

# Osseo Area Schools

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

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## MIDDLE SCHOOL LUNCH (6-8)

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 <sup>1</sup> (g)	
Mon - 04/03/2017															
MIDDLE SCHOOL LUNCH (	Total														
BEEF SLOPPY JOE MEAT-2015	1 EACH	175	33	351	1.28	2.29	30.9	465	93	9.65	16.29	10.12	7.55	2.86	*0.00
FISH PATTY- CLEAR SPRING 12/1	1 EACH	220	30	510	2.00	1.08	20.0	200	40	0.0	14.99	13.99	10.99	4.00	0.00
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, 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
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
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
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
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, 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, 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,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA,5" 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,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA, 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
PEPPERONI, BEEF SLICED 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
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
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
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
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/4 CUP	8	0	2	0.54	0.12	4.5	375	28	6.17	0.4	1.75	0.09	0.01	*N/A*
ONIONS,RAW	1/8 CUP	6	0	1	0.24	0.03	3.3	0	0	1.06	0.16	1.34	0.01	0.01	*N/A*
BEANS,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*
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
BEAN SALAD, OSSEO 2015	1/2 CUP	174	0	172	5.96	3.63	29.4	49	6	1.55	5.61	17.53	9.2	1.32	*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, 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, 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
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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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## MIDDLE SCHOOL LUNCH (6-8)

	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 <sup>1</sup> (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	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
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*
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	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
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 JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING,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
TARTAR SAUCE	1 TBSP	31	4	123	0.20	0.18	2.5	31	6	0.2	0.11	3.97	1.79	0.29	*N/A*
Weighted Daily Average		779	*41	1307	*13.19	*6.71	*520.4	*4970	*587	*48.78	35.05	102.73	26.57	5.71	*0.00
% of Calories											18.0%	52.7%	30.7%	6.6%	*0.0%

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## MIDDLE SCHOOL LUNCH (6-8)

	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 <sup>1</sup> (g)
Tue - 04/04/2017															
MIDDLE SCHOOL LUNCH (CHICKEN, PPCRN WG PROVIEW 8/15	Total														
CHICKEN,POPCORN SMACKER S 12/16	10 EACH	178	0	384	1.09	2.08	55.3	94	19	0.04	13.44	13.85	7.23	0.40	0.04
SDWICH,PB&STWBRYJAM 2.8 OZ8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
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
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
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
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,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, 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
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,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA, 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
PEPPERONI, BEEF SLICED 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
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
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
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
CAULIFLOWER, ROASTED-2015	1/2 CUP	24	0	16	1.09	0.23	12.0	0	1	26.24	1.05	2.71	1.27	0.19	*0.00
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
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
STIR FRY VEGETABLES 12/16	1/2 CUP	17	0	15	1.00	0.18	10.0	250	50	6.0	0.5	3.0	0.0	0.00	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
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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	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 <sup>1</sup> (g)
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
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*
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	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
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 JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
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
SAUCE, SWEET AND SOUR	3 TBSP	34	0	326	0.17	0.24	6.5	48	7	7.09	0.43	8.24	0.05	0.00	*N/A*
SWEET AND SOUR SAUCE: scrat	3 TBSP	32	0	302	0.18	0.21	6.2	77	15	8.18	0.41	7.33	0.05	0.00	*0.00
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		659	*46	1240	*7.94	*3.43	*493.2	*4753	*586	*79.44	29.30	92.83	18.78	4.11	*0.01
% of Calories											17.8%	56.4%	25.7%	5.6%	*0.0%

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# Osseo Area Schools

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

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## MIDDLE SCHOOL LUNCH (6-8)

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 <sup>1</sup> (g)	
Wed - 04/05/2017															
MIDDLE SCHOOL LUNCH (	Total														
BREAD, IT DUNK CHEESE-2015	1 EACH	402	*63	439	*4.34	*1.39	*177.7	*574	*124	*0.7	21.16	40.3	17.34	10.58	*0.00
SDWICH,PB&STWBRYJAM 2.8 OZ8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
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
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
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
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,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, 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,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,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" 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, 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
PEPPERONI, BEEF SLICED 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
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
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
SAUCE, MARINARA SCHOOLMA D 2015	1/2 CUP	35	*0	140	*1.69	*1.21	*13.9	*917	*183	*7.23	*0.35	8.62	0.0	0.00	*0.00
BROCCOLI, POTATO CRUNCH T	1/2 CUP	109	2	302	2.40	0.51	54.3	339	68	43.14	3.24	14.6	3.9	0.83	*0.00
BROCCOLI, FROZEN SIMPLOT 7/	1/2 CUP	30	0	15	2.00	0.45	33.3	402	80	47.99	2.0	5.0	0.0	0.00	0.00
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
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
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*
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*
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	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
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*

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# Osseo Area Schools

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

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## MIDDLE SCHOOL LUNCH (6-8)

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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 <sup>1</sup> (g)
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
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 FF DJON HNY MSTD 10/16	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, 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 % of Calories		698	*65	1098	*9.55	*3.36	*595.1	*5071	*778	*66.33	*32.03 *18.4%	91.62 52.5%	22.67 29.2%	10.17 13.1%	*0.00 *0.0%

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# Osseo Area Schools

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

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## MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/06/2017															
MIDDLE SCHOOL LUNCH (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
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, 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
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
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
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
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
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, 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,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, 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, 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, STUFF CRST LG CHEZ 6/1	SLICE	360	35	640	4.00	3.60	400.0	500	100	0.0	18.0	44.0	13.0	7.00	0.00
PIZZA, BIG DADDY CHZ 2012	1 EACH	320	15	490	4.00	2.70	250.0	400	80	0.0	19.0	39.0	9.0	3.50	0.00
PIZZA, QUESADILLA MAX 6/15	1 EACH	330	10	830	4.00	2.70	200.0	300	60	0.0	16.0	40.0	12.0	3.50	0.00
PEPPERONI, BEEF SLICED 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
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
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
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
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*
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, BLACK	1/2 CUP	110	0	350	6.00	10.80	20.0	*N/A*	0	0.0	6.0	20.0	0.5	0.00	0.00
CORN, WHOLE KERNEL	1/2 CUP	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
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

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# Osseo Area Schools

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## MIDDLE SCHOOL LUNCH (6-8)

	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 <sup>1</sup> (g)
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
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*
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	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
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 JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, SOUR CREAM	1 OZ	51	10	20	0.00	0.02	40.0	124	25	0.26	1.98	1.98	4.0	2.47	*N/A*
SAUCE, TACO, MILD	1 OZ	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
SAUCE, SALSA	1 OZ	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
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, 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
Weighted Daily Average		708	*75	1579	*12.35	*9.57	*518.5	*4605	*557	*60.16	36.73	108.06	15.10	4.85	*0.00
% of Calories											20.8%	61.1%	19.2%	6.2%	*0.0%

\*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

<sup>1</sup> - denotes optional nutrient values

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## Osseo Area Schools

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

#### MIDDLE SCHOOL LUNCH (6-8)

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 <sup>1</sup> (g)	
Fri - 04/07/2017															
MIDDLE SCHOOL LUNCH ( BREADSTICK RF CHEZ WG 6" 12 /16	Total 2 EACH	300	30	440	4.00	2.16	400.0	400	80	0.0	20.0	34.0	10.0	5.00	0.00
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, 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
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
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
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
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, 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,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" 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, 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
PEPPERONI, BEEF SLICED 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
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
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
SAUCE, MARINARA HEINZ 8/16	1/2 CUP	60	0	470	2.00	1.08	80.0	750	150	2.4	2.0	9.0	1.5	0.00	0.00
SAUCE, MARINARA SCHOOLMA D 2015	1/2 CUP	35	*0	140	*1.69	*1.21	*13.9	*917	*183	*7.23	*0.35	8.62	0.0	0.00	*0.00
CREAMY COLE SLAW	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*
BEETS AND SWEETS-2015	1/2 CUP	107	0	68	3.35	0.76	29.0	7167	1014	5.54	1.88	17.59	3.46	0.48	*0.00
BROCCOLI, ROASTED	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	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 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
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*
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*
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	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
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*

\*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

# Osseo Area Schools

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

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## MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
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
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, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 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
Weighted Daily Average		710	*48	1340	*11.96	*4.55	*820.1	*9718	*1445	*88.20	*32.62	97.07	22.23	6.57	*0.00
% of Calories											*18.4%	54.7%	28.2%	8.3%	*0.0%

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# Osseo Area Schools

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## MIDDLE SCHOOL LUNCH (6-8)

	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 <sup>1</sup> (g)	
Mon - 04/10/2017																
MIDDLE SCHOOL LUNCH (																
	Total															
	PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
	PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
	PIZZA, 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,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, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
	PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
	PIZZA,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, 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,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
	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
	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
	CALIFORNIA BLEND VEG. 12/16	1/2 CUP	28	0	28	1.88	0.00	18.8	938	188	16.89	0.94	4.69	0.0	0.00	0.00
	BEAN SALAD, OSSEO 2015	1/2 CUP	174	0	172	5.96	3.63	29.4	49	6	1.55	5.61	17.53	9.2	1.32	*0.00
	ROASTED CARROTS, 8/15	1/2 CUP	29	0	42	1.58	0.48	17.4	7506	817	1.42	0.35	4.49	1.19	0.17	*0.00
	VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
	RICE KRIS MINI SQUARE WG 12/	1 EACH	50	0	45	0.00	0.36	0.0	0	0	0.0	9.0	1.0	0.00	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: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*
	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*
	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	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
	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*

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# Osseo Area Schools

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

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## MIDDLE SCHOOL LUNCH (6-8)

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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 <sup>1</sup> (g)
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
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	TBLSPPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPPN	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	TBLSPPN	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	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, 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
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPPN	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	TBLSPPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,KETCHUP 10# POUCH 7/1	TBLSPPN	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
Weighted Daily Average		717	*36	1037	*11.73	*5.23	*644.0	*9676	*1030	*54.28	*30.11	96.69	22.77	6.31	*0.00
% of Calories											*16.8%	54.0%	28.6%	7.9%	*0.0%

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<sup>1</sup> - denotes optional nutrient values

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## Osseo Area Schools

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

#### MIDDLE SCHOOL LUNCH (6-8)

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 <sup>1</sup> (g)	
Tue - 04/11/2017															
MIDDLE SCHOOL LUNCH (	Total														
WRAP, CHICKEN TENDER 7/15	1 EACH	457	56	888	5.77	1.62	211.3	2136	79	0.94	28.97	39.01	20.32	5.81	*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, 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,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,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, 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
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 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
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
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*
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	1/4 CUP	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	0.01	*N/A*
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*
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
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*
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*
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*

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 1 - denotes optional nutrient values

# Osseo Area Schools

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

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## MIDDLE SCHOOL LUNCH (6-8)

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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 <sup>1</sup> (g)
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*
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
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, 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
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
Weighted Daily Average		735	*55	1177	*10.04	*3.52	*608.4	*4988	*392	*51.52	*35.46	99.37	22.70	6.46	*0.00
% of Calories											*19.3%	54.1%	27.8%	7.9%	*0.0%

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# Osseo Area Schools

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

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## MIDDLE SCHOOL LUNCH (6-8)

	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 <sup>1</sup> (g)
Wed - 04/12/2017															
MIDDLE SCHOOL LUNCH (	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, 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
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
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, 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,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,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, 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 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
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
BREAD #5150 WG STEAK BUN 5/ ROASTED, PEPPERS & ONIONS 2015	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
POTATO, CRISSCUT FRIES 7/15	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
BROCCOLI, ROASTED	1/2 CUP	120	0	260	1.00	0.36	0.0	0	0	3.6	1.0	14.0	6.0	1.50	0.00
VEGETABLES, FRESH CHOICES	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
APPLES,Fresh	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*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

<sup>1</sup> - denotes optional nutrient values

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**Osseo Area Schools**  
**Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values**  
**MIDDLE SCHOOL LUNCH (6-8)**

	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 <sup>1</sup> (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*
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*
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*
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	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
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	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
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, 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	0.0	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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, 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
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
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
Weighted Daily Average		672	*53	1257	*7.60	*3.72	*558.7	*3577	*393	*76.21	*31.81	87.59	22.19	7.50	*4.72
% of Calories											*18.9%	52.1%	29.7%	10.0%	*6.3%

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<sup>1</sup> - denotes optional nutrient values

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# Osseo Area Schools

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

Mar 17, 2017

## MIDDLE SCHOOL LUNCH (6-8)

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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 <sup>1</sup> (g)
Thu - 04/13/2017															
MIDDLE SCHOOL LUNCH (CHICKEN, PPCRN WG PROVIEW 8/15	Total 10 EACH	178	0	384	1.09	2.08	55.3	94	19	0.04	13.44	13.85	7.23	0.40	0.04
CHICKEN,POPCORN SMACKER S 12/16	10 EACH	269	60	590	3.00	2.00	17.0	168	34	1.0	18.0	20.0	13.0	3.00	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR 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,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, 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, 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,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 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
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
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	1 OZ	20	0	121	0.00	0.00	0.6	0	0	0.0	1.0	4.0	0.0	0.00	*0.00
BEETS AND SWEETS-2015	1/2 CUP	107	0	68	3.35	0.76	29.0	7167	1014	5.54	1.88	17.59	3.46	0.48	*0.00
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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*

\*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

Mar 17, 2017

## MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (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*
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	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
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
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	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, 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
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
Weighted Daily Average		674	*20	1263	*7.74	*3.53	*490.2	*5201	*573	*40.86	*30.05	93.96	19.84	3.55	*0.03
% of Calories											*17.8%	55.8%	26.5%	4.7%	*0.0%

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## MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/17/2017															
MIDDLE SCHOOL LUNCH (	Total														
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
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
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA,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, 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, 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, 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,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
PEPPERONI, BEEF SLICED 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
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, 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
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
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
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
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
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
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
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*
POTATO, SWEET CRINKLE CUT 8/15	1/2 CUP	85	0	125	1.00	0.36	20.0	3500	700	2.4	1.0	13.0	3.0	0.50	0.00
POTATO, SWEET CROSSTRAX 8/15	1/2 CUP	90	0	150	2.00	0.36	20.0	3200	640	1.2	1.0	15.0	3.0	0.50	0.00
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/4 CUP	8	0	2	0.54	0.12	4.5	375	28	6.17	0.4	1.75	0.09	0.01	*N/A*
ONIONS,RAW	1/4 CUP	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	0.01	*N/A*
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

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<sup>1</sup> - denotes optional nutrient values

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**Osseo Area Schools**  
**Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values**  
**MIDDLE SCHOOL LUNCH (6-8)**

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 <sup>1</sup> (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	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
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*
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*
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 JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
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
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, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
DRESSING,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
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		659	*44	2142	*10.70	*4.64	*604.7	*10685	*1385	*58.86	31.41	95.91	17.79	4.01	*0.00
% of Calories											19.1%	58.2%	24.3%	5.5%	*0.0%

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# Osseo Area Schools

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

Mar 17, 2017

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## MIDDLE SCHOOL LUNCH (6-8)

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 <sup>1</sup> (g)	
Tue - 04/18/2017															
MIDDLE SCHOOL LUNCH (	Total														
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
EGG, OMELET COLBY CHS 12/16	1 EACH	110	195	210	0.00	0.66	84.0	374	75	0.0	8.0	1.0	8.0	3.00	0.00
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, 2.4 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
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 MAPLE SNACK1 1/16	1 EACH	240	25	300	3.00	1.08	20.0	*N/A*	*N/A*	*N/A*	5.0	41.0	7.0	3.00	0.00
WAFFLE,2.4 OZ CINN SNACK 11/	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,MINI BLUEBRY 12/16 PIL	POUCH	210	0	170	3.00	0.72	20.0	0	0	0.0	4.0	37.0	6.0	1.00	0.00
WAFFLES,MINI MAPLE 12/16 PILL	POUCH	210	0	170	3.00	0.72	20.0	0	0	0.0	4.0	38.0	6.0	1.00	0.00
PANCAKES,MINI STRW SPLSH 1 1/16	PACKAGE	240	0	150	3.00	0.72	40.0	0	0	0.0	4.0	41.97	7.0	1.00	0.00
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
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, 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,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR 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,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, 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, 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 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
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	*929	*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
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, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHEESE,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

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# Osseo Area Schools

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

Mar 17, 2017

## MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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
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
TURKEY, SAUSAGE LINK FC 12/1	4 EACH	120	40	387	0.00	0.96	26.7	0	0	0.0	13.33	1.33	8.0	2.00	0.00
POTATO, TRI TATOR 8/15 LAMB WES	1 EACH	110	0	225	1.00	0.36	0.0	0	0	1.2	1.0	13.5	5.5	0.75	0.00
CARROTS, OVEN ROASTED - 201	1 EACH	70	0	99	2.52	0.37	27.9	10796	1617	1.93	0.61	11.83	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
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*
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*
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	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
PEACHES: canned, light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
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*
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*
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
APPLE CRISP	SERVINGS	200	0	113	2.30	0.99	20.0	350	70	0.49	1.94	31.75	7.97	1.59	*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 FREE 2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING, 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, 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, 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	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
SYRUP, AUNT JEMIMA ORIGINAL 6/1	TBLSPN	53	0	30	0.00	0.00	0.0	0	0	0.0	0.0	13.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		758	*116	977	*8.29	*2.84	*549.5	*9003	*1292	*39.23	*29.23	102.27	26.78	6.39	*0.00
% of Calories											*15.4%	53.9%	31.8%	7.6%	*0.0%

\*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

<sup>1</sup> - denotes optional nutrient values

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# Osseo Area Schools

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

Mar 17, 2017

## MIDDLE SCHOOL LUNCH (6-8)

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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 <sup>1</sup> (g)	
Wed - 04/19/2017															
MIDDLE SCHOOL LUNCH (	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 SCHOOLMA	1/2 CUP	35	*0	140	*1.69	*1.21	*13.9	*917	*183	*7.23	*0.35	8.62	0.0	0.00	*0.00
D 2015															
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
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
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
SALAD, GRAB N GO W/ WG BR 7	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
/15															
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
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, 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,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
DON															
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, 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,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
PEPPERONI, BEEF SLICED 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
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	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
LOL															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
PASTA, SPAG. WG BARILLA 7/14	1/2 CUP	100	0	5	3.00	1.35	0.0	0	0	0.0	3.5	20.5	0.75	0.00	0.00
PASTA,SPAG WG DAKOTA GRW	SERVING	200	0	0	6.00	1.44	0.0	0	0	0.0	7.0	41.0	1.5	0.00	0.00
10/14															
BREADSTICK,WG PANBAKE 5" 1	1 EACH	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	1.0	0.00	0.00
1/16															
BREAD,TX TST WG GRCL RF 11/	1 EACH	100	0	130	2.00	0.72	0.0	300	80	0.0	3.0	15.0	3.0	0.00	0.00
BREAD, GARLIC, SCHOOL MADE	1 EACH	148	7	116	2.10	1.31	9.0	108	21	0.02	4.18	23.98	4.29	1.97	*N/A*
GARLIC TOAST, WG 1" 6/15	SLICE	80	0	180	2.00	1.08	0.0	400	80	0.0	3.0	15.0	2.0	0.00	0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*

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<sup>1</sup> - denotes optional nutrient values

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## Osseo Area Schools

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

#### MIDDLE SCHOOL LUNCH (6-8)

	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 <sup>1</sup> (g)
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
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*
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
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
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*
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 JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
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 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, 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 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		702	*45	991	*12.47	*6.19	*544.7	*6762	*778	*71.27	*30.82	98.47	22.10	5.35	*0.00
% of Calories											*17.6%	56.1%	28.3%	6.9%	*0.0%

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## Osseo Area Schools

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

#### MIDDLE SCHOOL LUNCH (6-8)

	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 <sup>1</sup> (g)
Thu - 04/20/2017															
MIDDLE SCHOOL LUNCH (	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
CHEESE, SHREDDED MOZZ/CH	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EDD															
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
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
SALAD, GRAB N GO W/ WG BR 7	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
/15															
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
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,WW HAWAIIAN 11/16 NAR	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
DON															
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,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,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,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA, 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
PEPPERONI, BEEF SLICED 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
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	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
LOL															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
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
TORTILLA CHIPS	1 OZ	131	0	33	1.87	0.34	37.4	0	0	0.0	1.87	19.63	5.61	0.93	*N/A*
RICE, BROWN WHOLE GRAIN P	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
ARBOI															
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/8 CUP	4	0	1	0.27	0.06	2.3	187	14	3.08	0.2	0.88	0.05	0.01	*N/A*
ONIONS,RAW	1/8 CUP	6	0	1	0.24	0.03	3.3	0	0	1.06	0.16	1.34	0.01	0.01	*N/A*
BEANS,REFRIED VEGETARIAN 1	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
2/16															
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*

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**Osseo Area Schools**  
**Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values**  
**MIDDLE SCHOOL LUNCH (6-8)**

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 <sup>1</sup> (g)
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
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
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*
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*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, SOUR CREAM	1 OZ	51	10	20	0.00	0.02	40.0	124	25	0.26	1.98	1.98	4.0	2.47	*N/A*
SAUCE, TACO, MILD	1 OZ	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
SAUCE, SALSA	1 OZ	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average % of Calories		710	*58	1224	*11.02	*5.23	*566.7	*5292	*592	*48.57	37.45 21.1%	94.85 53.4%	21.18 26.8%	7.56 9.6%	*0.00 *0.0%

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# Osseo Area Schools

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

Mar 17, 2017

## MIDDLE SCHOOL LUNCH (6-8)

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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 <sup>1</sup> (g)	
Fri - 04/21/2017															
MIDDLE SCHOOL LUNCH (	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
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, 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
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
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
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
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, 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,51% PRIMO WG 4 CHS 12/16	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,5" 51% WG PEPP TONY11/16	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,FR BREAD 6" WG CHS 12/16	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, 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, 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
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
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
CHIPS, BAKED CRISP ORIG. 1/17	BAG	110	0	135	1.00	0.36	20.0	*N/A*	0	0.0	1.0	19.0	2.0	0.00	0.00
CHIPS, BAKED CRISPS BBQ 1/17	BAG	110	0	200	1.00	0.36	20.0	0	0	0.0	1.0	20.0	2.5	0.00	0.00
CHIPS,SOUR CR&ONION BAKED 8/16	1 EACH	130	0	220	2.00	0.36	40.0	0	0	0.0	2.0	24.0	3.0	0.50	0.00
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/8 CUP	4	0	1	0.27	0.06	2.3	187	14	3.08	0.2	0.88	0.05	0.01	*N/A*
ONIONS,RAW	1/8 CUP	6	0	1	0.24	0.03	3.3	0	0	1.06	0.16	1.34	0.01	0.01	*N/A*
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*
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
BROCCOLI SALAD	1/2 CUP	154	7	172	1.99	0.82	29.0	503	101	30.3	1.76	31.05	3.67	0.61	*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
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

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## Osseo Area Schools

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

#### MIDDLE SCHOOL LUNCH (6-8)

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 <sup>1</sup> (g)
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	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
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	1/2 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*
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*
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*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
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 FF DJON HNY MSTD 10/16	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, 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, LIGHT MAYO PCKT 8/16	PACKET	40	5	105	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average		692	*57	2398	*12.04	*4.75	*820.4	*4916	*590	*39.03	36.29	108.92	14.03	3.54	*0.00
% of Calories											21.0%	63.0%	18.3%	4.6%	*0.0%

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# Osseo Area Schools

## MIDDLE SCHOOL LUNCH (6-8)

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 <sup>1</sup> (g)	
Tue - 04/25/2017															
MIDDLE SCHOOL LUNCH (	Total														
BEEF PATTY, 100%3 OZ INTG 8/1	1 EACH	196	52	267	0.05	2.46	18.2	0	0	0.04	21.44	0.11	11.53	4.54	0.00
TURKEY, PATTY FC JENNIE-O 7/	1 EACH	110	50	320	0.00	0.72	0.0	0	0	0.0	15.0	0.0	6.0	2.00	0.00
CHEESE, AMER SLICE RF RS 201	SLICE	40	9	120	0.00	0.00	407.1	611	122	0.0	3.99	1.14	2.28	1.43	0.00
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, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
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
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
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
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
DON															
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,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, 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
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, 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
PEPPERONI, BEEF SLICED 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
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	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
LOL															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
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
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/4 CUP	8	0	2	0.54	0.12	4.5	375	28	6.17	0.4	1.75	0.09	0.01	*N/A*
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*
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*
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
POTATO, FRIES BAKED OVATIO	1/2 CUP	93	0	253	1.33	0.48	13.3	0	0	2.4	1.33	15.33	3.33	0.00	*N/A*
POTATO, 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, 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															

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<sup>1</sup> - denotes optional nutrient values

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**Osseo Area Schools**  
**Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values**  
**MIDDLE SCHOOL LUNCH (6-8)**

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 <sup>1</sup> (g)
BAKED BEAN VEG RED SOD 5/14	1/2 CUP	140	0	410	6.00	1.80	60.0	0	0	0.0	6.0	29.0	0.0	0.00	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
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
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*
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 JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		718	*48	1947	*11.90	*5.92	*737.1	*4816	*569	*42.76	38.35	100.33	18.99	5.51	*0.00
% of Calories											21.4%	55.9%	23.8%	6.9%	*0.0%

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# Osseo Area Schools

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

Mar 17, 2017

## MIDDLE SCHOOL LUNCH (6-8)

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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 <sup>1</sup> (g)
Wed - 04/26/2017															
MIDDLE SCHOOL LUNCH (CHICKEN, MINI CORN DOG WG 6/15)	Total 6 EACH	270	40	410	5.00	1.80	150.0	0	0	0.0	10.0	30.01	12.0	3.50	0.00
CHICKEN, CORN DOG 100%WG 6/15	1 EACH	240	40	390	5.00	1.80	80.0	0	0	0.0	9.0	30.0	8.0	2.50	0.00
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, 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
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
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
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
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
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, HAWAIIAN NARDONE	1 EACH	320	35	580	3.00	2.70	400.0	300	60	6.0	21.0	33.0	12.0	7.00	0.00
PIZZA, 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, 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
PEPPERONI, BEEF SLICED 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
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
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
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, GARDEN VEGETABLE	6 OZ	64	*1	336	*2.76	*0.64	*29.2	*2363	*378	*6.72	*1.42	8.89	1.65	0.45	*0.00
SOUP, CREAMY CHICKEN&WILD RICE	6 oz	149	14	684	0.66	0.39	26.5	624	125	0.17	6.09	16.26	6.77	2.36	*N/A*
SOUP, CREAMY TOMATO	6 FL OZ	135	0	1095	3.00	0.54	0.0	600	120	7.2	3.0	28.5	1.5	0.75	*N/A*
PEAS GREEN,FROZEN,BOILED	1/2 CUP	88	0	82	6.24	1.72	27.2	2381	76	11.23	5.84	16.17	0.31	0.06	*N/A*
CALIFORNIA BLEND VEG. 12/16	1/2 CUP	28	0	28	1.88	0.00	18.8	938	188	16.89	0.94	4.69	0.0	0.00	0.00
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
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
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*
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*
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*

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## Osseo Area Schools

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

#### MIDDLE SCHOOL LUNCH (6-8)

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 <sup>1</sup> (g)
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 JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
DRESSING,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
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING FF DJON HNY MSTD 10/16	1 TBSP	23	0	150	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
DRESSING, WESTERN LIGHT 201	1 TBSP	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
Weighted Daily Average		656	*54	1247	*12.16	*3.99	*588.9	*6766	*709	*55.89	*29.89	93.55	17.58	4.84	*0.00
% of Calories										*18.2%		57.1%	24.1%	6.6%	*0.0%

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# Osseo Area Schools

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

Mar 17, 2017

## MIDDLE SCHOOL LUNCH (6-8)

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	
Thu - 04/27/2017															
MIDDLE SCHOOL LUNCH (	Total														
BREAD, IT DUNK CHEESE-2015	1 EACH	402	*63	439	*4.34	*1.39	*177.7	*574	*124	*0.7	21.16	40.3	17.34	10.58	*0.00
SDWICH,PB&STWBRYJAM 2.8 OZ8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
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
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
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
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,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, 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,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,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" 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, 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
PEPPERONI, BEEF SLICED 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
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
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
SAUCE, MARINARA SCHOOLMA D 2015	1/2 CUP	35	*0	140	*1.69	*1.21	*13.9	*917	*183	*7.23	*0.35	8.62	0.0	0.00	*0.00
BROCCOLI, POTATO CRUNCH T	1/2 CUP	109	2	302	2.40	0.51	54.3	339	68	43.14	3.24	14.6	3.9	0.83	*0.00
BROCCOLI, FROZEN SIMPLOT 7/	1/2 CUP	30	0	15	2.00	0.45	33.3	402	80	47.99	2.0	5.0	0.0	0.00	0.00
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
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
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*
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*
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	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
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*

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# Osseo Area Schools

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

Mar 17, 2017

## MIDDLE SCHOOL LUNCH (6-8)

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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 <sup>1</sup> (g)
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
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 FF DJON HNY MSTD 10/16	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 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
Weighted Daily Average		701	*65	1104	*9.54	*3.41	*592.4	*5547	*824	*63.58	*31.74	91.32	23.33	10.25	*0.00
% of Calories											*18.1%	52.1%	29.9%	13.2%	*0.0%

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## Osseo Area Schools

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

#### MIDDLE SCHOOL LUNCH (6-8)

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 <sup>1</sup> (g)	
Fri - 04/28/2017															
MIDDLE SCHOOL LUNCH (	Total														
CHICKEN, TENDER 8/15 MSFBGp	3 EACH	216	66	350	1.19	1.86	22.2	83	17	0.02	21.96	12.31	8.36	1.56	0.00
CHICKEN, TENDER SPCY PROV	3 EACH	318	88	537	2.42	2.83	32.6	370	74	0.11	29.96	23.27	11.21	2.12	0.00
8/15															
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
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
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
SALAD, GRAB N GO W/ WG BR 7	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
/15															
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
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, 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	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
DON															
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" 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, 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
PEPPERONI, BEEF SLICED 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
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	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
LOL															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
BREAD, ROLL WS 1.25 OZ 2012	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
POTATO, WHIPPED NATURES 1	1/2 CUP	80	0	260	1.00	0.20	7.4	2	0	6.65	2.0	15.0	1.5	0.00	0.00
2/16															
GRAVY,POULTRY RF KRLSBRG	1 OZ	20	0	121	0.00	0.00	0.6	0	0	0.0	1.0	4.0	0.0	0.00	*0.00
R 8/15															
ROASTED BRUSSELS SPROUTS	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
-2015															
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
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	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
ETENED															
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
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

#### MIDDLE SCHOOL LUNCH (6-8)

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 <sup>1</sup> (g)
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	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
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 JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
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
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, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 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
Weighted Daily Average		675	*71	1198	*7.72	*3.33	*455.7	*4444	*550	*56.19	*36.06	88.98	19.51	3.98	*0.00
% of Calories											*21.4%	52.7%	26.0%	5.3%	*0.0%
Weighted Average		701	*55	1362	*10.44	*4.66	*594.9	*6155	*757	*57.84	*33.02	96.92	20.79	5.92	*0.26
											*18.8%	55.3%	26.7%	7.6%	*0.3%

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## Osseo Area Schools

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

#### MIDDLE SCHOOL LUNCH (6-8)

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 <sup>1</sup> (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	701		600	117%												
Cholesterol (mg)	55				Missing											
Sodium (mg)	1362		1360	100%			Correction Required - Sodium too High									
Fiber (g)	10.44				Missing											
Iron (mg)	4.66		0.00		Missing											
Calcium (mg)	594.9		0.00		Missing											
Vitamin A (IU)	6155		0		Missing											
Vitamin A (RE)	757		0		Missing											
Vitamin C (mg)	57.84		0.00		Missing											
Protein (g)	33.02	18.84%	0.00		Missing											
Carbohydrate (g)	96.92	55.28%														
Total Fat (g)	20.79	26.67%	<=30.00%													
Saturated Fat (g)	5.92	7.60%	<10.00%													
Trans Fat (g)	0.26	0.34%			Missing											

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