

Osseo Area Schools

OALC & ACHIEVE LUNCH

| Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | |
|---------------------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Mon - 04/03/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE LUNCH | Total | | | | | | | | | | | | | | |
| CHICKEN, WG FC BRST PTTY 12 /16 | 1 EACH | 140 | 30 | 410 | 1.00 | 2.00 | 63.0 | 111 | 19 | 0.0 | 16.0 | 13.0 | 3.5 | 1.00 | 0.00 |
| CHICKEN, PATTY SPCY 12/16 | 1 EACH | 170 | 35 | 360 | 1.00 | 1.44 | 40.0 | 100 | 20 | 0.0 | 13.0 | 14.0 | 7.0 | 1.50 | 0.00 |
| CHICKEN, WG FC BRST PTTY 12 /16 | 1 EACH | 140 | 30 | 410 | 1.00 | 2.00 | 63.0 | 111 | 19 | 0.0 | 16.0 | 13.0 | 3.5 | 1.00 | 0.00 |
| CHICKEN, PATTY UNBREAD TY SON | 1 EACH | 120 | 60 | 320 | 0.00 | 0.72 | 20.0 | 0 | 0 | 0.0 | 22.0 | 1.0 | 2.5 | 0.50 | 0.00 |
| 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 |
| YOGURT, UPSTATE FARMS, 4 O Z NF | 1 EACH | 100 | 0 | 75 | 0.00 | 0.00 | 301.1 | *N/A* | *0 | 1.2 | 3.01 | 22.08 | 0.0 | 0.00 | 0.00 |
| CHEESE, 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 |
| 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 POG 51% WG 4" BU | EACH | 100 | 0 | 180 | 2.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 4.0 | 19.0 | 1.0 | 0.50 | 0.00 |
| POTATO,WEDGE CUT LAMBWS T 1/17 | 3 OZ | 123 | 0 | 201 | 2.24 | 2.01 | 0.0 | 0 | 0 | 5.37 | 2.24 | 25.74 | 1.12 | 0.00 | 0.00 |
| LETTUCE,ICEBERG | 1/4 CUP | 3 | 0 | 2 | 0.22 | 0.07 | 3.2 | 90 | 6 | 0.5 | 0.16 | 0.53 | 0.03 | 0.00 | *N/A* |
| TOMATOES,RED,RIPE,RAW, | 1/4 CUP | 8 | 0 | 2 | 0.54 | 0.12 | 4.5 | 375 | 28 | 6.17 | 0.4 | 1.75 | 0.09 | 0.01 | *N/A* |
| 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* |
| CARROTS, FRESH MINI | 1/2 CUP | 40 | 0 | 88 | 3.29 | 1.01 | 36.3 | 15638 | 1702 | 2.95 | 0.73 | 9.34 | 0.15 | 0.03 | *N/A* |
| VEGETABLES, FRESH 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* |
| 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 |
| 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:cannd,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| KIWI FRUIT,(CHINESE GOOSEB ERRI | 1 CUP | 108 | 0 | 5 | 5.31 | 0.55 | 60.2 | 154 | 32 | 164.08 | 2.02 | 25.95 | 0.92 | 0.05 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| MANDARIN ORANGES | 1 CUP | 72 | 0 | 9 | 2.27 | 0.51 | 22.7 | 2480 | 248 | 64.07 | 1.42 | 17.78 | 0.08 | 0.01 | *N/A* |
| PINEAPPLE JUICE: canned,unswtn | 1 CUP | 133 | 0 | 5 | 0.50 | 0.78 | 32.5 | 13 | 0 | 109.5 | 0.9 | 32.18 | 0.3 | 0.02 | *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 |

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

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

¹ - denotes optional nutrient values

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OALC & ACHIEVE LUNCH

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| SAUCE,KETCHUP 10# POUCH 7/1 | TBLSPN | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 20 | 1.2 | 0.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| DRESSING,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, KENS LITE RANCH 7/14 | TABLESP OON | 40 | 3 | 170 | 0.00 | 0.00 | 10.0 | 0 | 0 | 0.0 | 0.5 | 1.0 | 3.5 | 0.50 | 0.00 |
| DRESSING, 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 |
| 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 CHPTLE RNCH 10/16 | 2 TBSP | 140 | 5 | 230 | 0.00 | 0.36 | 20.0 | 100 | 20 | 0.0 | 0.0 | 4.0 | 14.0 | 2.00 | 0.00 |
| SAUCE, BOOM BOOM KEN'S 10/1 | TBLSPN | 85 | 8 | 135 | 0.00 | 0.00 | 0.0 | 50 | 10 | 1.2 | 0.0 | 1.5 | 8.5 | 1.25 | 0.00 |
| Weighted Daily Average | | 831 | 41 | 2627 | 16.89 | 7.54 | 586.5 | *11893 | *1234 | 70.84 | *35.91 | 141.44 | 14.72 | 3.02 | *0.00 |
| % of Calories | | | | | | | | | | | *17.3% | 68.1% | 15.9% | 3.3% | *0.0% |

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OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/04/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE LUNCH | Total | | | | | | | | | | | | | | |
| BEEF,RIB-B-QUE RED. SOD 8/15 | 1 EACH | 145 | 43 | 395 | 1.00 | 0.36 | 330.0 | 3600 | 720 | 0.6 | 14.0 | 4.0 | 8.0 | 3.20 | 0.00 |
| 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 | | | | | | | | | | | | | | | |
| 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 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| NGAR | | | | | | | | | | | | | | | |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| BREAD #5150 WG STEAK BUN 5/ | 1 EACH | 180 | 0 | 320 | 3.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 7.0 | 36.0 | 2.5 | 0.50 | 0.00 |
| PASTA SALAD | 1/2 CUP | 187 | 0 | 220 | 2.71 | 1.31 | 22.5 | 1746 | 349 | 13.29 | 4.36 | 22.44 | 9.34 | 1.31 | *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* |
| 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 |
| 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 |
| 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:cnnnd,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PEARS: canned,light syrup | 1 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| MILK,SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| JUICE CUP PURPLE VEG BLND | 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 |
| 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 |
| 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 |
| 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, BLUE CHEESE 6/14 | 1 EACH | 80 | 5 | 130 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 0.0 | 6.0 | 6.0 | 1.00 | 0.00 |

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|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|------------------|-----------------|----------------|--------------|-------------------------|
| DRESSING, KENS LITE RANCH 7/14 | TBLSPN | 40 | 3 | 170 | 0.00 | 0.00 | 10.0 | 0 | 0 | 0.0 | 0.5 | 1.0 | 3.5 | 0.50 | 0.00 |
| DRESSING, HONEY MUSTARD MARZ | TBLSPN | 65 | 5 | 85 | 0.00 | 0.00 | 0.0 | *N/A* | 0 | 0.0 | *N/A* | 3.0 | 6.0 | 1.00 | 0.00 |
| Weighted Daily Average % of Calories | | 849 | 48 | 1215 | 12.90 | *5.01 | *768.7 | *8605 | *1326 | *74.80 | *35.09 *16.5% | 113.81 53.6% | 31.52 33.4% | 6.71 7.1% | *0.00 *0.0% |

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|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/05/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE LUNCH | Total | | | | | | | | | | | | | | |
| BEEF, FRANK TYSON | 1 EACH | 170 | 35 | 460 | 0.00 | 0.72 | 0.0 | *N/A* | *0 | 0.0 | 7.0 | 1.0 | 15.0 | 6.00 | 0.50 |
| BEEF,RIB-B-QUE RED. SOD 8/15 | 1 EACH | 145 | 43 | 395 | 1.00 | 0.36 | 330.0 | 3600 | 720 | 0.6 | 14.0 | 4.0 | 8.0 | 3.20 | 0.00 |
| CHICKEN, MINI WG CORNDOG 1 2/16 | 6 EACH | 240 | 60 | 420 | 0.00 | 2.16 | 120.0 | 0 | 0 | 0.0 | 12.0 | 30.0 | 9.0 | 0.00 | 0.00 |
| CHICKEN CHOW MEIN | 3/4 CUP | 149 | *55 | 660 | 0.73 | 1.03 | 37.0 | 97 | 3 | 3.63 | 18.43 | 8.84 | 4.74 | 1.08 | *0.03 |
| 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 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, BIG DADDY PRIMO PP 201 | SLICE | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 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,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,XTRA CHS BUFF CHIX 11/1 | SLICE | 310 | 35 | 550 | 2.00 | 1.44 | 350.0 | 300 | 60 | 0.0 | 18.0 | 35.0 | 11.0 | 5.00 | 0.00 |
| PIZZA,FR BREAD 6" WG CHS 12/1 | 1 EACH | 330 | 25 | 710 | 3.00 | 1.80 | 300.0 | 500 | 100 | 0.0 | 18.0 | 30.0 | 15.0 | 6.00 | 0.00 |
| PIZZA, 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"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 |
| 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, SUNBTR & JELLY S CHL | 1 EACH | 301 | 0 | 283 | 4.76 | 2.10 | 55.4 | 0 | 0 | 2.49 | 9.02 | 46.43 | 9.32 | 1.48 | *0.00 |
| SDWICH,PB&STWBRYJAM 2.8 O Z8/16 | 1 EACH | 300 | 0 | 310 | 4.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.00 | 0.00 |
| SANDWICH,PB&GRP 2.8 OZ 8/16 | 1 EACH | 310 | 0 | 310 | 4.00 | 1.44 | 60.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.50 | 0.00 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO NGAR | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| BREAD, #5151 POG 51% WG HO T DO | 1 EACH | 100 | 0 | 170 | 2.00 | 1.08 | 60.0 | *N/A* | *0 | 0.0 | 3.0 | 20.0 | 1.0 | 0.00 | 0.00 |
| BREAD, #606 WHEAT HOAGIE B ULK | 1 EACH | 170 | 0 | 360 | 4.00 | 1.80 | 80.0 | 0 | 0 | 0.0 | 6.0 | 34.0 | 2.5 | 0.50 | 0.00 |
| RICE, BROWN WHOLE GRAIN P ARBOI | 1/2 CUP | 101 | 0 | 0 | 0.67 | 0.24 | 0.0 | 0 | 0 | 0.0 | 2.01 | 21.45 | 0.67 | 0.00 | 0.00 |
| POTATO, SPIRAL CUT 8/15 MCC AIN | 1/2 CUP | 110 | 0 | 300 | 1.00 | 0.36 | 0.0 | 0 | 0 | 3.6 | 1.0 | 15.0 | 5.0 | 0.50 | 0.00 |
| POTATO, 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, 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* |
| BROCCOLI SALAD | 1/2 CUP | 176 | 0 | 181 | 2.39 | 0.86 | 41.2 | 384 | 95 | 55.12 | 2.43 | 32.67 | 5.19 | 0.66 | *0.00 |
| SALAD, SPINACH W/TOMATO 201 | 1 CUP | 8 | 0 | 22 | 0.72 | 0.77 | 28.0 | 2643 | 190 | 9.06 | 0.87 | 1.39 | 0.13 | 0.02 | *N/A* |
| 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* |

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

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¹ - denotes optional nutrient values

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| VEGETABLES, FRESH 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 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PEARS: canned,light syrup | 1 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| CAKE, CRAZY- 2 X 2 SQUARE-20 | 1 EACH | 116 | 3 | 134 | 1.57 | 0.23 | 4.7 | 68 | 16 | 0.0 | 1.61 | 21.75 | 3.05 | 0.91 | *0.00 |
| DESSERT, SCHOOL MADE | 1 EACH | 191 | *45 | 96 | *0.53 | *1.08 | *6.3 | *286 | *58 | *0.0 | 2.11 | 23.28 | 10.07 | 5.08 | *N/A* |
| MILK,SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| 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, HOT | 1 TSP | 1 | 0 | 30 | 0.03 | 0.05 | 0.6 | 77 | 8 | 0.21 | 0.06 | 0.04 | 0.04 | 0.00 | *N/A* |
| SAUCE, SRIRACH HOT 7/14 | 1 TSP | 5 | 0 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 849 | *70 | 1226 | *9.23 | *4.72 | *629.7 | *5383 | *565 | *72.36 | 31.58 | 126.47 | 26.05 | 7.68 | *0.05 |
| % of Calories | | | | | | | | | | | 14.9% | 59.6% | 27.6% | 8.1% | *0.0% |

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

¹ - denotes optional nutrient values

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Osseo Area Schools

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

Mar 17, 2017

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OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/06/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE 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 |
| YOGURT, UPSTATE FARMS, 4 OZ NF | 1 EACH | 100 | 0 | 75 | 0.00 | 0.00 | 301.1 | *N/A* | *0 | 1.2 | 3.01 | 22.08 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| 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 |
| LETTUCE, ROMAINE,RAW | 1 CUP | 8 | 0 | 4 | 0.99 | 0.46 | 15.5 | 4094 | 122 | 1.88 | 0.58 | 1.55 | 0.14 | 0.02 | *N/A* |
| SQUASH, BUTTERNUT ROASTED | 1/2 CUP | 40 | 1 | 18 | 1.11 | 0.49 | 30.7 | 979 | 286 | 9.35 | 0.99 | 6.1 | 1.72 | 0.37 | *0.00 |
| VEGETABLES, FRESH 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:cnnnd,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| KIWI FRUIT,(CHINESE GOOSEBERRI | 1 CUP | 108 | 0 | 5 | 5.31 | 0.55 | 60.2 | 154 | 32 | 164.08 | 2.02 | 25.95 | 0.92 | 0.05 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PINEAPPLE JUICE: canned,unswtn | 1 CUP | 133 | 0 | 5 | 0.50 | 0.78 | 32.5 | 13 | 0 | 109.5 | 0.9 | 32.18 | 0.3 | 0.02 | *N/A* |
| MANDARIN ORANGES | 1 CUP | 72 | 0 | 9 | 2.27 | 0.51 | 22.7 | 2480 | 248 | 64.07 | 1.42 | 17.78 | 0.08 | 0.01 | *N/A* |
| MILK,SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| DRESSING CREAMY CAESAR PK | 1 EACH | 210 | 0 | 420 | 0.00 | 0.00 | 20.0 | *N/A* | *0 | 0.0 | 1.0 | 2.0 | 23.0 | 3.50 | 0.00 |
| DRESSING, KENS LITE RANCH 7/14 | TABLESP OON | 40 | 3 | 170 | 0.00 | 0.00 | 10.0 | 0 | 0 | 0.0 | 0.5 | 1.0 | 3.5 | 0.50 | 0.00 |

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

¹ - denotes optional nutrient values

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Osseo Area Schools
Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average % of Calories | | 845 | *56 | 1140 | *10.11 | *3.49 | *604.1 | *7207 | *705 | *65.67 | *31.32 | 99.98 | 37.29 | 12.04 | *0.00 |
| | | | | | | | | | | *14.8% | 47.3% | 39.7% | 12.8% | *0.0% | |

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

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OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 04/07/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE LUNCH | Total | | | | | | | | | | | | | | |
| PORK,DOUBLE RUB BBQ 12/16 RICH | 2.5 (OZ) | 230 | 85 | 300 | 0.00 | 0.00 | 0.0 | 0 | 1 | 0.0 | 25.01 | 0.0 | 15.01 | 5.00 | 0.00 |
| PORK,PULLED CKD FRZ 11/16 C OMM | 4 OZ | 228 | 100 | 482 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 22.0 | 0.0 | 10.0 | 4.00 | 2.00 |
| BREADSTICK RF CHEZ WG 6" 12 /16 | 2 EACH | 300 | 30 | 440 | 4.00 | 2.16 | 400.0 | 400 | 80 | 0.0 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| SANDWICH, SUNBTR & JELLY S CHL | 1 EACH | 301 | 0 | 283 | 4.76 | 2.10 | 55.4 | 0 | 0 | 2.49 | 9.02 | 46.43 | 9.32 | 1.48 | *0.00 |
| SANDWICH, PB & J SMUCKERS 4 | 1 EACH | 314 | 0 | 352 | 2.69 | 1.59 | 28.9 | 2 | 0 | 0.0 | 9.16 | 32.88 | 16.3 | 3.10 | *N/A* |
| SANDWICH,PB&GRP 2.8 OZ 8/16 | 1 EACH | 310 | 0 | 310 | 4.00 | 1.44 | 60.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.50 | 0.00 |
| YOGURT, UPSTATE FARMS, 4 O Z NF | 1 EACH | 100 | 0 | 75 | 0.00 | 0.00 | 301.1 | *N/A* | *0 | 1.2 | 3.01 | 22.08 | 0.0 | 0.00 | 0.00 |
| CHEESE, 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 |
| BREAD, #583 POG WHEAT BUN | 1 EACH | 130 | 0 | 280 | 1.00 | 0.72 | 40.0 | 0 | 0 | 0.0 | 4.0 | 22.0 | 2.5 | 0.50 | 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 |
| 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* |
| 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* |
| 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* |
| 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 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 69 | 0 | 7 | 1.21 | 0.35 | 7.3 | 248 | 25 | 2.3 | 0.48 | 18.07 | 0.08 | 0.01 | *N/A* |
| APPLESAUCE NATURAL UNSWE ETENED | 1/2 CUP | 52 | 0 | 2 | 1.40 | 0.13 | 4.0 | 36 | 7 | 1.4 | 0.2 | 13.79 | 0.06 | 0.02 | 0.00 |
| WATERMELON, FRESH | 1/2 CUP | 24 | 0 | 1 | 0.32 | 0.19 | 5.6 | 455 | 30 | 6.48 | 0.49 | 6.04 | 0.12 | 0.01 | *N/A* |
| KIWI FRUIT,(CHINESE GOOSEB ERRI | 1/2 CUP | 54 | 0 | 3 | 2.66 | 0.27 | 30.1 | 77 | 16 | 82.04 | 1.01 | 12.97 | 0.46 | 0.03 | *N/A* |
| 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* |
| MANDARIN ORANGES | 1 CUP | 72 | 0 | 9 | 2.27 | 0.51 | 22.7 | 2480 | 248 | 64.07 | 1.42 | 17.78 | 0.08 | 0.01 | *N/A* |
| PEACHES,FRESH | 1 EACH | 34 | 0 | 0 | 1.30 | 0.22 | 5.2 | 284 | 47 | 5.74 | 0.79 | 8.3 | 0.22 | 0.02 | *N/A* |
| PINEAPPLE CHUNKS:canned,lt syr | 1 CUP | 131 | 0 | 3 | 2.02 | 0.98 | 35.3 | 96 | 3 | 18.9 | 0.91 | 33.89 | 0.3 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| APPLES, SLICED BAGGED 6/14 | 1 EACH | 30 | 0 | 0 | 1.00 | 0.00 | 20.0 | 0 | 0 | 21.0 | 0.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | 1 EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| 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 |

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| MILK, 1% LF, SCHROEDER 1/17 | 1 EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | 1 EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| SAUCE,BBQ SWEET BABY RAY 11/16 | TBLSPN | 35 | 0 | 145 | 0.00 | 0.18 | 30.0 | 0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |
| SAUCE,KETCHUP 10# POUCH 7/1 | 1 TBLSPN | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 20 | 1.2 | 0.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| SAUCE, MUSTARD | 1 TSP | 19 | 0 | 322 | 0.94 | 0.43 | 16.4 | 20 | 0 | 0.43 | 1.24 | 1.51 | 1.14 | 0.07 | 0.00 |
| DRESSING, HONEY MUSTARD D IPPIN | 1 EACH | 80 | 10 | 125 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 0.0 | 7.0 | 6.0 | 1.00 | 0.00 |
| 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, 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, BLUE CHEESE 6/14 | 1 EACH | 80 | 5 | 130 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 0.0 | 6.0 | 6.0 | 1.00 | 0.00 |
| DRESSING, WESTERN LITE | 2 OZ | 130 | 0 | 454 | 0.00 | 0.00 | 0.0 | 324 | 65 | 1.94 | 0.0 | 25.92 | 3.24 | 0.00 | 0.00 |
| Weighted Daily Average | | 714 | *62 | 2794 | *9.66 | *3.83 | *731.0 | *2219 | *408 | *73.38 | *34.94 | 99.20 | 20.57 | 5.95 | *0.02 |
| % of Calories | | | | | | | | | | | *19.6% | 55.6% | 25.9% | 7.5% | *0.0% |

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Osseo Area Schools

OALC & ACHIEVE LUNCH

| Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | |
|---------------------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Mon - 04/10/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE LUNCH | Total | | | | | | | | | | | | | | |
| 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, BIG DADDY PRIMO CZ 201 | SLICE | 370 | 35 | 500 | 3.00 | 2.70 | 450.0 | 400 | 80 | 0.0 | 21.0 | 36.0 | 15.0 | 7.00 | 0.00 |
| PIZZA,XTRA CHS BUFF CHIX 11/1 | SLICE | 310 | 35 | 550 | 2.00 | 1.44 | 350.0 | 300 | 60 | 0.0 | 18.0 | 35.0 | 11.0 | 5.00 | 0.00 |
| PIZZA, BIG DADDY PRIMO PP 201 | SLICE | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 80 | 0.0 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| PIZZA,5" 51% WG PEPP TONY11/ | 1 EACH | 330 | 35 | 540 | 3.00 | 2.70 | 250.0 | 300 | 60 | 0.0 | 17.0 | 35.0 | 13.0 | 5.00 | 0.00 |
| PIZZA, PEPPERONI 5" TONY'S | 1 EACH | 391 | 20 | 812 | 2.00 | 2.71 | 200.4 | 507 | 80 | 0.0 | 14.03 | 43.08 | 17.03 | 7.01 | 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, 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,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, 16" CHEESE RED BA 2016 | SLICE | 320 | 30 | 440 | 4.00 | 1.80 | 300.0 | 0 | 0 | 0.0 | 14.0 | 40.0 | 14.0 | 7.00 | 0.00 |
| SANDWICH, SUNBTR & JELLY S CHL | 1 EACH | 301 | 0 | 283 | 4.76 | 2.10 | 55.4 | 0 | 0 | 2.49 | 9.02 | 46.43 | 9.32 | 1.48 | *0.00 |
| SDWICH,PB&STWBRYJAM 2.8 O Z8/16 | 1 EACH | 300 | 0 | 310 | 4.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.00 | 0.00 |
| SANDWICH,PB&GRP 2.8 OZ 8/16 | 1 EACH | 310 | 0 | 310 | 4.00 | 1.44 | 60.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.50 | 0.00 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO NGAR | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| SALAD, ROMAINE W/TOMATOES | 1 CUP | 13 | 0 | 5 | 1.37 | 0.52 | 17.4 | 4332 | 170 | 5.53 | 0.77 | 2.69 | 0.14 | 0.02 | *0.00 |
| CALIFORNIA BLEND VEG-2015 | 1/2 CUP | 21 | 0 | 26 | 2.38 | 0.46 | 28.0 | 4384 | 484 | 24.37 | 1.34 | 4.22 | 0.31 | 0.05 | *N/A* |
| VEGETABLES, FRESH 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:cnnnd,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PEARS: canned,light syrup | 1 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| ICE CREAM TREAT | 1 EACH | 140 | 30 | 70 | *N/A* | *N/A* | 80.0 | 300 | 60 | *N/A* | 2.0 | 16.0 | 7.0 | 5.00 | *N/A* |
| MILK,SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| DRESSING CREAMY CAESAR PK | 1 EACH | 210 | 0 | 420 | 0.00 | 0.00 | 20.0 | *N/A* | *0 | 0.0 | 1.0 | 2.0 | 23.0 | 3.50 | 0.00 |
| 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 |
| SAUCE, SRIRACH HOT 7/14 | 1 TSP | 5 | 0 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 842 | 59 | 1136 | *9.19 | *3.78 | *755.5 | *10243 | *847 | *59.69 | 30.16 | 101.35 | 36.94 | 12.83 | *0.00 |
| % of Calories | | | | | | | | | | | 14.3% | 48.1% | 39.5% | 13.7% | *0.0% |

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

Mar 17, 2017

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OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/11/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE LUNCH | Total | | | | | | | | | | | | | | |
| WRAP, BUFFALO CHICKEN 2016 | 1 each | 472 | 83 | 863 | 6.76 | 2.53 | 149.0 | 1511 | 140 | 12.56 | 34.61 | 47.53 | 15.88 | 5.14 | *0.00 |
| SANDWICH,PB&GRP 2.8 OZ 8/16 | 1 EACH | 310 | 0 | 310 | 4.00 | 1.44 | 60.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.50 | 0.00 |
| SDWICH,PB&STWBRYJAM 2.8 OZ 8/16 | 1 EACH | 300 | 0 | 310 | 4.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.00 | 0.00 |
| SANDWICH, SUNBTR & JELLY S CHL | 1 EACH | 301 | 0 | 283 | 4.76 | 2.10 | 55.4 | 0 | 0 | 2.49 | 9.02 | 46.43 | 9.32 | 1.48 | *0.00 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO NGAR | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| ROASTED ROSEMARY REDS-201 | 1/2 CUP | 162 | 0 | 17 | 2.45 | 1.01 | 16.2 | 1 | 0 | 17.01 | 3.15 | 28.6 | 4.72 | 0.63 | *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 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| MILK,SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| 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, 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, BLUE CHEESE 6/14 | 1 EACH | 80 | 5 | 130 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 0.0 | 6.0 | 6.0 | 1.00 | 0.00 |

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
OALC & ACHIEVE LUNCH

Mar 17, 2017

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Weighted Daily Average % of Calories | | 914 | 62 | 1134 | 12.77 | *4.20 | *588.3 | *4366 | *398 | *80.57 | *41.59 | 129.83 | 27.14 | 6.46 | *0.00 |
| | | | | | | | | | | | *18.2% | 56.8% | 26.7% | 6.4% | *0.0% |

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Osseo Area Schools

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

Mar 17, 2017

OALC & ACHIEVE LUNCH

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| Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | |
|---------------------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Wed - 04/12/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE 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, TEND HT SPY TYS 8/1 | 3 EACH | 244 | 53 | 397 | 1.53 | 1.65 | 0.0 | 153 | 31 | 0.0 | 22.89 | 15.26 | 10.68 | 2.29 | 0.00 |
| CHICKEN, TENDER SPCY PROV 8/15 | 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 |
| 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 |
| 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 | | | | | | | | | | | | | | | |
| 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 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| NGAR | | | | | | | | | | | | | | | |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| BREAD, ROLL WS 1.25 OZ 2015 | 1.25 OZ | 120 | *0 | 166 | *2.22 | *0.52 | *18.7 | *27 | *8 | *0.07 | 4.0 | 21.22 | 2.34 | 0.57 | *0.00 |
| POTATO, WHIPPED NATURES 1 | 1/2 CUP | 80 | 0 | 260 | 1.00 | 0.20 | 7.4 | 2 | 0 | 6.65 | 2.0 | 15.0 | 1.5 | 0.00 | 0.00 |
| 2/16 | | | | | | | | | | | | | | | |
| GRAVY,POULTRY RF KRLSBRG 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 |
| 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* |
| 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 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PEARS: canned,light syrup | 1 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| MILK,SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| DRESSING, 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 |
| 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 |
| 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, 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, KENS LITE RANCH 7/14 | TBLSPN | 40 | 3 | 170 | 0.00 | 0.00 | 10.0 | 0 | 0 | 0.0 | 0.5 | 1.0 | 3.5 | 0.50 | 0.00 |
| Weighted Daily Average | | 781 | *69 | 1204 | *11.88 | *4.50 | *414.8 | *4317 | *322 | *46.79 | 41.52 | 112.96 | 18.68 | 3.59 | *0.00 |
| % of Calories | | | | | | | | | | | 21.3% | 57.8% | 21.5% | 4.1% | *0.0% |

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Osseo Area Schools

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

Mar 17, 2017

OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/13/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE 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 |
| CHICKEN, TACO MEAT 9/15 | #10 SCP 3 /8 CUP | 128 | 64 | 141 | 0.83 | 1.11 | 8.6 | 383 | 69 | 3.8 | 16.77 | 4.05 | 4.92 | 1.63 | *0.00 |
| TURKEY, TACO FILLING 2015 C OMM | 3.5 oz | 159 | 62 | 266 | 0.00 | 1.28 | 35.4 | 0 | 0 | 0.0 | 15.95 | 3.54 | 10.63 | 2.66 | 0.00 |
| CHICKEN,FAJITA BRST STRP 12/ | SERVING (3.0OZ) | 120 | 85 | 705 | 0.00 | 1.00 | 11.0 | 230 | 46 | 0.0 | 17.01 | 2.0 | 5.0 | 1.50 | 0.00 |
| CHEESE, SHREDDED MOZZ/CH EDD | 1 OZ | 72 | 22 | 102 | 0.01 | 0.17 | 102.8 | 181 | 37 | 0.17 | 6.44 | 0.28 | 4.9 | 2.90 | *N/A* |
| SANDWICH, SUNBTR & JELLY S CHL | 1 EACH | 301 | 0 | 283 | 4.76 | 2.10 | 55.4 | 0 | 0 | 2.49 | 9.02 | 46.43 | 9.32 | 1.48 | *0.00 |
| SDWICH,PB&STWBRYJAM 2.8 O Z8/16 | 1 EACH | 300 | 0 | 310 | 4.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.00 | 0.00 |
| SANDWICH,PB&GRP 2.8 OZ 8/16 | 1 EACH | 310 | 0 | 310 | 4.00 | 1.44 | 60.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.50 | 0.00 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO NGAR | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| 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 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 | 1/2 CUP | 4 | 0 | 2 | 0.49 | 0.23 | 7.8 | 2047 | 61 | 0.94 | 0.29 | 0.77 | 0.07 | 0.01 | *N/A* |
| TOMATOES,RED,RIPE,RAW, | 1/8 CUP | 4 | 0 | 1 | 0.27 | 0.06 | 2.3 | 187 | 14 | 3.08 | 0.2 | 0.88 | 0.05 | 0.01 | *N/A* |
| PEPPERS,JALAPENO, | 1 OZ | 8 | 0 | 474 | 0.74 | 0.53 | 6.5 | 482 | 48 | 2.83 | 0.26 | 1.34 | 0.27 | 0.03 | *N/A* |
| 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* |
| BEANS,REFRIED VEGETARIAN 1 2/16 | 1/2 CUP | 150 | 0 | 530 | 8.00 | 1.80 | 40.0 | *N/A* | *N/A* | 1.2 | 8.0 | 25.0 | 1.5 | 0.50 | 0.00 |
| ROASTED, PEPPERS & ONIONS 2015 | 1/4 CUP | 9 | 0 | 1 | 0.46 | 0.08 | 3.8 | 242 | 44 | 15.21 | 0.25 | 1.81 | 0.16 | 0.03 | *0.00 |
| 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* |
| CARROTS, FRESH MINI | 1/2 CUP | 40 | 0 | 88 | 3.29 | 1.01 | 36.3 | 15638 | 1702 | 2.95 | 0.73 | 9.34 | 0.15 | 0.03 | *N/A* |
| VEGETABLES, FRESH 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:cnnnd,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |

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

Mar 17, 2017

OALC & ACHIEVE LUNCH

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PEARS: canned,light syrup | 1 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| MILK,SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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, SALSA | 2 OZ | 20 | 0 | 244 | 0.79 | 1.27 | 6.8 | 312 | 31 | 2.27 | 0.85 | 3.97 | 0.11 | 0.02 | *N/A* |
| SAUCE, SOUR CREAM | 1 OZ | 51 | 10 | 20 | 0.00 | 0.02 | 40.0 | 124 | 25 | 0.26 | 1.98 | 1.98 | 4.0 | 2.47 | *N/A* |
| SAUCE, TACO, MILD | 1 OZ | 15 | 0 | 226 | 0.37 | 0.29 | 4.3 | 152 | 30 | 6.66 | 0.33 | 3.71 | 0.09 | 0.01 | *N/A* |
| SAUCE, SRIRACH HOT 7/14 | 1 TSP | 5 | 0 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 842 | 72 | 1524 | 15.87 | 6.26 | *566.2 | *14406 | *1448 | *50.28 | 41.87 | 122.19 | 21.88 | 8.43 | *0.00 |
| % of Calories | | | | | | | | | | | 19.9% | 58.1% | 23.4% | 9.0% | *0.0% |

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

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¹ - denotes optional nutrient values

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Osseo Area Schools

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

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OALC & ACHIEVE LUNCH

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 04/17/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE LUNCH | Total | | | | | | | | | | | | | | |
| 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 |
| CHICKEN, PPCRN WG PROVIEW 8/15 | 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 |
| MACARONI & CHZ RF WG LOL 7/ | 3 OZ | 145 | 15 | 490 | 1.00 | 0.54 | 200.0 | 375 | 75 | 0.0 | 8.5 | 15.5 | 5.5 | 3.00 | 0.00 |
| MACARONI & CHZ RS WG JTM 8/ | 3 OZ | 142 | 18 | 324 | 1.00 | 0.00 | 185.5 | 247 | 49 | 0.5 | 7.5 | 15.5 | 5.5 | 3.25 | 0.00 |
| SANDWICH, SUNBTR & JELLY S CHL | 1 EACH | 301 | 0 | 283 | 4.76 | 2.10 | 55.4 | 0 | 0 | 2.49 | 9.02 | 46.43 | 9.32 | 1.48 | *0.00 |
| SDWICH,PB&STWBRYJAM 2.8 O Z8/16 | 1 EACH | 300 | 0 | 310 | 4.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.00 | 0.00 |
| SANDWICH,PB&GRP 2.8 OZ 8/16 | 1 EACH | 310 | 0 | 310 | 4.00 | 1.44 | 60.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.50 | 0.00 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO NGAR | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| BREADSTICK, WG, GARLIC 11/16 | 1 EACH | 90 | 0 | 95 | 1.00 | 0.72 | 0.0 | 0 | 0 | 0.0 | 3.0 | 15.0 | 3.0 | 0.00 | 0.00 |
| BROCCOLI, 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 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 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PEARS: canned,light syrup | 1 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *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 SCHROEDER 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | 1 EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| DRESSING, 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 |

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Mar 17, 2017

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 CALIF FRNCH 201 | 1 TBSP | 18 | 0 | 105 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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, SRIRACH HOT 7/14 | 1 TSP | 5 | 0 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 780 | 55 | 1317 | 8.32 | *4.06 | *594.1 | *3784 | *412 | *70.39 | 35.91 | 101.34 | 27.33 | 6.28 | *0.02 |
| % of Calories | | | | | | | | | | | 18.4% | 52.0% | 31.5% | 7.3% | *0.0% |

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¹ - denotes optional nutrient values

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Osseo Area Schools

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

Mar 17, 2017

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OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/18/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE LUNCH | Total | | | | | | | | | | | | | | |
| CHICKEN,MAND ORG JR WG 12/1 | SERVING (3.6OZ) | 150 | 40 | 280 | 0.00 | 0.72 | 0.0 | 0 | 0 | 1.2 | 11.0 | 19.0 | 3.0 | 0.50 | 0.00 |
| CHICKEN, BBQ TERIYAKI 12/16 | SERVING (2.80) | 130 | 70 | 480 | 0.00 | 0.72 | 0.0 | 0 | 0 | 0.0 | 16.0 | 10.0 | 3.5 | 1.00 | 0.00 |
| CHICKEN, SWT&SOUR 100%WG 12/16 | SERVING (3.6OZ) | 140 | 40 | 200 | 0.00 | 0.72 | 0.0 | 0 | 0 | 3.6 | 11.0 | 18.0 | 3.0 | 0.50 | 0.00 |
| CHICKEN, SPICY SICHUAN 12/16 | SERVING (2.80) | 140 | 70 | 350 | 0.00 | 0.72 | 0.0 | 0 | 0 | 0.0 | 15.0 | 11.0 | 3.5 | 1.00 | 0.00 |
| SANDWICH, SUNBTR & JELLY S CHL | 1 EACH | 301 | 0 | 283 | 4.76 | 2.10 | 55.4 | 0 | 0 | 2.49 | 9.02 | 46.43 | 9.32 | 1.48 | *0.00 |
| SDWICH,PB&STWBRYJAM 2.8 O Z8/16 | 1 EACH | 300 | 0 | 310 | 4.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.00 | 0.00 |
| SANDWICH,PB&GRP 2.8 OZ 8/16 | 1 EACH | 310 | 0 | 310 | 4.00 | 1.44 | 60.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.50 | 0.00 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO NGAR | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| RICE, BROWN WHOLE GRAIN P ARBOI | 1/2 CUP | 101 | 0 | 0 | 0.67 | 0.24 | 0.0 | 0 | 0 | 0.0 | 2.01 | 21.45 | 0.67 | 0.00 | 0.00 |
| BREAD, 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 |
| STIR FRY VEGETABLES | 1/2 CUP | 30 | 0 | 25 | 2.00 | 0.26 | 17.6 | 666 | 133 | 9.3 | 1.0 | 5.0 | 0.0 | 0.00 | *N/A* |
| VEGETABLES, FRESH 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:cnnnd,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PEARS: canned,light syrup | 1 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| MILK,SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| JUICE CUP PURPLE VEG BLND | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Mar 17, 2017

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| DRESSING, 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 CALIF FRNCH 201 | 1 TBSP | 18 | 0 | 105 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| 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, HOT | 1 TSP | 1 | 0 | 30 | 0.03 | 0.05 | 0.6 | 77 | 8 | 0.21 | 0.06 | 0.04 | 0.04 | 0.00 | *N/A* |
| SAUCE, SRIRACH HOT 7/14 | 1 TSP | 5 | 0 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 705 | *54 | 833 | *8.48 | *2.74 | *409.5 | *4418 | *437 | *49.01 | 27.90 | 114.00 | 15.55 | 2.92 | *0.00 |
| % of Calories | | | | | | | | | | | 15.8% | 64.7% | 19.8% | 3.7% | *0.0% |

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Mar 17, 2017

OALC & ACHIEVE LUNCH

| Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | |
|---------------------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Wed - 04/19/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE 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 | | | | | | | | | | | | | | | |
| 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, UPSTATE FARMS, 4 O Z NF | 1 EACH | 100 | 0 | 75 | 0.00 | 0.00 | 301.1 | *N/A* | *0 | 1.2 | 3.01 | 22.08 | 0.0 | 0.00 | 0.00 |
| 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, #538 POG 51% WG 4" BU | EACH | 100 | 0 | 180 | 2.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 4.0 | 19.0 | 1.0 | 0.50 | 0.00 |
| 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, SPIRAL CUT 8/15 MCC | 1/2 CUP | 110 | 0 | 300 | 1.00 | 0.36 | 0.0 | 0 | 0 | 3.6 | 1.0 | 15.0 | 5.0 | 0.50 | 0.00 |
| AIN | | | | | | | | | | | | | | | |
| POTATO, 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 |
| 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 |
| 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* |
| CARROTS, FRESH MINI | 1/2 CUP | 40 | 0 | 88 | 3.29 | 1.01 | 36.3 | 15638 | 1702 | 2.95 | 0.73 | 9.34 | 0.15 | 0.03 | *N/A* |
| VEGETABLES, FRESH 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:cnnnd,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| KIWI FRUIT,(CHINESE GOOSEB | 1 CUP | 108 | 0 | 5 | 5.31 | 0.55 | 60.2 | 154 | 32 | 164.08 | 2.02 | 25.95 | 0.92 | 0.05 | *N/A* |
| ERRI | | | | | | | | | | | | | | | |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PINEAPPLE JUICE: canned,unswtn | 1 CUP | 133 | 0 | 5 | 0.50 | 0.78 | 32.5 | 13 | 0 | 109.5 | 0.9 | 32.18 | 0.3 | 0.02 | *N/A* |
| MANDARIN ORANGES | 1 CUP | 72 | 0 | 9 | 2.27 | 0.51 | 22.7 | 2480 | 248 | 64.07 | 1.42 | 17.78 | 0.08 | 0.01 | *N/A* |
| 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 |

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¹ - denotes optional nutrient values

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Mar 17, 2017

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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, 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, KENS LITE RANCH 7/14 | TABLESPON | 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 | | 820 | 59 | 2618 | 14.85 | 6.81 | 860.4 | *11694 | *1260 | 64.49 | 43.50 | 118.24 | 20.27 | 6.50 | *0.00 |
| % of Calories | | | | | | | | | | | 21.2% | 57.7% | 22.2% | 7.1% | *0.0% |

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Osseo Area Schools

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

Mar 17, 2017

OALC & ACHIEVE LUNCH

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/20/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE 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 |
| CHICKEN, TACO MEAT 9/15 | #10 SCP 3 /8 CUP | 128 | 64 | 141 | 0.83 | 1.11 | 8.6 | 383 | 69 | 3.8 | 16.77 | 4.05 | 4.92 | 1.63 | *0.00 |
| TURKEY, TACO FILLING 2015 C OMM | 3.5 oz | 159 | 62 | 266 | 0.00 | 1.28 | 35.4 | 0 | 0 | 0.0 | 15.95 | 3.54 | 10.63 | 2.66 | 0.00 |
| CHICKEN,FAJITA BRST STRP 12/ | SERVING (3.0OZ) | 120 | 85 | 705 | 0.00 | 1.00 | 11.0 | 230 | 46 | 0.0 | 17.01 | 2.0 | 5.0 | 1.50 | 0.00 |
| CHEESE, SHREDDED MOZZ/CH EDD | 1 OZ | 72 | 22 | 102 | 0.01 | 0.17 | 102.8 | 181 | 37 | 0.17 | 6.44 | 0.28 | 4.9 | 2.90 | *N/A* |
| SANDWICH, SUNBTR & JELLY S CHL | 1 EACH | 301 | 0 | 283 | 4.76 | 2.10 | 55.4 | 0 | 0 | 2.49 | 9.02 | 46.43 | 9.32 | 1.48 | *0.00 |
| SDWICH,PB&STWBRYJAM 2.8 O Z8/16 | 1 EACH | 300 | 0 | 310 | 4.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.00 | 0.00 |
| SANDWICH,PB&GRP 2.8 OZ 8/16 | 1 EACH | 310 | 0 | 310 | 4.00 | 1.44 | 60.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.50 | 0.00 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO NGAR | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| TORTILLA CHIPS | 1 OZ | 131 | 0 | 33 | 1.87 | 0.34 | 37.4 | 0 | 0 | 0.0 | 1.87 | 19.63 | 5.61 | 0.93 | *N/A* |
| TORTILLA,100% WW 9" 8/16 | 1 EACH | 150 | 0 | 210 | 4.00 | 0.00 | 60.0 | 0 | 0 | 0.0 | 5.0 | 25.0 | 3.5 | 1.50 | 0.00 |
| TACO HARD SHELL 12/16 PANCH | 1 EACH | 100 | 0 | 0 | 1.00 | 0.72 | 0.0 | 0 | 0 | 0.0 | 1.0 | 13.0 | 5.0 | 2.00 | 0.00 |
| RICE, BROWN WHOLE GRAIN P ARBOI | 1/2 CUP | 101 | 0 | 0 | 0.67 | 0.24 | 0.0 | 0 | 0 | 0.0 | 2.01 | 21.45 | 0.67 | 0.00 | 0.00 |
| LETTUCE, ROMAINE,RAW | 1/2 CUP | 4 | 0 | 2 | 0.49 | 0.23 | 7.8 | 2047 | 61 | 0.94 | 0.29 | 0.77 | 0.07 | 0.01 | *N/A* |
| TOMATOES,RED,RIPE,RAW, | 1/8 CUP | 4 | 0 | 1 | 0.27 | 0.06 | 2.3 | 187 | 14 | 3.08 | 0.2 | 0.88 | 0.05 | 0.01 | *N/A* |
| PEPPERS,JALAPENO, | 1 OZ | 8 | 0 | 474 | 0.74 | 0.53 | 6.5 | 482 | 48 | 2.83 | 0.26 | 1.34 | 0.27 | 0.03 | *N/A* |
| 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* |
| ROASTED, PEPPERS & ONIONS 2015 | 1/4 CUP | 9 | 0 | 1 | 0.46 | 0.08 | 3.8 | 242 | 44 | 15.21 | 0.25 | 1.81 | 0.16 | 0.03 | *0.00 |
| BEANS, 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 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:canned,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PEARS: canned,light syrup | 1 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES, Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *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 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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, SALSA | 2 OZ | 20 | 0 | 244 | 0.79 | 1.27 | 6.8 | 312 | 31 | 2.27 | 0.85 | 3.97 | 0.11 | 0.02 | *N/A* |
| SAUCE, SOUR CREAM | 2 OZ | 103 | 20 | 40 | 0.00 | 0.03 | 79.9 | 247 | 49 | 0.51 | 3.97 | 3.97 | 7.99 | 4.93 | *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, HOT | 1 TSP | 1 | 0 | 30 | 0.03 | 0.05 | 0.6 | 77 | 8 | 0.21 | 0.06 | 0.04 | 0.04 | 0.00 | *N/A* |
| SAUCE, SRIRACH HOT 7/14 | 1 TSP | 5 | 0 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 856 | 81 | 1393 | 12.73 | 11.59 | *574.8 | *5088 | *448 | *48.51 | 41.51 | 116.78 | 26.58 | 9.77 | *0.00 |
| % of Calories | | | | | | | | | | | 19.4% | 54.6% | 28.0% | 10.3% | *0.0% |

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Osseo Area Schools

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

Mar 17, 2017

OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 04/21/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE LUNCH | Total | | | | | | | | | | | | | | |
| CHICKEN, PATTY UNBREAD TY SON | 1 EACH | 120 | 60 | 320 | 0.00 | 0.72 | 20.0 | 0 | 0 | 0.0 | 22.0 | 1.0 | 2.5 | 0.50 | 0.00 |
| CHICKEN, FC GLZD BRST FILET | 1 EACH | 100 | 40 | 300 | 0.00 | 0.72 | 0.0 | 0 | 0 | 0.0 | 15.0 | 2.0 | 4.0 | 1.00 | 0.00 |
| CHICKEN,GRILLD CHIPOTLE SEASON | 1 EACH | 100 | *40 | 300 | *0.00 | *0.72 | *0.0 | *0 | *0 | *0.0 | *15.0 | *2.0 | 4.0 | 1.00 | 0.00 |
| SDWICH,PB&STWBRYJAM 2.8 OZ/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 |
| YOGURT, UPSTATE FARMS, 4 OZ NF | 1 EACH | 100 | 0 | 75 | 0.00 | 0.00 | 301.1 | *N/A* | *0 | 1.2 | 3.01 | 22.08 | 0.0 | 0.00 | 0.00 |
| CHEESE, STRING MOZZARELLA, 1W | 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 |
| CHEESE,MARBLE STICK 1OZ BONGAR | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| BREAD, #538 POG 51% WG 4" BU | EACH | 100 | 0 | 180 | 2.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 4.0 | 19.0 | 1.0 | 0.50 | 0.00 |
| POTATO, SWEET CRINKLE CUT 1/17 | 1/2 CUP | 100 | 0 | 95 | 2.00 | 0.36 | 20.0 | 750 | 150 | *N/A* | 1.0 | 15.0 | 4.0 | 0.50 | 0.00 |
| 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 |
| 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 |
| 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 |
| LETTUCE,ICEBERG | 1/4 CUP | 3 | 0 | 2 | 0.22 | 0.07 | 3.2 | 90 | 6 | 0.5 | 0.16 | 0.53 | 0.03 | 0.00 | *N/A* |
| TOMATOES,RED,RIPE,RAW, | 1/4 CUP | 8 | 0 | 2 | 0.54 | 0.12 | 4.5 | 375 | 28 | 6.17 | 0.4 | 1.75 | 0.09 | 0.01 | *N/A* |
| ONIONS,RAW | 1/4 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* |
| CARROTS, FRESH MINI | 1/2 CUP | 40 | 0 | 88 | 3.29 | 1.01 | 36.3 | 15638 | 1702 | 2.95 | 0.73 | 9.34 | 0.15 | 0.03 | *N/A* |
| VEGETABLES, FRESH 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:cnnnd,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| KIWI FRUIT,(CHINESE GOOSEBERRI | 1 CUP | 108 | 0 | 5 | 5.31 | 0.55 | 60.2 | 154 | 32 | 164.08 | 2.02 | 25.95 | 0.92 | 0.05 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| MANDARIN ORANGES | 1 CUP | 72 | 0 | 9 | 2.27 | 0.51 | 22.7 | 2480 | 248 | 64.07 | 1.42 | 17.78 | 0.08 | 0.01 | *N/A* |

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| PINEAPPLE JUICE: canned,unswtn | 1 CUP | 133 | 0 | 5 | 0.50 | 0.78 | 32.5 | 13 | 0 | 109.5 | 0.9 | 32.18 | 0.3 | 0.02 | *N/A* |
| MILK,SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| SAUCE,KETCHUP 10# POUCH 7/1 | TBLSPN | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 20 | 1.2 | 0.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| DRESSING,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, KENS LITE RANCH 7/14 | TABLESP OON | 40 | 3 | 170 | 0.00 | 0.00 | 10.0 | 0 | 0 | 0.0 | 0.5 | 1.0 | 3.5 | 0.50 | 0.00 |
| DRESSING, 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 |
| 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 CHPTLE RNCH 10/16 | 2 TBSP | 140 | 5 | 230 | 0.00 | 0.36 | 20.0 | 100 | 20 | 0.0 | 0.0 | 4.0 | 14.0 | 2.00 | 0.00 |
| SAUCE, BOOM BOOM KEN'S 10/1 | TBLSPN | 85 | 8 | 135 | 0.00 | 0.00 | 0.0 | 50 | 10 | 1.2 | 0.0 | 1.5 | 8.5 | 1.25 | 0.00 |
| Weighted Daily Average | | 847 | *62 | 1899 | *13.56 | *4.70 | *553.6 | *17443 | *1992 | *107.20 | *35.29 | *114.34 | 28.65 | 5.07 | *0.00 |
| % of Calories | | | | | | | | | | | *16.7% | *54.0% | 30.4% | 5.4% | *0.0% |

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Osseo Area Schools

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

Mar 17, 2017

OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/25/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE 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 |
| PANCAKE AND SAUSAGE ON A STICK | 2 EACH | 320 | 40 | 680 | 4.00 | 2.88 | 80.0 | 400 | 80 | 0.0 | 16.0 | 36.0 | 12.0 | 3.00 | 0.00 |
| PANCAKES,MINI STRW SPLSH 1/16 | PACKAGE | 240 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0 | 0.0 | 4.0 | 41.97 | 7.0 | 1.00 | 0.00 |
| PANCAKES,MINI MPLE BRST 11/1 | PACKAGE | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0 | 0.0 | 4.0 | 40.97 | 7.0 | 0.50 | 0.00 |
| WAFFLE,2.4 OZ MAPLE SNACK1/16 | 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 |
| WAFFLES,MINI MAPLE 12/16 PILL | POUCH | 210 | 0 | 170 | 3.00 | 0.72 | 20.0 | 0 | 0 | 0.0 | 4.0 | 38.0 | 6.0 | 1.00 | 0.00 |
| WAFFLE,MINI BLUEBRY 12/16 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 |
| WAFFLE,2.4 OZ CINN SNACK 11/1 | 1 EACH | 240 | 25 | 300 | 3.00 | 1.08 | 20.0 | *N/A* | *N/A* | *N/A* | 5.0 | 41.0 | 7.0 | 3.00 | 0.00 |
| WAFFLE, 2.4 OZ CHOC CHIP 11/1 | 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 |
| 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 |
| EGG, OMELET COLBY CHS 7/14 | 1 EACH | 125 | 164 | 304 | 0.00 | 0.74 | 87.6 | 308 | 62 | 0.01 | 7.14 | 1.79 | 9.53 | 3.57 | 0.00 |
| 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 |
| TURKEY, PATTY FC JENNIE-O 7/ | 1 EACH | 110 | 50 | 320 | 0.00 | 0.72 | 0.0 | 0 | 0 | 0.0 | 15.0 | 0.0 | 6.0 | 2.00 | 0.00 |
| SANDWICH, SUNBTR & JELLY S CHL | 1 EACH | 301 | 0 | 283 | 4.76 | 2.10 | 55.4 | 0 | 0 | 2.49 | 9.02 | 46.43 | 9.32 | 1.48 | *0.00 |
| SDWICH,PB&STWBRYJAM 2.8 O Z8/16 | 1 EACH | 300 | 0 | 310 | 4.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.00 | 0.00 |
| SANDWICH,PB&GRP 2.8 OZ 8/16 | 1 EACH | 310 | 0 | 310 | 4.00 | 1.44 | 60.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.50 | 0.00 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO NGAR | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| POTATO, TRI TATOR 7/15 | 2 EACH | 170 | 0 | 370 | 2.00 | 0.72 | 0.0 | 0 | 0 | 2.4 | 2.0 | 20.0 | 8.0 | 2.50 | 0.00 |
| CARROTS, FRESH MINI | 1/2 CUP | 40 | 0 | 88 | 3.29 | 1.01 | 36.3 | 15638 | 1702 | 2.95 | 0.73 | 9.34 | 0.15 | 0.03 | *N/A* |
| VEGETABLES, FRESH 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:cnnnd,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PEARS: canned,light syrup | 1 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Mar 17, 2017

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| MILK, SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| 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, 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 | | 822 | 48 | 1255 | 8.93 | *4.29 | *574.6 | *9107 | *988 | *36.48 | 28.88 | 117.92 | 26.09 | 6.15 | *0.00 |
| % of Calories | | | | | | | | | | | 14.1% | 57.4% | 28.6% | 6.7% | *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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OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/26/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE LUNCH | Total | | | | | | | | | | | | | | |
| BEEF, FRANK TYSON | 1 EACH | 170 | 35 | 460 | 0.00 | 0.72 | 0.0 | *N/A* | *0 | 0.0 | 7.0 | 1.0 | 15.0 | 6.00 | 0.50 |
| BEEF,RIB-B-QUE RED. SOD 8/15 | 1 EACH | 145 | 43 | 395 | 1.00 | 0.36 | 330.0 | 3600 | 720 | 0.6 | 14.0 | 4.0 | 8.0 | 3.20 | 0.00 |
| CHICKEN, MINI WG CORNDOG 1 2/16 | 6 EACH | 240 | 60 | 420 | 0.00 | 2.16 | 120.0 | 0 | 0 | 0.0 | 12.0 | 30.0 | 9.0 | 0.00 | 0.00 |
| CHICKEN CHOW MEIN | 3/4 CUP | 149 | *55 | 660 | 0.73 | 1.03 | 37.0 | 97 | 3 | 3.63 | 18.43 | 8.84 | 4.74 | 1.08 | *0.03 |
| 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 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, BIG DADDY PRIMO PP 201 | SLICE | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 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,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,XTRA CHS BUFF CHIX 11/1 | SLICE | 310 | 35 | 550 | 2.00 | 1.44 | 350.0 | 300 | 60 | 0.0 | 18.0 | 35.0 | 11.0 | 5.00 | 0.00 |
| PIZZA,FR BREAD 6" WG CHS 12/1 | 1 EACH | 330 | 25 | 710 | 3.00 | 1.80 | 300.0 | 500 | 100 | 0.0 | 18.0 | 30.0 | 15.0 | 6.00 | 0.00 |
| PIZZA, 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"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 |
| 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, SUNBTR & JELLY S CHL | 1 EACH | 301 | 0 | 283 | 4.76 | 2.10 | 55.4 | 0 | 0 | 2.49 | 9.02 | 46.43 | 9.32 | 1.48 | *0.00 |
| SDWICH,PB&STWBRYJAM 2.8 O Z8/16 | 1 EACH | 300 | 0 | 310 | 4.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.00 | 0.00 |
| SANDWICH,PB&GRP 2.8 OZ 8/16 | 1 EACH | 310 | 0 | 310 | 4.00 | 1.44 | 60.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.50 | 0.00 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO NGAR | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| BREAD, #5151 POG 51% WG HO T DO | 1 EACH | 100 | 0 | 170 | 2.00 | 1.08 | 60.0 | *N/A* | *0 | 0.0 | 3.0 | 20.0 | 1.0 | 0.00 | 0.00 |
| BREAD, #606 WHEAT HOAGIE B ULK | 1 EACH | 170 | 0 | 360 | 4.00 | 1.80 | 80.0 | 0 | 0 | 0.0 | 6.0 | 34.0 | 2.5 | 0.50 | 0.00 |
| RICE, BROWN WHOLE GRAIN P ARBOI | 1/2 CUP | 101 | 0 | 0 | 0.67 | 0.24 | 0.0 | 0 | 0 | 0.0 | 2.01 | 21.45 | 0.67 | 0.00 | 0.00 |
| POTATO, SPIRAL CUT 8/15 MCC AIN | 1/2 CUP | 110 | 0 | 300 | 1.00 | 0.36 | 0.0 | 0 | 0 | 3.6 | 1.0 | 15.0 | 5.0 | 0.50 | 0.00 |
| POTATO, 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, 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* |
| BROCCOLI SALAD | 1/2 CUP | 176 | 0 | 181 | 2.39 | 0.86 | 41.2 | 384 | 95 | 55.12 | 2.43 | 32.67 | 5.19 | 0.66 | *0.00 |
| SALAD, SPINACH W/TOMATO 201 | 1 CUP | 8 | 0 | 22 | 0.72 | 0.77 | 28.0 | 2643 | 190 | 9.06 | 0.87 | 1.39 | 0.13 | 0.02 | *N/A* |
| 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* |

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Osseo Area Schools

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

Mar 17, 2017

OALC & ACHIEVE LUNCH

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PEARS: canned,light syrup | 1 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| CAKE, CRAZY- 2 X 2 SQUARE-20 | 1 EACH | 116 | 3 | 134 | 1.57 | 0.23 | 4.7 | 68 | 16 | 0.0 | 1.61 | 21.75 | 3.05 | 0.91 | *0.00 |
| DESSERT, SCHOOL MADE | 1 EACH | 191 | *45 | 96 | *0.53 | *1.08 | *6.3 | *286 | *58 | *0.0 | 2.11 | 23.28 | 10.07 | 5.08 | *N/A* |
| MILK,SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| 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, HOT | 1 TSP | 1 | 0 | 30 | 0.03 | 0.05 | 0.6 | 77 | 8 | 0.21 | 0.06 | 0.04 | 0.04 | 0.00 | *N/A* |
| SAUCE, SRIRACH HOT 7/14 | 1 TSP | 5 | 0 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 849 | *70 | 1226 | *9.23 | *4.72 | *629.7 | *5383 | *565 | *72.36 | 31.58 | 126.47 | 26.05 | 7.68 | *0.05 |
| % of Calories | | | | | | | | | | | 14.9% | 59.6% | 27.6% | 8.1% | *0.0% |

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¹ - denotes optional nutrient values

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Osseo Area Schools

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

Mar 17, 2017

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OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/27/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE 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 |
| YOGURT, UPSTATE FARMS, 4 OZ NF | 1 EACH | 100 | 0 | 75 | 0.00 | 0.00 | 301.1 | *N/A* | *0 | 1.2 | 3.01 | 22.08 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| 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 |
| LETTUCE, ROMAINE,RAW | 1 CUP | 8 | 0 | 4 | 0.99 | 0.46 | 15.5 | 4094 | 122 | 1.88 | 0.58 | 1.55 | 0.14 | 0.02 | *N/A* |
| SQUASH, BUTTERNUT ROASTED | 1/2 CUP | 40 | 1 | 18 | 1.11 | 0.49 | 30.7 | 979 | 286 | 9.35 | 0.99 | 6.1 | 1.72 | 0.37 | *0.00 |
| VEGETABLES, FRESH 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:cnnnd,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| KIWI FRUIT,(CHINESE GOOSEBERRI | 1 CUP | 108 | 0 | 5 | 5.31 | 0.55 | 60.2 | 154 | 32 | 164.08 | 2.02 | 25.95 | 0.92 | 0.05 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PINEAPPLE JUICE: canned,unswtn | 1 CUP | 133 | 0 | 5 | 0.50 | 0.78 | 32.5 | 13 | 0 | 109.5 | 0.9 | 32.18 | 0.3 | 0.02 | *N/A* |
| MANDARIN ORANGES | 1 CUP | 72 | 0 | 9 | 2.27 | 0.51 | 22.7 | 2480 | 248 | 64.07 | 1.42 | 17.78 | 0.08 | 0.01 | *N/A* |
| MILK,SKIM FF, SCHROEDER 1/17 | EACH | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LF, SCHROEDER 1/17 | EACH | 110 | 15 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| DRESSING CREAMY CAESAR PK | 1 EACH | 210 | 0 | 420 | 0.00 | 0.00 | 20.0 | *N/A* | *0 | 0.0 | 1.0 | 2.0 | 23.0 | 3.50 | 0.00 |
| DRESSING, KENS LITE RANCH 7/14 | TABLESP OON | 40 | 3 | 170 | 0.00 | 0.00 | 10.0 | 0 | 0 | 0.0 | 0.5 | 1.0 | 3.5 | 0.50 | 0.00 |

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Mar 17, 2017

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average % of Calories | | 849 | *56 | 1154 | *10.33 | *3.64 | *606.2 | *7504 | *729 | *66.49 | *31.38 | 100.92 | 37.30 | 12.04 | *0.00 |
| | | | | | | | | | | | *14.8% | 47.6% | 39.6% | 12.8% | *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

¹ - denotes optional nutrient values

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Osseo Area Schools

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

Mar 17, 2017

OALC & ACHIEVE LUNCH

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 04/28/2017 | | | | | | | | | | | | | | | |
| OALC & ACHIEVE LUNCH | Total SERVING | | | | | | | | | | | | | | |
| BEEF, PHILLY STEAK RED SOD8 /15 | 2.86OZ | 143 | 40 | 389 | 0.00 | 1.00 | 10.0 | 19 | 4 | 0.0 | 13.0 | 3.0 | 8.0 | 3.40 | 8.00 |
| CHEESE, PROVOLONE 2015 | 1 EACH | 56 | 13 | 101 | 0.00 | 0.00 | 75.9 | *N/A* | *N/A* | *N/A* | 3.04 | 0.0 | 3.54 | 2.03 | 0.00 |
| 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 |
| CHICKEN, PATTY UNBREAD TY SON | 1 EACH | 120 | 60 | 320 | 0.00 | 0.72 | 20.0 | 0 | 0 | 0.0 | 22.0 | 1.0 | 2.5 | 0.50 | 0.00 |
| CHICKEN, FC GLZD BRST FILET | 1 EACH | 100 | 40 | 300 | 0.00 | 0.72 | 0.0 | 0 | 0 | 0.0 | 15.0 | 2.0 | 4.0 | 1.00 | 0.00 |
| SANDWICH, SUNBTR & JELLY S CHL | 1 EACH | 301 | 0 | 283 | 4.76 | 2.10 | 55.4 | 0 | 0 | 2.49 | 9.02 | 46.43 | 9.32 | 1.48 | *0.00 |
| SDWICH,PB&STWBRYJAM 2.8 O Z8/16 | 1 EACH | 300 | 0 | 310 | 4.00 | 1.08 | 40.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.00 | 0.00 |
| SANDWICH,PB&GRP 2.8 OZ 8/16 | 1 EACH | 310 | 0 | 310 | 4.00 | 1.44 | 60.0 | 0 | 0 | 0.0 | 10.0 | 34.0 | 16.0 | 2.50 | 0.00 |
| CHEESE STICK, LITE LOL 7/15 | 1 EACH | 60 | 10 | 210 | 0.00 | 0.11 | 220.0 | 146 | 29 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| CHEESE,MARBLE STICK 1OZ BO NGAR | 1 EACH | 110 | 30 | 170 | 0.00 | 0.00 | 200.0 | 300 | 60 | 0.0 | 7.0 | 0.0 | 9.0 | 5.00 | 0.00 |
| YOGURT,NF 4 OZ VARIETY 7/14 | 1 EACH | 86 | 1 | 56 | 0.00 | 0.00 | 300.0 | 0 | 0 | 0.34 | 3.0 | 17.71 | 0.0 | 0.00 | 0.00 |
| BREAD, #5150 POG 51% WG ST EAK | 1 EACH | 170 | 0 | 320 | 4.00 | 1.80 | 100.0 | 0 | 0 | 0.0 | 5.0 | 37.0 | 2.0 | 0.50 | 0.00 |
| BREAD #538 WG 4" BUN 5/15 | 1 EACH | 150 | 0 | 250 | 3.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 6.0 | 29.0 | 2.0 | 0.00 | 0.00 |
| POTATO, 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 |
| ROASTED, PEPPERS & ONIONS 2015 | 1/4 CUP | 9 | 0 | 1 | 0.46 | 0.08 | 3.8 | 242 | 44 | 15.21 | 0.25 | 1.81 | 0.16 | 0.03 | *0.00 |
| ROASTED BRUSSELS SPROUTS -2015 | 1/2 CUP | 50 | 0 | 58 | 1.70 | 0.56 | 15.5 | 335 | 67 | 38.35 | 1.55 | 4.12 | 3.51 | 0.52 | *0.00 |
| CARROTS, FRESH MINI | 1/2 CUP | 40 | 0 | 88 | 3.29 | 1.01 | 36.3 | 15638 | 1702 | 2.95 | 0.73 | 9.34 | 0.15 | 0.03 | *N/A* |
| VEGETABLES, FRESH 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:cannnd,unswtnd,+vit C | 1 CUP | 102 | 0 | 5 | 2.68 | 0.56 | 9.8 | 71 | 7 | 51.73 | 0.41 | 27.5 | 0.24 | 0.02 | *N/A* |
| FRUIT COCKTAIL:canned,lt syrup | 1 CUP | 138 | 0 | 15 | 2.42 | 0.70 | 14.5 | 496 | 51 | 4.6 | 0.97 | 36.13 | 0.17 | 0.02 | *N/A* |
| 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,FRESH | 1 CUP | 78 | 0 | 2 | 2.17 | 0.45 | 20.2 | 90 | 3 | 74.09 | 0.84 | 20.34 | 0.19 | 0.01 | *N/A* |
| PINEAPPLE COCTAIL TIDBITS 20 | 1 CUP | 120 | 0 | 20 | 2.00 | 0.72 | *N/A* | *N/A* | *N/A* | 30.0 | 0.0 | 30.0 | 0.0 | 0.00 | 0.00 |
| PEACHES: canned,light syrup | 1 CUP | 136 | 0 | 13 | 3.26 | 0.90 | 7.5 | 889 | 88 | 6.02 | 1.13 | 36.52 | 0.08 | 0.00 | *N/A* |
| PEARS: canned,light syrup | 1 CUP | 143 | 0 | 13 | 4.02 | 0.70 | 12.6 | 0 | 0 | 1.76 | 0.48 | 38.08 | 0.08 | 0.00 | *N/A* |
| WATERMELON, FRESH | 1 CUP | 48 | 0 | 2 | 0.64 | 0.38 | 11.2 | 910 | 59 | 12.96 | 0.98 | 12.08 | 0.24 | 0.03 | *N/A* |
| GRAPES,Fresh | 1 CUP | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 9 | 3.68 | 0.58 | 15.78 | 0.32 | 0.10 | *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 |

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

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

¹ - denotes optional nutrient values

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Osseo Area Schools

Apr 1, 2017 thru Apr 30, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Mar 17, 2017

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| MILK, CHOC SKIM SCHROED 1/17 | EACH | 130 | 5 | 210 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, LACTOSE FREE2016 | 1 EACH | 80 | 5 | 130 | 0.00 | 0.00 | 300.0 | 500 | 100 | 1.2 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK, CHOCOLATE LIL'MILK | 1 EACH | 130 | 5 | 140 | 0.00 | 0.00 | 300.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA LIL'MILK | 1 EACH | 120 | 5 | 120 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MILK, VANILLA MOO MILK, 1% | 1 EACH | 145 | 12 | 100 | 0.00 | 0.00 | 280.0 | 500 | 100 | 0.0 | 8.0 | 23.0 | 2.0 | 1.50 | 0.00 |
| JUICE CUP PURPLE VEG BLND 6/15 | EACH | 50 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| JUICE CUP RED VEG BLND 6/15 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 11.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| JUICE, CUP ORNG BLND 4 OZ 6/1 | EACH | 60 | 0 | 6 | 0.00 | 0.00 | 10.0 | 0 | 0 | 60.0 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| 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, SRIRACH HOT 7/14 | 1 TSP | 5 | 0 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 829 | 61 | 1378 | 12.21 | *4.86 | *570.7 | *17961 | *2141 | *65.40 | 32.34 | 115.47 | 27.42 | 7.14 | *5.44 |
| % of Calories | | | | | | | | | | | 15.6% | 55.7% | 29.8% | 7.8% | *5.9% |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|-----|------|--------|-------|--------|-------|------|--------|------------------|-------------------|----------------|--------------|----------------|
| Weighted Average | | 824 | *60 | 1504 | *11.51 | *5.04 | *612.1 | *8390 | *901 | *65.26 | *35.13 *17.1% | *115.15 *55.9% | 26.11 28.5% | 7.24 7.9% | *0.31 *0.3% |
|------------------|--|-----|-----|------|--------|-------|--------|-------|------|--------|------------------|-------------------|----------------|--------------|----------------|

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Error Messages (if any) |
|-------------------|----------|-----------|----------|-------------|-----------|-----------|---------------------------------------|
| Calories | 824 | | 750 | 110% | | | |
| Cholesterol (mg) | 60 | | | | Missing | | |
| Sodium (mg) | 1504 | | 1420 | 106% | | | Correction Required - Sodium too High |
| Fiber (g) | 11.51 | | | | Missing | | |
| Iron (mg) | 5.04 | | 0.00 | | Missing | | |
| Calcium (mg) | 612.1 | | 0.00 | | Missing | | |
| Vitamin A (IU) | 8390 | | 0 | | Missing | | |
| Vitamin A (RE) | 901 | | 0 | | Missing | | |
| Vitamin C (mg) | 65.26 | | 0.00 | | Missing | | |
| Protein (g) | 35.13 | 17.06% | 0.00 | | Missing | | |
| Carbohydrate (g) | 115.15 | 55.93% | | | Missing | | |
| Total Fat (g) | 26.11 | 28.54% | <=30.00% | | | | |
| Saturated Fat (g) | 7.24 | 7.91% | <10.00% | | | | |
| Trans Fat (g) | 0.31 | 0.34% | | | Missing | | |

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¹ - denotes optional nutrient values

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