

Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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)
Mon - 04/03/2017															
ELEMENTARY LUNCH (K-5 CHICKEN, BBQ TERIYAKI 12/16	Total SERVING (2.80)	130	70	480	0.00	0.72	0.0	0	0	0.0	16.0	10.0	3.5	1.00	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
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
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&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, 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,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 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 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, 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 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	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
1/16 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
STIR FRY VEGETABLES 12/16	1/2 CUP	17	0	15	1.00	0.18	10.0	250	50	6.0	0.5	3.0	0.0	0.00	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
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	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*
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*
BANANAS	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*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*
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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¹ - denotes optional nutrient values

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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)
MILK, CHOC SKIM SCHROED	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, SOY	1 TSP	3	0	177	0.04	0.11	0.9	0	0	0.0	0.27	0.45	0.0	0.00	*N/A*
SAUCE, SWEET & SOUR HEINZ	DIP CUP	46	0	121	0.00	0.00	0.0	0	0	1.22	0.0	12.15	0.0	0.00	0.00
7/14															
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
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING, KENS LITE RANCH 7	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
/14															
Weighted Daily Average		607	59	909	8.24	*3.86	421.8	*15410	*1748	*28.00	30.70	96.18	11.48	2.88	*0.03
% of Calories											20.2%	63.4%	17.0%	4.3%	*0.0%

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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 - 04/04/2017															
ELEMENTARY LUNCH (K-5)	Total														
SANDWICH, DELI 5" HOAGIE 201	1 EACH	271	55	839	*4.00	2.50	421.6	546	109	2.86	24.95	31.5	6.69	2.22	0.00
SANDWICH, DELI VEG 5" BUN 20	1 EACH	385	40	1015	8.06	5.02	1057.4	*12046	*968	*39.4	23.23	42.56	13.72	6.67	*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 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, 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 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
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
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,	1/4 CUP	8	0	2	0.54	0.12	4.5	375	28	6.17	0.4	1.75	0.09	0.01	*N/A*
PICKLE SLICES, DILL	4 EACH	0	0	169	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
ONIONS,RAW	1/4 CUP	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	0.01	*N/A*
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
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
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,SOUR CR&ONION BAKED 8/16	1 EACH	130	0	220	2.00	0.36	40.0	0	0	0.0	2.0	24.0	3.0	0.50	0.00
CHIPS,TATRPOP THAI CHILI10/14	BAG	100	0	125	1.00	0.36	0.0	0	0	0.0	1.0	17.0	3.0	0.00	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 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
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 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*
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

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Mar 17, 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 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
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,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
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 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
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
Weighted Daily Average		629	51	1172	*9.71	*3.69	*674.2	*14777	*2257	*43.60	31.80	98.24	13.84	3.95	*0.00
% of Calories											20.2%	62.5%	19.8%	5.7%	*0.0%

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ELEMENTARY LUNCH (K-5)

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Wed - 04/05/2017															
ELEMENTARY LUNCH (K-5	Total														
HOT DISH, TATOR TOT	1 CUP	252	37	708	2.47	2.28	60.3	211	42	3.25	18.08	15.44	13.33	4.76	*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, 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,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	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,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,WW HAWAIIAN 11/16 NAR	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
DON															
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
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
CUCUMBER SALAD	1/2 CUP	77	9	397	0.43	0.17	9.8	47	5	1.94	0.36	12.96	2.76	0.01	*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 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

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 2017

Page 6

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		629	*48	1467	7.61	*3.85	493.4	*3931	*554	*63.81	*29.98	81.90	21.36	5.77	*0.00
% of Calories											*19.1%	52.1%	30.5%	8.3%	*0.0%

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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 - 04/06/2017															
ELEMENTARY LUNCH (K-5)	Total														
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
CHEESE, AMER SLICE RF RS 201	SLICE	40	9	120	0.00	0.00	407.1	611	122	0.0	3.99	1.14	2.28	1.43	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 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
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
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 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,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
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
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
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*
PICKLE SLICES, DILL	4 EACH	0	0	169	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
ONIONS,RAW	1/4 CUP	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	0.01	*N/A*
POTATO STRAIGHT CUT FRY CAVEND	1/2 CUP	89	0	266	1.40	0.18	0.0	*N/A*	*0	1.8	1.2	16.3	2.5	0.37	0.00
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
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
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
CALIFORNIA BLEND VEG-2015	1/2 CUP	21	0	26	2.38	0.46	28.0	4384	484	24.37	1.34	4.22	0.31	0.05	*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 UNSWEETENED	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*
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*
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

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 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)
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,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 PACKET 6/14	1 EACH	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	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	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
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
Weighted Daily Average		645	50	1405	*10.57	*4.72	*700.2	*5484	*680	*43.20	*36.99	92.76	14.92	4.50	*0.01
% of Calories										*22.9%		57.5%	20.8%	6.3%	*0.0%

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Osseo Area Schools
Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

Mar 17, 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 - 04/07/2017															
ELEMENTARY LUNCH (K-5 BREADSTICK RF CHEZ WG 6" 12/16	Total 2 EACH	300	30	440	4.00	2.16	400.0	400	80	0.0	20.0	34.0	10.0	5.00	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 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
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 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
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 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 BONGAR	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
CRACKERS,GOLDFSH CHED WG 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,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
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 CHOC	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
SAUCE, MARINARA SCHOOLMARD 2015	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
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
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
PASTA SALAD	3/8 CUP	141	0	165	2.03	0.98	16.9	1309	262	9.97	3.27	16.83	7.0	0.98	*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*
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*
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 6/15	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

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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
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	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, WESTERN LITE	2 OZ	130	0	454	0.00	0.00	0.0	324	65	1.94	0.0	25.92	3.24	0.00	0.00
Weighted Daily Average		682	*34	1058	*8.10	*3.43	*806.6	*4988	*745	*49.40	*29.81	94.83	20.47	6.22	*0.00
% of Calories											*17.5%	55.6%	27.0%	8.2%	*0.0%

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¹ - denotes optional nutrient values

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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)	
Mon - 04/10/2017															
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															
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
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

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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		609	*65	1058	*6.78	*3.14	*420.6	*3085	*473	*44.48	*35.19	83.32	15.40	3.17	*0.03
% of Calories											*23.1%	54.7%	22.8%	4.7%	*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)
Tue - 04/11/2017															
ELEMENTARY LUNCH (K-5)															
	Total														
BEEF SLOPPY JOE MEAT-2015	1 EACH	175	33	351	1.28	2.29	30.9	465	93	9.65	16.29	10.12	7.55	2.86	*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
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
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
COLE SLAW, CREAMY	1/3 CUP	59	6	17	1.13	0.45	34.0	277	62	24.72	0.98	9.38	1.97	0.29	*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
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*
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*
ORANGES HALVES	1/2 EACH	23	0	0	1.15	0.05	19.2	108	10	25.54	0.45	5.64	0.06	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
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
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,MIRACLE WHIP LTE	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
7/14															

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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)
DRESSING, KENS LITE RANCH 7/14	TABLESPOON	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		653	49	1113	8.95	*5.03	*453.4	*2660	*370	*43.72	35.40	93.80	14.67	3.11	*0.00
% of Calories											21.7%	57.5%	20.2%	4.3%	*0.0%

Wed - 04/12/2017															
ELEMENTARY LUNCH (K-5)	Total														
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
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, BEAKFST TRKY SAUG 7/1	1 EACH	210	15	480	2.00	1.80	100.0	200	40	0.0	9.0	26.0	7.0	2.00	0.00
PIZZA, QUESADILLA MAX 6/15	1 EACH	330	10	830	4.00	2.70	200.0	300	60	0.0	16.0	40.0	12.0	3.50	0.00
PIZZA, HAWAIIAN NARDONE	1 EACH	320	35	580	3.00	2.70	400.0	300	60	6.0	21.0	33.0	12.0	7.00	0.00
PIZZA, QUESADILLA W/CHIX 6/15	1 EACH	320	20	770	4.00	2.70	200.0	300	60	0.0	18.0	38.0	11.0	2.50	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, 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, 51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	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&STWBRY JAM 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
SOUP, TOMATO HLTHY RQST 12/16	3/4 CUP	120	0	615	1.50	0.54	0.0	600	120	9.0	1.5	24.0	1.5	0.75	0.00
BEANS, GREEN GARLIC ROASTE	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
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*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
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*
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*
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*
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, 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
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
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
Weighted Daily Average		637	31	1382	9.93	4.06	1278.8	15372	1923	40.02	28.77	93.22	16.89	5.92	*0.00
% of Calories											18.1%	58.5%	23.9%	8.4%	*0.0%

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Osseo Area Schools
Apr 1, 2017 thru Apr 30, 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)
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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 2017

ELEMENTARY LUNCH (K-5)

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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 - 04/13/2017															
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&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															
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
LETTUCE, ROMAINE,RAW	1 CUP	8	0	4	0.99	0.46	15.5	4094	122	1.88	0.58	1.55	0.14	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
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*
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															
DRESSING, KENS LITE RANCH 7	TABLESP	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
/14	OON														

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values ELEMENTARY LUNCH (K-5)

Mar 17, 2017

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	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)
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		587	*61	924	*8.78	*3.24	*529.7	*8637	*887	*46.38	*31.71	78.09	16.13	8.16	*0.00
% of Calories										*21.6%		53.2%	24.7%	12.5%	*0.0%

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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)
Mon - 04/17/2017															
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: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*
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

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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)
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

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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 - 04/18/2017															
ELEMENTARY LUNCH (K-5)															
WAFFLES,MINI MAPLE 12/16 PILL	Total POUCH	210	0	170	3.00	0.72	20.0	0	0	0.0	4.0	38.0	6.0	1.00	0.00
PANCAKES,MINI MPLE BRST 11/1	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
WAFFLE,MINI BLUEBRY 12/16 PIL	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 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 7/1	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 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
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 12/1	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 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
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	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
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*
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*
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*

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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)
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		647	88	919	6.99	*2.89	524.0	*3187	*334	*48.61	27.82	86.77	22.44	4.66	*0.00
% of Calories											17.2%	53.6%	31.2%	6.5%	*0.0%

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 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)
Wed - 04/19/2017															
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	1/4 CUP	85	13	270	0.00	0.00	50.0	200	30	0.0	3.0	2.0	7.5	3.50	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	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, WEDGE 7" WG CHS 12/16	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	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA,WG RF TRKY PEPP 12/16	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, 5"RND CHSE TONY 7/16	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" 51% WG PEPP TONY11/	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
SANDWICH, SUNBTR & JELLY S CHL	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,PB&GRP 2.8 OZ 8/16	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	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	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	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	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
YOGURT,NF 4 OZ VARIETY 7/14	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,STWBRY BAN YOPLAI T 8/15	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,STRAWBRY GRK OIKO S 6/14	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
PASTA, WG PENNE BARILLA 7/14	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,51% WG ROTINI MARZ 1 2/16	1/2 CUP SERVING	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	220	0	75	4.00	1.80	20.0	0	0	0.0	7.0	43.0	1.5	0.50	0.00	
BREAD,GARLIC BREADSTICK W G6/14	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, 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

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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)
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
Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

Mar 17, 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)
Thu - 04/20/2017															
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

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

Mar 17, 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)
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

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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)
Fri - 04/21/2017															
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
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,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
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
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

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 2017

ELEMENTARY LUNCH (K-5)

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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)
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
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 FF DJON HNY MSTD 10/16	1 TBSP	23	0	150	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
DRESSING, WESTERN LITE	3 OZ	194	0	680	0.00	0.00	0.0	486	97	2.92	0.0	38.88	4.86	0.00	0.00
Weighted Daily Average		599	33	1047	5.91	*2.94	749.5	*5823	*660	*45.99	27.26	82.16	18.48	6.01	*0.00
% of Calories											18.2%	54.8%	27.8%	9.0%	*0.0%

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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 - 04/25/2017															
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
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
CHICKEN, PATTY WG TYSON 7/1	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
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 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

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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, 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, 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		586	41	833	6.48	*3.06	412.2	*4713	*606	*43.02	28.02	93.33	11.36	1.84	*0.00
% of Calories											19.1%	63.7%	17.4%	2.8%	*0.0%

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Osseo Area Schools
Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

Mar 17, 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)
Wed - 04/26/2017															
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															
ELEMENTARY LUNCH (K-5 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															
ELEMENTARY LUNCH (K-5 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															
ELEMENTARY LUNCH (K-5 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															
ELEMENTARY LUNCH (K-5 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															
ELEMENTARY LUNCH (K-5 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 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 CRACKER, GLDFSH PRTZL WG	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
ELEMENTARY LUNCH (K-5 12/16															
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															
ELEMENTARY LUNCH (K-5 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
ELEMENTARY LUNCH (K-5 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
ELEMENTARY LUNCH (K-5 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
ELEMENTARY LUNCH (K-5 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

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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 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
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		600	*50	1078	*6.86	*3.47	*901.9	*4147	*562	*34.48	*31.40	78.19	17.76	7.06	*0.29
% of Calories											*20.9%	52.1%	26.6%	10.6%	*0.4%

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Osseo Area Schools

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Mar 17, 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)
Thu - 04/27/2017															
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	1/4 CUP	9	0	1	0.46	0.08	3.8	242	44	15.21	0.25	1.81	0.16	0.03	*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, 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,	1/4 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

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

Mar 17, 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)
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 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, 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		643	85	1433	*11.01	*3.47	503.6	*3300	*409	*44.84	40.31	92.34	13.69	5.13	*0.00
% of Calories											25.1%	57.5%	19.2%	7.2%	*0.0%

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 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)
Fri - 04/28/2017															
ELEMENTARY LUNCH (K-5)															
CHICKEN, PPCRN WG PROVIEW 8/15	Total 10 EACH	178	0	384	1.09	2.08	55.3	94	19	0.04	13.44	13.85	7.23	0.40	0.04
CHICKEN,POPCORN SMACKER S 12/16	10 EACH	269	60	590	3.00	2.00	17.0	168	34	1.0	18.0	20.0	13.0	3.00	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
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
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
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
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
PARMESAN BROCCOLI CAULIFL OWER	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
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
BLUEBERRY MUFFIN SQUARES	1 PIECE	200	0	147	1.79	0.97	21.8	176	39	0.75	3.02	38.03	4.42	0.73	*0.00
DESSERT, SCHOOL MADE	1 EACH	191	*45	96	*0.53	*1.08	*6.3	*286	*58	*0.0	2.11	23.28	10.07	5.08	*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*
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
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*
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

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¹ - denotes optional nutrient values

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

Mar 17, 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)
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, BBQ KEN DAVIS SWEET AND	1 TBSP	10	0	85	0.00	0.18	0.0	100	20	0.6	0.0	2.5	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
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
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 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
Weighted Daily Average		618	*14	918	*6.01	*3.39	*587.6	*4804	*820	*58.14	*27.27	93.95	15.58	3.08	*0.03
% of Calories											*17.6%	60.8%	22.7%	4.5%	*0.0%

Weighted Average		628	*51	1104	*8.24	*3.85	*610.6	*6962	*920	*44.70	*31.63	89.11	16.67	4.98	*0.02
											*20.1%	56.7%	23.9%	7.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	628		550	114%			
Cholesterol (mg)	51				Missing		
Sodium (mg)	1104		1230	90%			
Fiber (g)	8.24				Missing		
Iron (mg)	3.85		0.00		Missing		
Calcium (mg)	610.6		0.00		Missing		
Vitamin A (IU)	6962		0		Missing		
Vitamin A (RE)	920		0		Missing		
Vitamin C (mg)	44.70		0.00		Missing		
Protein (g)	31.63	20.13%	0.00		Missing		
Carbohydrate (g)	89.11	56.73%					
Total Fat (g)	16.67	23.88%	<=30.00%				
Saturated Fat (g)	4.98	7.13%	<10.00%				
Trans Fat (g)	0.02	0.03%			Missing		

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