO MILK, 1%	1 EACH	145	12	100	0.00	0.00	280.0	500	100	0.0	8.0	23.0	2.0	1.50	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
SAUCE,KETCHUP 10# POUCH 7/1	1 TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
DRESSING, HONEY MUSTARD D IPPIN	1 EACH	80	10	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	7.0	6.0	1.00	0.00
Weighted Daily Average		674	68	1063	6.09	*3.21	*432.3	*3236	*490	*38.98	35.95	86.92	21.20	4.73	*0.00
% of Calories											21.3%	51.6%	28.3%	6.3%	*0.0%

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/15/2017															
ELEMENTARY LUNCH (K-5 SANDWICH,SUB ITAL MEATBAL L8/15	Total SANDWIC	308	45	715	3.25	1.56	803.5	423	85	0.6	18.62	28.12	13.5	5.62	*0.60
ELEMENTARY LUNCH (K-5 SANDWICH,SUB CHIX MEATBAL L8/15	SANDWIC	327	59	689	3.25	2.64	183.5	273	55	0.0	21.62	28.12	14.5	4.62	*0.00
ELEMENTARY LUNCH (K-5 CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
ELEMENTARY LUNCH (K-5 PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
ELEMENTARY LUNCH (K-5 PIZZA, STUFF CRST CHS 12/16	SLICE	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
ELEMENTARY LUNCH (K-5 PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
ELEMENTARY LUNCH (K-5 PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
ELEMENTARY LUNCH (K-5 SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
ELEMENTARY LUNCH (K-5 SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
ELEMENTARY LUNCH (K-5 Z8/16 SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
ELEMENTARY LUNCH (K-5 CHL CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
ELEMENTARY LUNCH (K-5 CHEESE,MOZZ STRING 1OZ BO	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
ELEMENTARY LUNCH (K-5 NGARD CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
ELEMENTARY LUNCH (K-5 NGAR YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
ELEMENTARY LUNCH (K-5 YOGURT,STWBRY BAN YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
ELEMENTARY LUNCH (K-5 T 8/15 SAUCE, MARINARA SCHOOLMA	1/4 CUP	18	*0	70	*0.85	*0.60	*6.9	*458	*92	*3.62	*0.17	4.31	0.0	0.00	*0.00
ELEMENTARY LUNCH (K-5 D 2015 CAULIFLOWER, ROASTED-2015	1/2 CUP	24	0	16	1.09	0.23	12.0	0	1	26.24	1.05	2.71	1.27	0.19	*0.00
ELEMENTARY LUNCH (K-5 BAKED BEAN VEG RED SOD 5/14	1/2 CUP	140	0	410	6.00	1.80	60.0	0	0	0.0	6.0	29.0	0.0	0.00	0.00
ELEMENTARY LUNCH (K-5 VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
ELEMENTARY LUNCH (K-5 CHIPS, BAKED CRISP ORIG. 1/17	BAG	110	0	135	1.00	0.36	20.0	*N/A*	0	0.0	1.0	19.0	2.0	0.00	0.00
ELEMENTARY LUNCH (K-5 CHIPS, BAKED CRISP SWRNCH	1 EACH	140	0	230	2.00	0.36	40.0	0	0	1.2	2.0	24.0	3.5	0.50	0.00
ELEMENTARY LUNCH (K-5 8/16 CHIPS, BAKED CRISPS BBQ 1/17	BAG	110	0	200	1.00	0.36	20.0	0	0	0.0	1.0	20.0	2.5	0.00	0.00
ELEMENTARY LUNCH (K-5 MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
ELEMENTARY LUNCH (K-5 PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
ELEMENTARY LUNCH (K-5 GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ELEMENTARY LUNCH (K-5 WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
ELEMENTARY LUNCH (K-5 JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
ELEMENTARY LUNCH (K-5 JUICE CUP PURPLE VEG BLND	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
ELEMENTARY LUNCH (K-5 6/15 JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MILK, SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE 2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		703	*50	1304	*10.91	*4.35	*957.9	*4147	*562	*34.72	*34.65	99.44	18.09	7.11	*0.29
% of Calories										*19.7%		56.6%	23.2%	9.1%	*0.4%

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/16/2017															
ELEMENTARY LUNCH (K-5 CHICKEN,FAJITA BRST STRP 12/	Total SERVING (3.0OZ)	120	85	705	0.00	1.00	11.0	230	46	0.0	17.01	2.0	5.0	1.50	0.00
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
SANDWICH, TURKEY & PROV 20	1 EACH	266	43	692	*3.00	2.07	143.5	*0	*0	*0.45	22.66	29.0	6.3	2.40	0.00
SANDWICH, TURKEY/WG RICH 7/15	1 EACH	231	40	704	*3.00	2.16	70.1	0	0	0.61	24.17	29.0	3.01	0.50	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
TORTILLA,100% WW 9" 8/16	1 EACH	150	0	210	4.00	0.00	60.0	0	0	0.0	5.0	25.0	3.5	1.50	0.00
FLATBREAD, WG 8" 2014 BAKE CRA	1 EACH	140	0	430	4.00	1.08	60.0	0	0	0.0	4.0	24.0	3.5	1.00	0.00
ROASTED, PEPPERS & ONIONS 2015	1/2 CUP	18	0	2	0.92	0.15	7.6	484	87	30.42	0.51	3.62	0.32	0.05	*0.00
BEANS,REFRIED VEGETARIAN 1 2/16	1/2 CUP	150	0	530	8.00	1.80	40.0	*N/A*	*N/A*	1.2	8.0	25.0	1.5	0.50	0.00
LETTUCE,ICEBERG	1/4 CUP	3	0	2	0.22	0.07	3.2	90	6	0.5	0.16	0.53	0.03	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/4 CUP	8	0	2	0.54	0.12	4.5	375	28	6.17	0.4	1.75	0.09	0.01	*N/A*
CORN, WHOLE KERNEL	1/2 CUP	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, SALSA	1 OZ	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
SAUCE, SOUR CREAM	1 OZ	51	10	20	0.00	0.02	40.0	124	25	0.26	1.98	1.98	4.0	2.47	*N/A*
Weighted Daily Average		649	86	1434	*11.15	*3.49	504.8	*3048	*412	*48.73	40.41	92.92	13.98	5.29	*0.00
% of Calories											24.9%	57.3%	19.4%	7.3%	*0.0%

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Osseo Area Schools
Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/17/2017															
ELEMENTARY LUNCH (K-5)															
Total															
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA,6" WW PEPP 11/16 NARD ONE	1 EACH	350	40	580	3.00	2.70	350.0	500	100	12.0	22.0	30.0	16.0	7.00	0.00
BEEF PEPPERONI, BONICI 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
TURKEY, PEPPERONI SLICES 12 /16	SERVING (1.23OZ)	60	25	200	0.00	0.36	0.0	0	0	0.0	6.0	1.0	2.5	1.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
CRACKER,SCOOPYDOO GRAHAM 12/16	1 EACH	120	0	115	1.00	0.72	100.0	500	100	0.0	2.0	21.0	3.5	1.00	0.00
CRACKER,BUGBITE CIN GRAM 1 2/16	1 EACH	120	0	115	1.00	0.72	100.0	500	100	0.0	2.0	21.0	3.5	1.00	0.00
CRACKER, GLDFSH PRTZL WG 12/16	1 EACH	90	0	200	1.00	0.72	0.0	0	0	0.0	2.0	16.0	1.5	0.00	0.00
CRACKERS,ANNIE'S GRAHAM C HOC	1 EACH	160	0	110	3.00	1.08	250.0	0	0	0.0	3.0	25.0	6.0	0.50	0.00
CRACKERS,ANNIE'S GRAHAMS HONEY	1 EACH	160	0	150	3.00	0.72	250.0	0	0	0.0	3.0	26.0	6.0	0.50	0.00
PARMESAN BROCCOLI CAULIFLOWER	1/2 CUP	85	5	134	2.69	0.69	97.4	295	74	75.73	4.64	9.31	4.81	1.45	*0.00
POTATO, SWEET CRINKLE CUT 1/17	1/2 CUP	100	0	95	2.00	0.36	20.0	750	150	*N/A*	1.0	15.0	4.0	0.50	0.00

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Osseo Area Schools
Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

Feb 27, 2017

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
POTATO, SWEET CROSSTRAX 8/15	1/2 CUP	90	0	150	2.00	0.36	20.0	3200	640	1.2	1.0	15.0	3.0	0.50	0.00
PASTA SALAD	3/8 CUP	139	0	50	1.88	0.83	18.6	1052	118	9.39	3.36	16.03	7.06	0.96	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
GRAPES, Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
APPLE FRESH SLCD BAG2 5/14	BAG	30	0	0	1.00	0.00	20.0	0	0	21.0	0.0	7.0	0.0	0.00	0.00
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		698	34	905	8.07	*3.35	809.4	*5305	*758	*65.28	30.24	93.54	23.70	7.60	*0.00
% of Calories											17.3%	53.6%	30.6%	9.8%	*0.0%

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

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ELEMENTARY LUNCH (K-5)

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Mon - 03/20/2017															
ELEMENTARY LUNCH (K-5)	Total														
CHICKEN, TENDER 8/15 MSFBGp	3 EACH	216	66	350	1.19	1.86	22.2	83	17	0.02	21.96	12.31	8.36	1.56	0.00
CHICKEN, TEND HT SPY TYS 8/1	3 EACH	244	53	397	1.53	1.65	0.0	153	31	0.0	22.89	15.26	10.68	2.29	0.00
CHICKEN, TENDR GLUT FREE 20	4 EACH	280	60	680	1.32	0.72	0.0	0	0	0.0	16.0	17.2	17.2	4.00	0.00
BEEF PATTY 100% BF INTEG 7/1	1 EACH	147	39	200	0.03	1.85	13.7	0	0	0.03	16.08	0.1	8.65	3.40	0.00
BEEF PATTY, 100% BF JTM 6/15	1 EACH	172	49	275	0.00	0.18	180.0	0	0	0.0	12.0	2.0	12.0	4.80	0.80
TURKEY, PATTY FC JENNIE-O 7/	1 EACH	110	50	320	0.00	0.72	0.0	0	0	0.0	15.0	0.0	6.0	2.00	0.00
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MOZZ STRING 1OZ BO	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
NGARD															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
T 8/15															
YOGURT,STRAWBRY GRK OIKO	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
S 6/14															
BREAD #706 WG 3.5 BUN 5/15	1 EACH	110	0	190	2.00	1.44	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
BREAD, ROLL WS 1.25 OZ 2015	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
POTATO, WHIPPED NATURES 1	1/2 CUP	80	0	260	1.00	0.20	7.4	2	0	6.65	2.0	15.0	1.5	0.00	0.00
2/16															
GRAVY,POULTRY RF KRLSBRG	1 OZ	20	0	121	0.00	0.00	0.6	0	0	0.0	1.0	4.0	0.0	0.00	*0.00
R 8/15															
GREEN BEANS: canned,cooked	1/2 CUP	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
PINEAPPLE COCTAIL TIDBITS 20	1/2 CUP	60	0	10	1.00	0.36	*N/A*	*N/A*	*N/A*	15.0	0.0	15.0	0.0	0.00	0.00
APPLESAUCE NATURAL UNSWE	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
ETENED															
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
6/15															
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MILK, CHOC SKIM SCHROED	1/17	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE	2016	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK		120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK		130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, BBQ SWEET BABY RAY	11/16	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
SAUCE, KETCHUP PACKET	6/14	10	0	55	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S	10/1	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
DRESSING, HONEY MUSTARD M	ARZ	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING, KENS LITE RANCH	7/14	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		613	*65	1216	*7.40	*3.42	*422.3	*2870	*394	*43.59	*35.70	85.06	14.91	3.03	*0.03
% of Calories											*23.3%	55.5%	21.9%	4.5%	*0.0%

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Tue - 03/21/2017															
ELEMENTARY LUNCH (K-5 SANDWICH,HOT TRKY HAM&CH 7/14	Total														
1 EACH	220	26	750	1.00	1.35	175.9	101	20	0.0	14.54	24.51	6.4	2.77	0.00	
CHICKEN, PATTY WG TYSON 7/1	PATTY	230	50	380	1.00	1.44	20.0	0	0.0	22.0	14.0	10.0	2.00	0.00	
1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00	
CHICKEN, PATTY, WG ADVPIE 6/	1 EACH	230	30	280	1.00	1.80	20.0	100	20	1.2	12.0	15.0	3.00	0.00	
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	1.48	*0.00	
CHL															
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	2.00	0.00	
Z8/16															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	2.50	0.00	
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.00	0.00	
CHEESE,MOZZ STRING 1OZ BO	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	3.50	0.00	
NGARD															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	5.00	0.00	
NGAR															
YOGURT,RASP RAINBO YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	
T8/15															
YOGURT,STWBRY BAN YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	
T 8/15															
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	
BREAD #706 WG 3.5 BUN 5/15	1 EACH	110	0	190	2.00	1.44	40.0	0	0	0.0	4.0	21.0	1.5	0.00	
SOUP, CHICKEN NOODLE: scratc	6 OZ	72	17	308	0.52	0.53	14.4	58	4	0.88	5.18	8.47	1.94	*0.01	
SOUP, GARDEN VEGETABLE	6 OZ	64	*1	336	*2.76	*0.64	*29.2	*2363	*378	*6.72	*1.42	8.89	1.65	*0.00	
SOUP, TOMATO HLTHY RQST 12	3/4 CUP	120	0	615	1.50	0.54	0.0	600	120	9.0	1.5	24.0	1.5	0.75	
/16															
APPLES & CARROTS, HONEY R	1/2 CUP	81	10	61	1.70	0.18	17.3	7010	1187	3.37	0.5	12.36	3.82	2.35	
OASTE															
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	*N/A*	
APPLESAUCE NATURAL UNSWE	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	
ETENED															
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	
KIWI FRUIT,(CHINESE GOOSEB	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	
ERRI															
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	
JUICE CUP PURPLE VEG BLND	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	
6/15															
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

Feb 27, 2017

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA MOO MILK, 1%	1 EACH	145	12	100	0.00	0.00	280.0	500	100	0.0	8.0	23.0	2.0	1.50	0.00
DRESSING, MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
SAUCE, KETCHUP, RED GOLD 20	1 TBSP	15	0	160	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	19	0	322	0.94	0.43	16.4	20	0	0.43	1.24	1.51	1.14	0.07	0.00
DRESSING, HONEY MUSTARD M ARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
Weighted Daily Average		596	*57	1302	*6.26	*2.86	*516.4	*9076	*1394	*36.99	*30.65	84.46	15.34	5.26	*0.00
% of Calories											*20.6%	56.7%	23.2%	8.0%	*0.0%

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

Feb 27, 2017

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017															
ELEMENTARY LUNCH (K-5 CHICKEN, SHREDDED SEASON 8/15	Total SERVING	160	750	500	0.00	1.08	20.0	300	60	2.4	22.0	1.0	7.0	2.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, STUFF CRST CHS 12/16	SLICE	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
TORTILLA,100% WW 9" 8/16	1 EACH	150	0	210	4.00	0.00	60.0	0	0	0.0	5.0	25.0	3.5	1.50	0.00
FLATBREAD, WG 8" 2014 BAKE CRA	1 EACH	140	0	430	4.00	1.08	60.0	0	0	0.0	4.0	24.0	3.5	1.00	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
BEANS, BLACK	1/2 CUP	110	0	350	6.00	10.80	20.0	*N/A*	0	0.0	6.0	20.0	0.5	0.00	0.00
CORN, WHOLE KERNEL	1/2 CUP	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, SOUR CREAM	1 OZ	51	10	20	0.00	0.02	40.0	124	25	0.26	1.98	1.98	4.0	2.47	*N/A*
SAUCE, SALSA	1 OZ	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
SAUCE, TACO, MILD	1 OZ	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		655	467	1285	9.54	*7.42	510.2	*4111	*523	*31.68	37.56	92.58	15.12	5.14	*0.00
% of Calories											22.9%	56.6%	20.8%	7.1%	*0.0%

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Osseo Area Schools

ELEMENTARY LUNCH (K-5)

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Thu - 03/23/2017															
ELEMENTARY LUNCH (K-5)	Total														
BEEF SPAGHETTI SAUCE-2015	#10 SCOOP	169	31	454	2.61	3.41	52.5	759	143	11.41	16.63	10.28	7.18	2.73	*0.00
SAUCE,MARINARA ANGELA MIA	1/2 CUP	50	0	170	1.00	0.00	20.0	200	40	15.0	2.0	11.0	0.0	0.00	0.00
7/14															
SAUCE, MARINARA HEINZ 8/16	1/2 CUP	60	0	470	2.00	1.08	80.0	750	150	2.4	2.0	9.0	1.5	0.00	0.00
SANDWICH, TURKEY & PROV 20	1 EACH	266	43	692	*3.00	2.07	143.5	*0	*0	*0.45	22.66	29.0	6.3	2.40	0.00
SANDWICH, TURKEY/WG RICH	1 EACH	231	40	704	*3.00	2.16	70.1	0	0	0.61	24.17	29.0	3.01	0.50	0.00
7/15															
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MOZZ STRING 1OZ BO	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
NGARD															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
YOGURT,RASP RAINBO YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
T8/15															
YOGURT,STWBRY BAN YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
T 8/15															
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
PASTA, SPAG. WG BARILLA 7/14	1/2 CUP	100	0	5	3.00	1.35	0.0	0	0	0.0	3.5	20.5	0.75	0.00	0.00
GARLIC TOAST, WG 1" 6/15	SLICE	80	0	180	2.00	1.08	0.0	400	80	0.0	3.0	15.0	2.0	0.00	0.00
BREADSTICK, WG, GARLIC 11/16	1 EACH	90	0	95	1.00	0.72	0.0	0	0	0.0	3.0	15.0	3.0	0.00	0.00
SALAD, ROMAINE W/TOMATOES	1 CUP	13	0	5	1.37	0.52	17.4	4332	170	5.53	0.77	2.69	0.14	0.02	*0.00
CAULIFLOWER, ROASTED-2015	1/2 CUP	24	0	16	1.09	0.23	12.0	0	1	26.24	1.05	2.71	1.27	0.19	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLESAUCE NATURAL UNSWE	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
ETENED															
PINEAPPLE TDBT 100% JUICE 2	1/2 EACH	30	*N/A*	0	0.50	0.00	0.0	0	0	15.0	0.0	7.5	0.0	0.00	0.00
013															
KIWI FRUIT,(CHINESE GOOSEB	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
ERRI															
WATERMELON,CHUNKS	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
6/15															
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING, HONEY MUSTARD M ARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TABLESP OON	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, FF CALIF FRNCH 201	1 TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		558	*39	987	*10.54	*5.51	426.7	*7672	*702	*68.69	*32.04	80.96	13.48	3.11	*0.00
% of Calories											*23.0%	58.1%	21.7%	5.0%	*0.0%

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Osseo Area Schools
Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

Feb 27, 2017

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017															
ELEMENTARY LUNCH (K-5)	Total														
FISH,POT.CRNCH FILLET 8/15	1 EACH	160	50	300	0.60	0.72	0.0	0	0	3.6	14.0	13.0	6.0	1.00	0.00
FISH PATTY- CLEAR SPRING 12/1	1 EACH	220	30	510	2.00	1.08	20.0	200	40	0.0	14.99	13.99	10.99	4.00	0.00
YOGURT, UPSTATE FARMS, 4 OZ NF	1 EACH	100	0	75	0.00	0.00	301.1	*N/A*	*0	1.2	3.01	22.08	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAIT 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKOS 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
SANDWICH, SUNBTR & JELLY SANDWICH	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SDWICH,PB&STWBRYJAM 2.8 OZ 8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MOZZ STRING 1OZ BONGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STICK 1OZ BONGARD	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
BREAD #706 WG 3.5 BUN 5/15	1 EACH	110	0	190	2.00	1.44	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
CRACKERS,GOLDFSH CHED W G 10/16	1 EACH	100	4	170	1.00	0.36	20.0	0	0	0.0	3.0	14.0	3.5	1.00	0.00
CRACKER, GLDFSH PRTZL WG 12/16	1 EACH	90	0	200	1.00	0.72	0.0	0	0	0.0	2.0	16.0	1.5	0.00	0.00
CRACKERS,ANNIE'S GRAHAMS HONEY	1 EACH	160	0	150	3.00	0.72	250.0	0	0	0.0	3.0	26.0	6.0	0.50	0.00
CRACKER,SCOOPYDOO GRAHAM 12/16	1 EACH	120	0	115	1.00	0.72	100.0	500	100	0.0	2.0	21.0	3.5	1.00	0.00
CRACKER,BUGBITE CIN GRAM 12/16	1 EACH	120	0	115	1.00	0.72	100.0	500	100	0.0	2.0	21.0	3.5	1.00	0.00
CINNAMON ROLL, WG 2.2OEG 6/POTATO, SPRIAL CUT MCCAIN 8/15	1 EACH	260	10	300	3.00	1.80	60.0	200	40	0.0	6.0	42.0	8.0	4.00	0.00
POTATO, SPRIAL CUT MCCAIN 8/15	1/2 CUP	110	0	300	1.00	0.36	0.0	0	0	3.6	1.0	15.0	5.0	0.50	0.00
POTATO, FRIES BAKED OVATIO	1/2 CUP	93	0	253	1.33	0.48	13.3	0	0	2.4	1.33	15.33	3.33	0.00	*N/A*
POTATO,RED SOD STRAIT CT 12/16	1/2 CUP	22	0	27	0.33	0.12	0.0	0	0	0.6	0.33	3.67	0.75	0.08	0.00
POTATO, SWEET CRINKLE CUT 8/15	1/2 CUP	85	0	125	1.00	0.36	20.0	3500	700	2.4	1.0	13.0	3.0	0.50	0.00
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*

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Osseo Area Schools

Mar 1, 2017 thru Mar 31, 2017 Spreadsheet - Portion Values

Feb 27, 2017

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ELEMENTARY LUNCH (K-5)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
SAUCE, TARTAR HEINZ 12/16	PACKET	60	5	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	6.0	1.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		712	45	1072	7.09	*3.60	692.6	*3366	*352	*47.16	30.00	105.38	19.90	6.46	*0.00
% of Calories											16.8%	59.2%	25.1%	8.2%	*0.0%

Weighted Average		650	*80	1101	*8.55	*4.04	*571.3	*5827	*743	*46.25	*32.19	91.23	17.89	5.71	*0.04
											*19.8%	56.1%	24.8%	7.9%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	650		550	118%			
Cholesterol (mg)	80				Missing		
Sodium (mg)	1101		1230	90%			
Fiber (g)	8.55				Missing		
Iron (mg)	4.04		0.00		Missing		
Calcium (mg)	571.3		0.00		Missing		
Vitamin A (IU)	5827		0		Missing		
Vitamin A (RE)	743		0		Missing		
Vitamin C (mg)	46.25		0.00		Missing		
Protein (g)	32.19	19.80%	0.00		Missing		
Carbohydrate (g)	91.23	56.13%					
Total Fat (g)	17.89	24.76%	<=30.00%				
Saturated Fat (g)	5.71	7.90%	<10.00%				
Trans Fat (g)	0.04	0.05%			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 - denotes optional nutrient values

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.