

Osseo Area Schools

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

Mar 17, 2017

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SENIOR HIGH LUNCH (9-12)

	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															
SENIOR HIGH LUNCH (9-12 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
CHICKEN, GENERAL TSO'S 12/16	SERV (3.6 OZ)	170	40	361	0.00	0.72	0.0	0	0	1.2	11.0	23.0	3.0	0.50	0.00
CHICKEN,MAND ORG JR WG 12/1	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,EDAMAME KUNG PAO 12/16	SERVING (3.80)	127	44	363	0.00	5.22	0.0	500	100	8.4	14.0	11.0	3.0	1.00	0.00
CHICKEN, SPICY SICHUAN 12/16	SERVING (2.80)	140	70	350	0.00	0.72	0.0	0	0	0.0	15.0	11.0	3.5	1.00	0.00
CHICKEN,SWEET CHILI THAI 12/1	SERV (3.6 OZ)	139	45	365	0.00	0.72	*N/A*	*N/A*	*N/A*	2.4	12.0	17.0	3.0	0.50	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/ SALAD BAR, SECONDARY 7/15	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
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	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	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
PARFAIT, YOG & FRT LUNCH-201	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, GRAB AND GO-2015	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH, SUNBTR & JELLY S CHL	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
YOGURT,NF 4 OZ VARIETY 7/14	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, MOZZARELLA STRING LOL	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
BREAD, #538 POG 51% WG 4" BU	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
FLATBREAD, WG RICH'S 11/16	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
FLATBREAD, WG 8" 2014 BAKE CRA	1 EACH	170	0	290	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	5.0	26.0	5.0	1.00	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	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
STIR FRY VEGETABLES	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
BROCCOLI, ROASTED	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*
CARROTS, FRESH MINI	1/2 CUP	29	0	19	1.47	0.41	26.6	353	87	50.58	1.6	3.76	1.33	0.18	*0.00
	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*

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.

Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (9-12)

	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)
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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	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	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
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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, RANCH FAT FREE, HIDD	1 OZ	25	0	280	0.00	0.00	0.0	0	0	0.0	0.0	6.0	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
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
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, 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
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, 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
Weighted Daily Average		719	*58	981	*11.60	*3.60	*453.3	*11916	*1405	*85.29	32.66	113.30	15.20	4.08	*0.38
% of Calories											18.2%	63.1%	19.0%	5.1%	*0.5%

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SENIOR HIGH LUNCH (9-12)

	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															
SENIOR HIGH LUNCH (9-12)	Total														
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
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
PANCAKE AND SAUSAGE ON A STICK	2 EACH	320	40	680	4.00	2.88	80.0	400	80	0.0	16.0	36.0	12.0	3.00	0.00
PANCAKES,MINI STRW SPLSH 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
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
WAFFLE,2.4 OZ MAPLE SNACK 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, 2.4OZ APPLE CINN 6/15	1 EACH	250	20	280	4.00	0.00	0.0	0	0	0.0	5.0	43.0	7.0	1.50	0.00
WAFFLE,2.4OZ BLUBRY 6/15 SM UCK	1 EACH	250	25	280	4.00	0.00	0.0	0	0	0.0	5.0	43.0	7.0	1.50	0.00
WAFFLE, 2.4 OZ CHOC CHIP 11/1	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
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, 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
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/15	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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7/15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/15	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 UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
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
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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
MUFFIN, VARIETY CHOICES	1 EACH	221	34	211	1.31	1.93	69.6	233	47	0.05	3.48	31.33	9.11	1.36	*0.00
CARROTS, OVEN ROASTED 201	1/2 CUP	70	0	99	2.52	0.36	27.9	10796	1617	1.93	0.61	11.82	2.68	0.36	*0.00
5 CMO															
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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SENIOR HIGH LUNCH (9-12)

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)
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
POTATO, TRI TATOR 7/15	2 EACH	170	0	370	2.00	0.72	0.0	0	0	2.4	2.0	20.0	8.0	2.50	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
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*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*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
WATERMELON, FRESH	1 CUP	48	0	2	0.64	0.38	11.2	910	59	12.96	0.98	12.08	0.24	0.03	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	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	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
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
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
DRESSING, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	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
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
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
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, 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
Weighted Daily Average		882	*128	1463	*8.02	*4.41	*496.9	*6391	*885	*36.59	33.76	113.95	32.33	8.60	*0.58
% of Calories											15.3%	51.7%	33.0%	8.8%	*0.6%

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Osseo Area Schools

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

Mar 17, 2017

Page 5

SENIOR HIGH LUNCH (9-12)

	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 - 04/05/2017															
SENIOR HIGH LUNCH (9-12)															
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
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
BEEF, PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
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 UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
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
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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	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
SALAD, JICAMA 11/16	1/2 CUP	83	0	34	1.33	0.70	19.9	987	171	27.35	0.56	11.69	4.36	0.60	*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*
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*
PICKLES, DILL	4 EACH	31	0	2275	2.86	0.96	109.2	476	86	2.08	1.56	6.73	0.36	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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	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	0.33	*0.01
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
SOUP, VEGETABLE: scratch	3/4 CUP	398	0	7472	1.20	0.56	16.1	1079	153	7.18	19.87	43.4	18.53	0.04	*0.00
APPLES, Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
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*

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Osseo Area Schools

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

Mar 17, 2017

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SENIOR HIGH LUNCH (9-12)

	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)
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*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*
PEARS: canned,light syrup	1 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	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	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
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,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,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
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
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, 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, 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
Weighted Daily Average		781	*69	2714	*14.24	*5.62	*848.9	*4805	*632	*55.05	*40.98	115.33	19.09	5.36	*0.38
% of Calories											*21.0%	59.1%	22.0%	6.2%	*0.4%

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Osseo Area Schools

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

SENIOR HIGH LUNCH (9-12)

	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 - 04/06/2017															
SENIOR HIGH LUNCH (9-12	Total														
BEEF, PHILLY STEAK RED SOD8 /15	SERVING 2.86OZ	143	40	389	0.00	1.00	10.0	19	4	0.0	13.0	3.0	8.0	3.40	8.00
CHEESE SAUCE QUES BLANC 2 012 J	1 OZ	59	15	207	0.00	0.00	101.5	200	40	0.0	3.5	1.0	4.5	2.65	0.00
SAUCE,ITAL CHS POUCH LOL 12 /16	1 OZ	43	10	180	0.00	0.00	100.0	33	7	0.0	2.67	1.0	3.33	2.00	0.00
SAUCE, ULT CHED CHS LOL 12/1	1 OZ	43	10	183	0.00	*N/A*	100.0	100	20	*N/A*	2.67	1.33	3.0	2.00	0.00
BEEF,RIB-B-QUE RED. SOD 8/15	1 EACH	145	43	395	1.00	0.36	330.0	3600	720	0.6	14.0	4.0	8.0	3.20	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, WG FC BRST PTY 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
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
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
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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
BREAD #5150 WG STEAK BUN 5/	1 EACH	180	0	320	3.00	1.80	60.0	0	0	0.0	7.0	36.0	2.5	0.50	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, 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 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
POTATO, CRINKLE CUT INFIN 20	1/2 CUP	120	0	160	2.00	0.42	10.6	33	7	4.94	2.0	18.0	4.0	0.00	0.00
POTATO, SPIRAL CUT 8/15 MCC	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
AIN															
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*

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Osseo Area Schools

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SENIOR HIGH LUNCH (9-12)

	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)
APPLESAUCE NATURAL UNSWEETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*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*
PEARS: canned,light syrup	1 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	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	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
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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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
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
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
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, 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, HONEY MUSTARD MARZ	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
Weighted Daily Average		815	*57	1303	*11.01	*4.39	*540.3	*5563	*686	*47.86	*33.12	107.25	29.26	7.62	*2.58
% of Calories											*16.2%	52.6%	32.3%	8.4%	*2.8%

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SENIOR HIGH LUNCH (9-12)

	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															
SENIOR HIGH LUNCH (9-12 BREADSTICK RF CHEZ WG 6" 12 /16	Total 1 EACH	150	15	220	2.00	1.08	200.0	200	40	0.0	10.0	17.0	5.0	2.50	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/ SALAD BAR, SECONDARY 7/15	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
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
CHICKEN, PATTY WG TYSON 7/1 CHICKEN, WG FC BRST PTY 12 /16	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY SPCY 12/16	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
PARFAIT, YOG & FRT LUNCH-201	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, GRAB AND GO-2015	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
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT,NF 4 OZ VARIETY 7/14	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, MOZZARELLA STRING LOL	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
BREAD, #538 POG 51% WG 4" BU	EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
SAUCE, MARINARA HEINZ 8/16	1/2 CUP	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
SAUCE, MARINARA SCHOOLMA D 2015	1/2 CUP	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
CREAMY COLE SLAW	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
BROCCOLI, ROASTED	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
BEETS AND SWEETS-2015	1/2 CUP	66	6	154	2.00	0.60	38.0	2010	402	22.2	1.2	9.03	3.26	0.52	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	29	0	19	1.47	0.41	26.6	353	87	50.58	1.6	3.76	1.33	0.18	*0.00
POTATO, SR. HIGH DP FRY 8/15	1 CUP	107	0	68	3.35	0.76	29.0	7167	1014	5.54	1.88	17.59	3.46	0.48	*0.00
APPLES,Fresh	1 EACH	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 CUP	193	0	548	1.48	*N/A*	20.0	*N/A*	0	*N/A*	2.4	32.6	5.0	0.74	0.00
BANANAS	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
ORANGES	1 EACH	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
MANDARIN ORANGES	1 CUP	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEACHES,FRESH	1 EACH	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES: canned,light syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEARS,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
	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*

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SENIOR HIGH LUNCH (9-12)

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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)
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*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
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
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, 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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	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
DRESSING, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	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
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
DRESSING, LITE ITALIAN PKT	1 EACH	45	0	530	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.5	0.50	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
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, 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, CAESAR HEINZ 2012	PACKET	170	0	320	0.00	0.00	20.0	100	20	0.0	1.0	1.0	18.0	3.00	0.00
Weighted Daily Average		808	*46	1432	*11.65	*4.16	*645.8	*8831	*1238	*86.29	*30.44	107.95	29.16	6.95	*0.38
% of Calories											*15.1%	53.4%	32.5%	7.7%	*0.4%

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SENIOR HIGH LUNCH (9-12)

	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															
SENIOR HIGH LUNCH (9-12 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,SWEET CHILI THAI 12/1	SERV (3.6 OZ)	139	45	365	0.00	0.72	*N/A*	*N/A*	*N/A*	2.4	12.0	17.0	3.0	0.50	0.00
CHICKEN,EDAMAME KUNG PAO 12/16	SERVING (3.80)	127	44	363	0.00	5.22	0.0	500	100	8.4	14.0	11.0	3.0	1.00	0.00
CHICKEN, BBQ TERIYAKI 12/16	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
CHICKEN, SPICY SICHUAN 12/16	SERVING (2.80)	140	70	350	0.00	0.72	0.0	0	0	0.0	15.0	11.0	3.5	1.00	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/ SALAD BAR, SECONDARY 7/15	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
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	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
PARFAIT, YOG & FRT LUNCH-201	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, GRAB AND GO-2015	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH, SUNBTR & JELLY S CHL	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
YOGURT,NF 4 OZ VARIETY 7/14	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, MOZZARELLA STRING LOL	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
BREAD, #538 POG 51% WG 4" BU	EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
BREAD, FLATBREAD WG 8" 5/14	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
STIR FRY VEGETABLES	1/2 CUP	140	0	430	4.00	1.08	60.0	0	0	0.0	4.0	24.0	3.5	1.00	0.00
BROCCOLI, ROASTED	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*
CARROTS, FRESH MINI	1/2 CUP	29	0	19	1.47	0.41	26.6	353	87	50.58	1.6	3.76	1.33	0.18	*0.00
VEGETABLES, FRESH STICKS	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*
POTATO, SR. HIGH DP FRY 8/15	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
APPLES,Fresh	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
APPLESAUCE NATURAL UNSWE ETENED	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
BANANAS	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
	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*

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SENIOR HIGH LUNCH (9-12)

	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)
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	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	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	TBLSN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING,LIGHT MAYO HEINZ 7/14	TBLSN	50	5	135	0.00	0.00	0.0	0	0	0.0	0.0	4.0	3.5	0.50	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, 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
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
Weighted Daily Average		701	*51	1013	*11.60	*3.97	*476.9	*11812	*1381	*75.19	30.34	111.15	15.21	4.07	*0.38
% of Calories											17.3%	63.4%	19.5%	5.2%	*0.5%

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

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Osseo Area Schools

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

SENIOR HIGH LUNCH (9-12)

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															
SENIOR HIGH LUNCH (9-12)	Total														
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, 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 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	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,XTRA CHS BUFF CHIX 11/1	SLICE	310	35	550	2.00	1.44	350.0	300	60	0.0	18.0	35.0	11.0	5.00	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, 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,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
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, 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, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA, 16" CHEESE RED BA 2016	SLICE	320	30	440	4.00	1.80	300.0	0	0	0.0	14.0	40.0	14.0	7.00	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
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, WG FC BRST PTY 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 UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
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
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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	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
PASTA SALAD, MEDITERRANEA	1/2 CUP	127	3	172	3.24	2.99	81.1	205	36	8.09	4.75	21.45	2.93	0.62	*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
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*

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 1 - denotes optional nutrient values

Osseo Area Schools

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

SENIOR HIGH LUNCH (9-12)

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)
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
POTATO, SR. HIGH DP FRY 8/15	1 CUP	193	0	548	1.48	*N/A*	20.0	*N/A*	0	*N/A*	2.4	32.6	5.0	0.74	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*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
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
DRESSING CREAMY CAESAR PK	1 EACH	210	0	420	0.00	0.00	20.0	*N/A*	*0	0.0	1.0	2.0	23.0	3.50	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
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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	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
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,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
DRESSING, LITE ITALIAN PKT	1 EACH	45	0	530	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.5	0.50	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
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, 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
Weighted Daily Average		866	*48	1338	*10.94	*5.88	*627.5	*7650	*668	*46.84	33.84	114.77	31.56	7.48	*0.38
% of Calories											15.6%	53.0%	32.8%	7.8%	*0.4%

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

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Osseo Area Schools

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

SENIOR HIGH LUNCH (9-12)

	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 - 04/12/2017															
SENIOR HIGH LUNCH (9-12 CHICKEN, CORN DOG 100%WG 6/15	Total EACH	240	40	390	5.00	1.80	80.0	0	0	0.0	9.0	30.0	8.0	2.50	0.00
PORK,DOUBLE RUB BBQ 12/16 RICH	SERVING (3OZ)	230	85	300	0.00	0.00	0.0	0	1	0.0	25.01	0.0	15.01	5.00	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, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	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
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
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 UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
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
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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	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*
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*
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
BEANS,GREEN,CANNED,DRAINE	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*
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, OVEN RST REG CUT 1 2/16	3 OZ	110	0	200	2.00	0.72	*N/A*	*N/A*	*N/A*	4.8	2.0	25.0	1.5	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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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 1 - denotes optional nutrient values

Osseo Area Schools
Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (9-12)

	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)
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
COOKIE, SUGAR BEST MAID	EACH	160	16	120	0.20	0.60	4.0	24	5	0.0	1.5	18.3	8.9	2.40	*N/A*
BROWNIE-MGSH-REVISED-2015	1 EACH	209	*14	205	*1.79	*0.58	*8.1	*162	*49	*0.07	3.24	31.58	8.75	4.33	*0.00
JUICE CUP PURPLE VEG BLND	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	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	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
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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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															
DRESSING,LIGHT MAYO HEINZ	TBLSPN	50	5	135	0.00	0.00	0.0	0	0	0.0	0.0	4.0	3.5	0.50	0.00
7/14															
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
SAUCE,BBQ SWEET BABY RAY	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
11/16															
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	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															
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															
Weighted Daily Average		849	*70	1522	*13.38	*5.06	*568.7	*18554	*2014	*65.58	*31.96	121.21	27.33	8.72	*0.20
% of Calories											*15.1%	57.1%	29.0%	9.2%	*0.2%

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Osseo Area Schools

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

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SENIOR HIGH LUNCH (9-12)

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															
SENIOR HIGH LUNCH (9-12)	Total														
BEEF SLOPPY JOE MEAT-2015	2 EACH	350	66	702	2.55	4.58	61.7	930	186	19.3	32.58	20.23	15.11	5.72	*0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
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 UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
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
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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	2 EACH	200	0	360	4.00	2.16	80.0	0	0	0.0	8.0	38.0	2.0	1.00	0.00
COLE SLAW, CREAMY	1/2 CUP	88	9	26	1.70	0.67	51.0	416	93	37.08	1.46	14.07	2.96	0.44	*N/A*
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
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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
CHIPS, BAKED CRISPS BBQ 6/15	BAG	140	0	250	2.00	0.36	40.0	0	0	0.0	1.0	25.0	3.5	0.50	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
CHIPS, POPPED CRISP BBQ 7/15	1 EACH	90	0	170	1.00	0.36	0.0	0	0	0.0	1.0	17.0	3.0	0.00	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, POPPED CRISP SC&ON 7/15	1 EACH	90	0	150	1.00	0.36	0.0	0	0	0.0	1.0	17.0	2.5	0.00	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
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*
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*

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Osseo Area Schools

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

Mar 17, 2017

SENIOR HIGH LUNCH (9-12)

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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)
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*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*
PEARS: canned,light syrup	1 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	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	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
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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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
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
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
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, 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
Weighted Daily Average		853	*68	1211	*11.53	*5.84	*536.9	*3539	*489	*65.43	40.10	123.70	23.45	7.51	*0.78
% of Calories											18.8%	58.0%	24.7%	7.9%	*0.8%

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Osseo Area Schools

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

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SENIOR HIGH LUNCH (9-12)

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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)
Mon - 04/17/2017															
SENIOR HIGH LUNCH (9-12 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, ASSORT SHREDDED	1 OZ	91	19	243	0.01	0.13	210.3	205	48	0.0	7.95	0.84	6.14	3.69	*N/A*
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
CHICKEN, FC GLZD BRST FILET	1 EACH	100	40	300	0.00	0.72	0.0	0	0	0.0	15.0	2.0	4.0	1.00	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
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	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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*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
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
YOGURT, UPSTATE FARMS, 4 0 Z 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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	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
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
POTATO,SR HIGH FRIES 8/15	1/2 CUP	130	0	340	2.00	0.36	0.0	0	0	3.6	1.0	20.0	5.0	0.50	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
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*
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*
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*

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Osseo Area Schools

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

Mar 17, 2017

SENIOR HIGH LUNCH (9-12)

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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)
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*
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*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
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*
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*
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*
STRAWBERRIES: frozen	1/2 CUP	122	0	4	2.42	0.75	14.0	31	3	52.79	0.68	33.05	0.17	0.01	*N/A*
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*
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*
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*
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*
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
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
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 6/15	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
SAUCE,KETCHUP 10# POUCH 7/1	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,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	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, CAESAR HEINZ 2012	PACKET	170	0	320	0.00	0.00	20.0	100	20	0.0	1.0	1.0	18.0	3.00	0.00
DRESSING, ITALIAN DIPPING CU	EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	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
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
SAUCE, BBQ PACKET HEINZ 7/14	PACKET	15	0	85	0.00	0.36	0.0	0	0	1.2	0.0	4.0	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*
Weighted Daily Average		820	*63	1526	*15.25	*4.75	*547.6	*5542	*625	*71.42	*39.55	132.24	16.75	5.44	*0.20
% of Calories											*19.3%	64.5%	18.4%	6.0%	*0.2%

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Osseo Area Schools

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

Mar 17, 2017

SENIOR HIGH LUNCH (9-12)

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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)
Tue - 04/18/2017															
SENIOR HIGH LUNCH (9-12	Total														
BEEF SPAGHETTI SAUCE-2015	#10 SCOO	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 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,ITAL CHS POUCH LOL 12 /16	SERVING (3OZ)	43	10	180	0.00	0.00	100.0	33	7	0.0	2.67	1.0	3.33	2.00	0.00
SAUCE, ALFREDO, ANGELA MIA	1/2 CUP	180	20	590	5.00	0.00	100.0	300	40	0.0	4.0	6.0	15.0	8.00	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
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, 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 UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
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
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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
PASTA,51% WG ROTINI MARZ 1 2/16	1/2 CUP	110	0	38	2.00	0.90	10.0	0	0	0.0	3.5	21.5	0.75	0.25	0.00
PASTA, SPAGHETTI WHOLE GR AIN	1/2 Cup	87	0	2	3.10	13.32	100.0	2	0	0.0	3.7	18.6	0.4	0.01	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
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	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, 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*
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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00

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SENIOR HIGH LUNCH (9-12)

	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)
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*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*
PEARS: canned,light syrup	1 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	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	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
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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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
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
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
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, 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, 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
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
Weighted Daily Average		732	*50	1097	*11.65	*5.03	*490.4	*9849	*1038	*64.59	*31.38	101.88	23.18	6.82	*0.60
% of Calories											*17.2%	55.7%	28.5%	8.4%	*0.7%

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Osseo Area Schools
Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (9-12)

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 - 04/19/2017															
SENIOR HIGH LUNCH (9-12	Total														
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, 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, 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 SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
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, 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 UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
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
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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	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 2/16	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
GRAVY,POULTRY RF KRLSBRG R 8/15	2 OZ	40	0	242	0.00	0.01	1.1	0	0	0.0	2.0	8.0	0.0	0.00	*0.00
ROASTED BRUSSELS SPROUTS -2015	1/2 CUP	50	0	58	1.70	0.56	15.5	335	67	38.35	1.55	4.12	3.51	0.52	*0.00
CARROTS, OVEN ROASTED 201 5 CMO	1/2 CUP	70	0	99	2.52	0.36	27.9	10796	1617	1.93	0.61	11.82	2.68	0.36	*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
POTATO, SR. HIGH DP FRY 8/15	1 CUP	193	0	548	1.48	*N/A*	20.0	*N/A*	0	*N/A*	2.4	32.6	5.0	0.74	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
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*

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Osseo Area Schools
Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (9-12)

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)
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	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	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
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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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
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
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
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, 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, 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
Weighted Daily Average		846	*58	1414	*10.93	*3.84	*463.4	*9345	*1252	*57.29	*37.67	120.39	24.97	6.21	*0.60
% of Calories										*17.8%		56.9%	26.6%	6.6%	*0.6%

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Osseo Area Schools

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

Mar 17, 2017

SENIOR HIGH LUNCH (9-12)

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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 - 04/20/2017															
SENIOR HIGH LUNCH (9-12	Total SERVING														
BEEF, PHILLY STEAK RED SOD8 /15	2.86OZ	143	40	389	0.00	1.00	10.0	19	4	0.0	13.0	3.0	8.0	3.40	8.00
CHEESE SAUCE QUES BLANC 2 012 J	1 OZ	59	15	207	0.00	0.00	101.5	200	40	0.0	3.5	1.0	4.5	2.65	0.00
SAUCE,ITAL CHS POUCH LOL 12 /16	1 OZ	43	10	180	0.00	0.00	100.0	33	7	0.0	2.67	1.0	3.33	2.00	0.00
SAUCE, ULT CHED CHS LOL 12/1	1 OZ	43	10	183	0.00	*N/A*	100.0	100	20	*N/A*	2.67	1.33	3.0	2.00	0.00
BEEF,RIB-B-QUE RED. SOD 8/15	1 EACH	145	43	395	1.00	0.36	330.0	3600	720	0.6	14.0	4.0	8.0	3.20	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, WG FC BRST PTY 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
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
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
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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
BREAD #5150 WG STEAK BUN 5/	1 EACH	180	0	320	3.00	1.80	60.0	0	0	0.0	7.0	36.0	2.5	0.50	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
CAULIFLOWER, SPANISH ROAS TED	1/2 CUP	32	0	105	1.95	0.53	19.1	44	9	42.05	1.85	6.05	0.99	0.16	*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
POTATO, CRINKLE CUT INFIN 20	1/2 CUP	120	0	160	2.00	0.42	10.6	33	7	4.94	2.0	18.0	4.0	0.00	0.00
POTATO, SPIRAL CUT 8/15 MCC AIN	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, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00

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Osseo Area Schools

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

SENIOR HIGH LUNCH (9-12)

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)
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*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*
PEARS: canned,light syrup	1 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	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	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
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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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
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
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
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, 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, 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
Weighted Daily Average		771	*57	1335	*10.04	*4.07	*515.1	*5155	*604	*74.02	*33.23	105.94	24.93	7.01	*2.58
% of Calories											*17.2%	54.9%	29.1%	8.2%	*3.0%

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Osseo Area Schools

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

Mar 17, 2017

SENIOR HIGH LUNCH (9-12)

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															
SENIOR HIGH LUNCH (9-12)	Total														
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 PTY 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 UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
BEEF, PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/ SALAD BAR, SECONDARY 7/15	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
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
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
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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	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
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
LETTUCE, ROMAINE, RAW	1/8 CUP	1	0	0	0.12	0.06	1.9	512	15	0.24	0.07	0.19	0.02	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*
PICKLES, DILL	4 EACH	31	0	2275	2.86	0.96	109.2	476	86	2.08	1.56	6.73	0.36	0.09	*N/A*
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, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
APPLES, Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL: canned, lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES, FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned, light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*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*
PEARS: canned, light syrup	1 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE, FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*

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Osseo Area Schools

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

Mar 17, 2017

SENIOR HIGH LUNCH (9-12)

	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 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	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 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
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, 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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	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
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
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
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, 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, HONEY MUSTARD MARZ	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		809	*59	1904	*9.42	*4.19	*488.4	*4364	*612	*39.05	*32.72	107.28	27.87	7.55	*0.68
% of Calories											*16.2%	53.0%	31.0%	8.4%	*0.8%

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Osseo Area Schools

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

SENIOR HIGH LUNCH (9-12)

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															
SENIOR HIGH LUNCH (9-12)	Total														
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, 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 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	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,XTRA CHS BUFF CHIX 11/1	SLICE	310	35	550	2.00	1.44	350.0	300	60	0.0	18.0	35.0	11.0	5.00	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, 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,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
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, 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, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA, 16" CHEESE RED BA 2016	SLICE	320	30	440	4.00	1.80	300.0	0	0	0.0	14.0	40.0	14.0	7.00	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
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, WG FC BRST PTY 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 UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
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
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
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
PASTA SALAD, MEDITERRANEA	1/2 CUP	127	3	172	3.24	2.99	81.1	205	36	8.09	4.75	21.45	2.93	0.62	*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*
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

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Osseo Area Schools

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SENIOR HIGH LUNCH (9-12)

	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)
POTATO, SR. HIGH DP FRY 8/15	1 CUP	193	0	548	1.48	*N/A*	20.0	*N/A*	0	*N/A*	2.4	32.6	5.0	0.74	0.00
APPLES, Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*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
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
DRESSING CREAMY CAESAR PK	1 EACH	210	0	420	0.00	0.00	20.0	*N/A*	*0	0.0	1.0	2.0	23.0	3.50	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
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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	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
DRESSING, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	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
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
DRESSING, LITE ITALIAN PKT	1 EACH	45	0	530	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.5	0.50	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
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, 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
Weighted Daily Average		861	*49	1363	*10.84	*5.54	*629.6	*7238	*656	*46.89	33.78	112.66	31.66	7.64	*0.38
% of Calories											15.7%	52.4%	33.1%	8.0%	*0.4%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Osseo Area Schools

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

SENIOR HIGH LUNCH (9-12)

	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															
SENIOR HIGH LUNCH (9-12 CHICKEN, PARMESAN (UNBREADED))	Total SERVING	152	65	395	0.00	0.76	123.6	56	11	0.0	25.89	1.44	4.03	1.47	*0.00
CHICKEN, PARMESAN (BREADED) CHIK'N'FRY STIX F/C BRD STRP	SERVING 4 EACH	302	55	615	1.00	1.12	123.6	156	31	0.0	18.89	11.45	19.53	5.47	*N/A*
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	199	35	597	0.99	1.43	19.9	0	0	0.0	14.93	9.95	10.95	2.49	0.00
TURKEY, PATTY FC JENNIE-O 7/ SALAD BAR, SECONDARY 7/15	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
SALAD, GRAB N GO W/ WG BR 7 /15	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
CHICKEN, PATTY WG TYSON 7/1	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY SPCY 12/16	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
SANDWICH, GRAB AND GO-2015	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
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT,NF 4 OZ VARIETY 7/14	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, MOZZARELLA STRING LOL	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
BREAD #538 WG 4" BUN 5/15	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
PASTA,51% WG ROTINI MARZ 1 2/16	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
PASTA, SPAGHETTI WHOLE GRAIN	1/2 Cup	150	0	250	3.00	1.80	60.0	0	0	0.0	6.0	29.0	2.0	0.00	0.00
BREADSTICK,WG PANBAKE 5" 1 1/16	1/2 CUP	110	0	38	2.00	0.90	10.0	0	0	0.0	3.5	21.5	0.75	0.25	0.00
BREADSTICK, WG, GARLIC 11/16	1/2 Cup	87	0	2	3.10	13.32	100.0	2	0	0.0	3.7	18.6	0.4	0.01	0.00
SAUCE, MARINARA SCHOOLMAD 2015	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
SAUCE, MARINARA HEINZ 8/16	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, SPINACH W/TOMATO 201	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
CARROTS, FRESH MINI	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
VEGETABLES, FRESH STICKS	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*
POTATO, SWEET LATTICE CUT 1/17	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*
POTATO, SR. HIGH DP FRY 8/15	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
	1/2 CUP	170	0	160	3.00	0.72	40.0	1250	250	1.2	2.0	22.0	8.0	1.50	0.00
	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00

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Osseo Area Schools

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

SENIOR HIGH LUNCH (9-12)

	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)
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*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 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	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	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, 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, 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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	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
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,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
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
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, 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, 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		854	*63	1222	*13.29	*9.08	*540.0	*15269	*1724	*47.28	*37.68	119.01	26.18	6.76	*0.78
% of Calories											*17.7%	55.8%	27.6%	7.1%	*0.8%

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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.

Osseo Area Schools

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

Mar 17, 2017

SENIOR HIGH LUNCH (9-12)

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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 - 04/27/2017															
SENIOR HIGH LUNCH (9-12)	Total														
BEEF TACO MEAT-2015	#10 SCOO	151	33	232	1.22	2.58	31.9	420	74	3.97	14.53	5.81	7.64	3.08	*0.00
CHICKEN, TACO MEAT 9/15	#10 SCP 3 /8 CUP	128	64	141	0.83	1.11	8.6	383	69	3.8	16.77	4.05	4.92	1.63	*0.00
CHEESE, ASSORT SHREDDED	1 OZ	91	19	243	0.01	0.13	210.3	205	48	0.0	7.95	0.84	6.14	3.69	*N/A*
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*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 UNBREAD TY SON	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	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
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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*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
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	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*
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
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
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 #538 WG 4" BUN 5/15	1 EACH	150	0	250	3.00	1.80	60.0	0	0	0.0	6.0	29.0	2.0	0.00	0.00
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
LETTUCE, ROMAINE BLEND	1/4 CUP	2	0	1	0.23	0.09	3.6	557	18	0.49	0.15	0.46	0.03	0.00	*N/A*
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*
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*
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*
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
PEPPERS,JALAPENO,	1 OZ	8	0	474	0.74	0.53	6.5	482	48	2.83	0.26	1.34	0.27	0.03	*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*
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*

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Osseo Area Schools

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

SENIOR HIGH LUNCH (9-12)

	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)
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*
BANANAS	1/2 EACH	45	0	1	1.31	0.13	2.5	32	4	4.39	0.55	11.53	0.17	0.06	*N/A*
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*
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*
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*
KIWI FRUIT,(CHINESE GOOSEBERRI	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*
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*
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
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
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
SAUCE,KETCHUP 10# POUCH 7/1	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	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 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
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, 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*
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
DRESSING, ITALIAN DIPPING CU	1 EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		850	*61	1577	*15.31	*6.09	*602.5	*5556	*504	*76.56	40.83	125.49	22.97	7.53	*0.28
% of Calories											19.2%	59.0%	24.3%	8.0%	*0.3%

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Osseo Area Schools

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

SENIOR HIGH LUNCH (9-12)

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															
SENIOR HIGH LUNCH (9-12)	Total														
WRAP, BUFFALO CHICKEN 2016	1 each	472	83	863	6.76	2.53	149.0	1511	140	12.56	34.61	47.53	15.88	5.14	*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, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA,XTRA CHS BUFF CHIX 11/1	SLICE	310	35	550	2.00	1.44	350.0	300	60	0.0	18.0	35.0	11.0	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,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
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
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
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	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
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*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,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
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	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
RICE, SEASONED BROWN 2015	1/2 CUP	111	1	3	1.76	0.52	9.8	8	2	*0.0	*2.26	22.92	1.03	0.32	*0.00
BREAD #538 WG 4" BUN 5/15	1 EACH	150	0	250	3.00	1.80	60.0	0	0	0.0	6.0	29.0	2.0	0.00	0.00
SALAD, CHIPOTLE CAESAR CAU LIF	1/2 CUP	110	*2	118	*1.28	*0.28	*45.4	*1504	*252	*24.03	*2.04	*3.45	9.91	1.77	*0.00
LETTUCE, ROMAINE,RAW	1/2 CUP	4	0	2	0.49	0.23	7.8	2047	61	0.94	0.29	0.77	0.07	0.01	*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*
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*
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*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*
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*

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Osseo Area Schools

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

Mar 17, 2017

SENIOR HIGH LUNCH (9-12)

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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)
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*
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*
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*
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*
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
COOKIE, CHOC CHIP 100% WG	1 EACH	118	17	103	*1.08	*0.24	*10.6	*21	*4	*0.02	1.68	15.2	5.62	1.45	*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
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
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
DRESSING, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, ITALIAN DIPPING CU SAUCE, BOOM BOOM KEN'S 10/1	EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
SAUCE, KETCHUP 10# POUCH 7/1	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, BLUE CHEESE 6/14	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
	1 EACH	80	5	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	6.0	6.0	1.00	0.00
Weighted Daily Average		857	*73	1142	*10.08	*3.86	*588.7	*5929	*562	*59.51	*37.27	*108.81	30.76	7.91	*0.20
% of Calories											*17.4%	*50.8%	32.3%	8.3%	*0.2%
Weighted Average		815	*63	1420	*11.71	*4.96	*558.9	*8184	*943	*61.15	*35.07	*114.57	25.10	6.85	*0.69
											*17.2%	*56.2%	27.7%	7.6%	*0.8%

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Osseo Area Schools

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

SENIOR HIGH LUNCH (9-12)

Nutrient	Menu AVG	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)
Calories	815		846	96%				31	Error Messages (if any)							
Cholesterol (mg)	63				Missing				Correction Required - Calories are Low							
Sodium (mg)	1420		1420	100%												
Fiber (g)	11.71				Missing											
Iron (mg)	4.96		4.50	110%	Missing											
Calcium (mg)	558.9		400.00	140%	Missing											
Vitamin A (IU)	8184		1500	546%	Missing											
Vitamin A (RE)	943		300	314%	Missing											
Vitamin C (mg)	61.15		19.20	319%	Missing											
Protein (g)	35.07	17.21%	16.70	210%	Missing											
Carbohydrate (g)	114.57	56.21%			Missing											
Total Fat (g)	25.10	27.71%	<=30.00%													
Saturated Fat (g)	6.85	7.56%	<10.00%													
Trans Fat (g)	0.69	0.76%			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.