

Osseo Area Schools

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

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MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Mon - 05/01/2017																
MIDDLE SCHOOL LUNCH (
	Total															
	PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
	PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
	PIZZA, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
	PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
	PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
	PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
	PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
	PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
	PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
	BEEF PEPPERONI, BONICI 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
	PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
	SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
	SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
	SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
	SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
	SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
	SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
	CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
	CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
	YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
	CALIFORNIA BLEND VEG. 12/16	1/2 CUP	28	0	28	1.88	0.00	18.8	938	188	16.89	0.94	4.69	0.0	0.00	0.00
	BEAN SALAD, OSSEO 2015	1/2 CUP	174	0	172	5.96	3.63	29.4	49	6	1.55	5.61	17.53	9.2	1.32	*0.00
	ROASTED CARROTS, 8/15	1/2 CUP	29	0	42	1.58	0.48	17.4	7506	817	1.42	0.35	4.49	1.19	0.17	*0.00
	VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
	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	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
	GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
	ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
	PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
	PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
	PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
	PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
	PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
	MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*

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

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¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, HONEY MUSTARD M ARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, ITALIAN DIPPING CU	EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
DRESSING, CAESAR HEINZ 2012	PACKET	170	0	320	0.00	0.00	20.0	100	20	0.0	1.0	1.0	18.0	3.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
Weighted Daily Average		703	*36	1026	*12.62	*5.48	*648.4	*9683	*1031	*54.52	*30.95	92.12	23.35	6.51	*0.00
% of Calories										*17.6%	52.4%	29.9%	8.3%	*0.0%	

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017														
MIDDLE SCHOOL LUNCH (Total													
BEEF, FRANK TYSON	2 EACH	340	70	920	0.00	1.44	0.0	*N/A*	*0	0.0	14.0	2.0	30.0	12.00 1.00
TURKEY, FRANK RED SOD 12/16	2 EACH	220	110	520	0.00	2.16	120.0	0	40	12.0	16.0	0.0	18.0	5.00 0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00 0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50 0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48 *0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49 *0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06 *0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41 *0.01
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41 *0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00 0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00 0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00 0.00
PIZZA, 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
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96 0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00 0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54 0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00 0.00
BREAD #5151 WG HOTDOG BUN 5/15	2 EACH	220	0	380	4.00	2.88	80.0	0	0	0.0	8.0	42.0	3.0	0.00 0.00
CHILI, VEGETARIAN	3/4 CUP	74	0	301	3.02	0.66	21.7	488	45	18.02	2.71	11.1	2.66	0.23 *0.01
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*
CORN, WHOLE KERNEL	1/2 CUP	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09 *N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02 *0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04 *N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02 0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05 *N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02 *N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03 *N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00 *N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00 *N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01 *N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01 *N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00 *N/A*

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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)
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
Weighted Daily Average		728	*58	1512	*9.04	*4.61	*484.1	*3960	*463	*47.85	31.04	90.25	28.49	9.24	*0.60
% of Calories											17.0%	49.6%	35.2%	11.4%	*0.7%

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Osseo Area Schools

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

Apr 20, 2017

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MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/03/2017															
MIDDLE SCHOOL LUNCH (TURKEY IN GRAVY 2015	Total 4 OZ SPO ODLE	135	46	619	0.07	*0.06	*4.0	*2	*0	*0.08	*16.6	3.43	6.58	*2.00	*0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,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" 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
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
BREAD, ROLL WS 1.25 OZ 2015	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
POTATO, WHIPPED NATURES 1 2/16	1/2 CUP	80	0	260	1.00	0.20	7.4	2	0	6.65	2.0	15.0	1.5	0.00	0.00
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
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
BEANS, GREEN,CANNED,DRAINE	1/2 CUP	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
MIDDLE SCHOOL LUNCH (6-8)

Apr 20, 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)
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
CRANBERRY SAUCE JELLIED 7/1	1/2 CUP	22	0	2	0.00	0.00	0.0	0	0	0.0	0.0	5.0	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
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING FF DJON HNY MSTD 10/16	1 TBSP	23	0	150	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
DRESSING, WESTERN LIGHT 201	1 TBSP	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
Weighted Daily Average		695	*50	1368	*9.74	*3.11	*546.0	*4782	*709	*47.67	*33.15	92.42	22.76	*5.39	*0.00
% of Calories											*19.1%	53.2%	29.5%	*7.0%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

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MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/04/2017															
MIDDLE SCHOOL LUNCH (Total														
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
CHICKEN,POPCORN SMACKER S 12/16	10 EACH	269	60	590	3.00	2.00	17.0	168	34	1.0	18.0	20.0	13.0	3.00	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, 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,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,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, 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
BEEF PEPPERONI, BONICI 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
BREAD, ROLL WS 1.25 OZ 2015	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
POTATO, 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
SALAD, CUCUMBER-2015	1/2 CUP	96	14	164	0.43	0.21	34.3	142	37	2.44	1.17	8.28	6.83	2.36	*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*
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*

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Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, HONEY MUSTARD MARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, ITALIAN DIPPING CU	EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
Weighted Daily Average		620	*22	1010	*7.18	*3.38	*492.3	*4259	*465	*39.65	*27.68	80.58	21.16	4.22	*0.03
% of Calories											*17.9%	52.0%	30.7%	6.1%	*0.0%

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Osseo Area Schools

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

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MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/05/2017															
MIDDLE SCHOOL LUNCH (CHICKEN, BBQ TERIYAKI 12/16	Total SERVING (2.80)	130	70	480	0.00	0.72	0.0	0	0	0.0	16.0	10.0	3.5	1.00	0.00
CHICKEN,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, 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
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA, 5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA, 5" 51% WG PEP TONY 7/1	1 EACH	340	35	700	4.00	2.70	250.0	400	80	0.0	18.0	39.0	13.0	6.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, 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
BEEF PEPPERONI, BONICI 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
RICE, SEASONED BROWN 2015	1/2 CUP	111	1	3	1.76	0.52	9.8	8	2	*0.0	*2.26	22.92	1.03	0.32	*0.00
BREADSTICK, WG, GARLIC 11/16	1 EACH	90	0	95	1.00	0.72	0.0	0	0	0.0	3.0	15.0	3.0	0.00	0.00
BREADSTICK,WG PANBAKE 5" 1 1/16	1 EACH	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	1.0	0.00	0.00
STIR FRY VEGETABLES 12/16	1/2 CUP	17	0	15	1.00	0.18	10.0	250	50	6.0	0.5	3.0	0.0	0.00	0.00
SALAD, SPINACH W/TOMATO 201	1 CUP	8	0	22	0.72	0.77	28.0	2643	190	9.06	0.87	1.39	0.13	0.02	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, FF CALIF FRNCH 201	1 TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
DRESSING, HONEY MUSTARD M ARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, ITALIAN DIPPING CU	EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
DRESSING, CAESAR HEINZ 2012	PACKET	170	0	320	0.00	0.00	20.0	100	20	0.0	1.0	1.0	18.0	3.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
Weighted Daily Average		635	*56	968	*7.52	*3.63	*471.8	*5514	*484	*47.23	*29.31	94.93	16.00	3.55	*0.00
% of Calories											*18.5%	59.8%	22.7%	5.0%	*0.0%

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Apr 20, 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)
Mon - 05/08/2017															
MIDDLE SCHOOL LUNCH (Total														
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, WG FC BRST PTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
BREAD #538 WG 4" BUN 5/15	1 EACH	150	0	250	3.00	1.80	60.0	0	0	0.0	6.0	29.0	2.0	0.00	0.00
BAKED BEAN VEG RED SOD 5/14	1/2 CUP	140	0	410	6.00	1.80	60.0	0	0	0.0	6.0	29.0	0.0	0.00	0.00
CALIFORNIA BLEND VEG-2015	1/2 CUP	21	0	26	2.38	0.46	28.0	4384	484	24.37	1.34	4.22	0.31	0.05	*N/A*
POTATO, SWEET CRINKLE CUT 8/15	1/2 CUP	85	0	125	1.00	0.36	20.0	3500	700	2.4	1.0	13.0	3.0	0.50	0.00
POTATO, SWEET CROSSTRAX 8/15	1/2 CUP	90	0	150	2.00	0.36	20.0	3200	640	1.2	1.0	15.0	3.0	0.50	0.00
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/4 CUP	8	0	2	0.54	0.12	4.5	375	28	6.17	0.4	1.75	0.09	0.01	*N/A*
ONIONS,RAW	1/4 CUP	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	0.01	*N/A*
PICKLES,DILL	4 EACH	31	0	2275	2.86	0.96	109.2	476	86	2.08	1.56	6.73	0.36	0.09	*N/A*

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	124	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
KETCHUP, RED GOLD 8/15	TBLSPPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING FF DJON HNY MSTD 10/16	1 TBSP	23	0	150	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		732	*43	2406	*13.94	*5.66	*637.0	*10022	*1311	*55.02	34.81	113.15	16.82	3.87	*0.00
% of Calories											19.0%	61.8%	20.7%	4.8%	*0.0%

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Osseo Area Schools

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

MIDDLE SCHOOL LUNCH (6-8)

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Tue - 05/09/2017															
MIDDLE SCHOOL LUNCH (Total														
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, WG FC BRST PTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
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
CHICKEN, MINI CORN DOG WG 6/15	6 EACH	270	40	410	5.00	1.80	150.0	0	0	0.0	10.0	30.01	12.0	3.50	0.00
CHICKEN, CORN DOG 100%WG 6/15	1 EACH	240	40	390	5.00	1.80	80.0	0	0	0.0	9.0	30.0	8.0	2.50	0.00
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
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
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
BREAD #538 WG 4" BUN 5/15	1 EACH	150	0	250	3.00	1.80	60.0	0	0	0.0	6.0	29.0	2.0	0.00	0.00
BREAD #5151 WG HOTDOG BUN 5/15	1 EACH	110	0	190	2.00	1.44	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
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*

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
POTATO, SWEET CRINKLE CUT 8/15	1/2 CUP	85	0	125	1.00	0.36	20.0	3500	700	2.4	1.0	13.0	3.0	0.50	0.00
POTATO, SPRIAL CUT MCCAIN 8/15	1/2 CUP	110	0	300	1.00	0.36	0.0	0	0	3.6	1.0	15.0	5.0	0.50	0.00
GREEN BEANS: canned,cooked	1/2 CUP	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/4 CUP	8	0	2	0.54	0.12	4.5	375	28	6.17	0.4	1.75	0.09	0.01	*N/A*
ONIONS,RAW	1/4 CUP	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	0.01	*N/A*
PICKLES,DILL	4 EACH	31	0	2275	2.86	0.96	109.2	476	86	2.08	1.56	6.73	0.36	0.09	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
COOKIE, SUGAR BEST MAID	1 EACH	160	16	120	0.20	0.60	4.0	24	5	0.0	1.5	18.3	8.9	2.40	*N/A*
BROWNIES, MINI -OSSEO-2015	1 EACH	144	43	71	1.11	0.69	4.7	284	57	0.0	1.96	17.74	7.55	4.23	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		745	*68	2275	*10.97	*4.98	*626.2	*9599	*1285	*57.67	30.56 16.4%	101.35 54.4%	25.13 30.4%	7.37 8.9%	*0.05 *0.1%

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Wed - 05/10/2017															
MIDDLE SCHOOL LUNCH (BREADSTICK RF CHEZ WG 6" 12 /16	Total 2 EACH	300	30	440	4.00	2.16	400.0	400	80	0.0	20.0	34.0	10.0	5.00	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
SAUCE, MARINARA SCHOOLMA D 2015	1/2 CUP	35	*0	140	*1.69	*1.21	*13.9	*917	*183	*7.23	*0.35	8.62	0.0	0.00	*0.00
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
BEANS,GREEN,CANNED,DRAINE	1/2 CUP	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
BEANS, GREEN GARLIC ROASTE	1/2 CUP	95	0	59	3.33	0.99	55.1	627	125	4.67	1.69	7.92	7.18	1.03	*0.00
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*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
RICE KRIS MINI SQUARE WG 12/	1 EACH	50	0	45	0.00	0.36	0.0	0	0	0.0	0.0	9.0	1.0	0.00	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING CREAMY CAESAR PK	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 FF DJON HNY MSTD 10/16	1 TBSP	23	0	150	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
DRESSING, WESTERN LITE	1 OZ	65	0	227	0.00	0.00	0.0	162	32	0.97	0.0	12.96	1.62	0.00	0.00
Weighted Daily Average		706	*35	1259	*10.71	*5.08	*737.7	*14737	*1512	*41.89	*29.89	93.51	25.00	6.69	*0.00
% of Calories											*16.9%	53.0%	31.9%	8.5%	*0.0%

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Osseo Area Schools

MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017															
MIDDLE SCHOOL LUNCH (Total														
BEEF TACO MEAT-2015	#10 SCOO	151	33	232	1.22	2.58	31.9	420	74	3.97	14.53	5.81	7.64	3.08	*0.00
CHEESE, SHREDDED MOZZ/CH	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EDD															
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
/15															
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
DON															
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
LOL															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
TORTILLA,100% WW 9" 8/16	1 EACH	150	0	210	4.00	0.00	60.0	0	0	0.0	5.0	25.0	3.5	1.50	0.00
TACO HARD SHELL 12/16 PANCH	1 EACH	100	0	0	1.00	0.72	0.0	0	0	0.0	1.0	13.0	5.0	2.00	0.00
TORTILLA CHIPS	1 OZ	131	0	33	1.87	0.34	37.4	0	0	0.0	1.87	19.63	5.61	0.93	*N/A*
RICE, BROWN WHOLE GRAIN P	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
ARBOI															
LETTUCE, ROMAINE,RAW	1/2 CUP	4	0	2	0.49	0.23	7.8	2047	61	0.94	0.29	0.77	0.07	0.01	*N/A*
TOMATOES,RED,RIPE,RAW,	1/8 CUP	4	0	1	0.27	0.06	2.3	187	14	3.08	0.2	0.88	0.05	0.01	*N/A*
ONIONS,RAW	1/8 CUP	6	0	1	0.24	0.03	3.3	0	0	1.06	0.16	1.34	0.01	0.01	*N/A*
BEANS,REFRIED VEGETARIAN 1	1/2 CUP	150	0	530	8.00	1.80	40.0	*N/A*	*N/A*	1.2	8.0	25.0	1.5	0.50	0.00
2/16															
OLIVE, SLICED RIPE	1 OZ	45	0	205	0.00	0.00	0.0	0	0	0.0	0.0	1.79	4.46	0.00	*N/A*

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
CORN, WHOLE KERNEL	1/2 CUP	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, SOUR CREAM	1 OZ	51	10	20	0.00	0.02	40.0	124	25	0.26	1.98	1.98	4.0	2.47	*N/A*
SAUCE, TACO, MILD	1 OZ	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
SAUCE, SALSA	1 OZ	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		731	*56	1208	*11.97	*5.36	*568.2	*5865	*585	*45.69	37.49	102.21	20.24	7.37	*0.00
% of Calories											20.5%	55.9%	24.9%	9.1%	*0.0%

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MIDDLE SCHOOL LUNCH (6-8)

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Fri - 05/12/2017															
MIDDLE SCHOOL LUNCH (Total														
SANDWICH, TOASTED CHEESE	1 EACH	280	30	670	2.00	1.44	1468.6	2143	429	0.0	20.0	30.0	9.0	5.00	0.00
8/15															
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
/15															
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
DON															
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
LOL															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
SOUP, TOMATO HLTHY RQST 12	1/2 CUP	80	0	410	1.00	0.36	0.0	400	80	6.0	1.0	16.0	1.0	0.50	0.00
/16															
CARROTS, OVEN ROASTED 201	1/2 CUP	70	0	99	2.52	0.36	27.9	10796	1617	1.93	0.61	11.82	2.68	0.36	*0.00
5 CMO															
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
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
ETENED															
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		679	*40	1322	*8.17	*2.96	*1218.4	*10507	*1546	*61.17	28.65	96.78	20.57	6.23	*0.00
% of Calories											16.9%	57.0%	27.3%	8.3%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

Page 22

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 - 05/15/2017															
MIDDLE SCHOOL LUNCH (Total														
BEEF SLOPPY JOE MEAT-2015	1 EACH	175	33	351	1.28	2.29	30.9	465	93	9.65	16.29	10.12	7.55	2.86	*0.00
FISH PATTY- CLEAR SPRING 12/1	1 EACH	220	30	510	2.00	1.08	20.0	200	40	0.0	14.99	13.99	10.99	4.00	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
PIZZA,WW HAWAIIAN 11/16 NAR	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
DON															
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
LOL															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
BREAD #538 WG 4" BUN 5/15	1 EACH	150	0	250	3.00	1.80	60.0	0	0	0.0	6.0	29.0	2.0	0.00	0.00
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/4 CUP	8	0	2	0.54	0.12	4.5	375	28	6.17	0.4	1.75	0.09	0.01	*N/A*
ONIONS,RAW	1/8 CUP	6	0	1	0.24	0.03	3.3	0	0	1.06	0.16	1.34	0.01	0.01	*N/A*
BEANS,GREEN,CANNED,DRAINE	1/2 CUP	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
BEANS, GREEN GARLIC ROASTE	1/2 CUP	95	0	59	3.33	0.99	55.1	627	125	4.67	1.69	7.92	7.18	1.03	*0.00
BEAN SALAD, OSSEO 2015	1/2 CUP	174	0	172	5.96	3.63	29.4	49	6	1.55	5.61	17.53	9.2	1.32	*0.00
POTATO, 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, CRINKLE CUT INFIN 20	1/2 CUP	120	0	160	2.00	0.42	10.6	33	7	4.94	2.0	18.0	4.0	0.00	0.00
POTATO, CRISSCUT FRIES 7/15	1/2 CUP	120	0	260	1.00	0.36	0.0	0	0	3.6	1.0	14.0	6.0	1.50	0.00
POTATO, SPIRAL CUT 8/15 MCC	1/2 CUP	110	0	300	1.00	0.36	0.0	0	0	3.6	1.0	15.0	5.0	0.50	0.00
AIN															

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Osseo Area Schools

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

MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
TARTAR SAUCE	1 TBSP	31	4	123	0.20	0.18	2.5	31	6	0.2	0.11	3.97	1.79	0.29	*N/A*
Weighted Daily Average		726	*41	1353	*12.31	*6.62	*508.3	*4769	*547	*47.29	34.78	100.87	21.53	4.83	*0.00
% of Calories											19.2%	55.6%	26.7%	6.0%	*0.0%

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
MIDDLE SCHOOL LUNCH (6-8)

Apr 20, 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)
Tue - 05/16/2017															
MIDDLE SCHOOL LUNCH (CHICKEN, PPCRN WG PROVIEW 8/15	Total														
CHICKEN,POPCORN SMACKER S 12/16	10 EACH	178	0	384	1.09	2.08	55.3	94	19	0.04	13.44	13.85	7.23	0.40	0.04
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
CAULIFLOWER, ROASTED-2015	1/2 CUP	24	0	16	1.09	0.23	12.0	0	1	26.24	1.05	2.71	1.27	0.19	*0.00
CAULIFLOWER, SPANISH ROAS TED	1/2 CUP	26	0	98	1.50	0.43	14.1	44	8	31.12	1.41	4.2	0.93	0.15	*0.00
ROASTED, PEPPERS & ONIONS 2015	1/2 CUP	18	0	2	0.92	0.15	7.6	484	87	30.42	0.51	3.62	0.32	0.05	*0.00
STIR FRY VEGETABLES 12/16	1/2 CUP	17	0	15	1.00	0.18	10.0	250	50	6.0	0.5	3.0	0.0	0.00	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*

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¹ - denotes optional nutrient values

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Osseo Area Schools

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

MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE, SWEET AND SOUR	3 TBSP	34	0	326	0.17	0.24	6.5	48	7	7.09	0.43	8.24	0.05	0.00	*N/A*
SWEET AND SOUR SAUCE: scrat	3 TBSP	32	0	302	0.18	0.21	6.2	77	15	8.18	0.41	7.33	0.05	0.00	*0.00
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		660	*46	1275	*8.12	*3.52	*494.0	*4772	*589	*81.48	29.46	93.47	18.63	4.09	*0.01
% of Calories											17.9%	56.7%	25.4%	5.6%	*0.0%

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
MIDDLE SCHOOL LUNCH (6-8)

Apr 20, 2017

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017															
MIDDLE SCHOOL LUNCH (Total														
BREAD, IT DUNK CHEESE-2015	1 EACH	402	*63	439	*4.34	*1.39	*177.7	*574	*124	*0.7	21.16	40.3	17.34	10.58	*0.00
SDWICH,PB&STWBRYJAM 2.8 OZ8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7/15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
SAUCE, MARINARA SCHOOLMA D 2015	1/2 CUP	35	*0	140	*1.69	*1.21	*13.9	*917	*183	*7.23	*0.35	8.62	0.0	0.00	*0.00
BROCCOLI, POTATO CRUNCH T	1/2 CUP	109	2	302	2.40	0.51	54.3	339	68	43.14	3.24	14.6	3.9	0.83	*0.00
SQUASH, BUTTERNUT ROASTED	1/2 CUP	40	1	18	1.11	0.49	30.7	979	286	9.35	0.99	6.1	1.72	0.37	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING FF DJON HNY MSTD 10/16	TBSP	23	0	150	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
Weighted Daily Average		709	*66	1128	*9.77	*3.40	*600.2	*5101	*784	*70.17	*32.33	93.03	23.06	10.26	*0.00
% of Calories											*18.3%	52.5%	29.3%	13.0%	*0.0%

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Osseo Area Schools

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

MIDDLE SCHOOL LUNCH (6-8)

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Thu - 05/18/2017															
MIDDLE SCHOOL LUNCH (CHICKEN,FAJITA BRST STRP 12/	Total SERVING (3.0OZ)	120	85	705	0.00	1.00	11.0	230	46	0.0	17.01	2.0	5.0	1.50	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, STUFF CRST LG CHEZ 6/1	SLICE	360	35	640	4.00	3.60	400.0	500	100	0.0	18.0	44.0	13.0	7.00	0.00
PIZZA, BIG DADDY CHZ 2012	1 EACH	320	15	490	4.00	2.70	250.0	400	80	0.0	19.0	39.0	9.0	3.50	0.00
PIZZA, QUESADILLA MAX 6/15	1 EACH	330	10	830	4.00	2.70	200.0	300	60	0.0	16.0	40.0	12.0	3.50	0.00
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
TORTILLA,100% WW 9" 8/16	1 EACH	150	0	210	4.00	0.00	60.0	0	0	0.0	5.0	25.0	3.5	1.50	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	0.00	*N/A*
ROASTED, PEPPERS & ONIONS 2015	1/2 CUP	18	0	2	0.92	0.15	7.6	484	87	30.42	0.51	3.62	0.32	0.05	*0.00
BEANS, BLACK	1/2 CUP	110	0	350	6.00	10.80	20.0	*N/A*	0	0.0	6.0	20.0	0.5	0.00	0.00
CORN, WHOLE KERNEL	1/2 CUP	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00

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Osseo Area Schools

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

MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, SOUR CREAM	1 OZ	51	10	20	0.00	0.02	40.0	124	25	0.26	1.98	1.98	4.0	2.47	*N/A*
SAUCE, TACO, MILD	1 OZ	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
SAUCE, SALSA	1 OZ	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING FF DJON HNY MSTD 10/16	1 TBSP	23	0	150	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
DRESSING, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	0.00
Weighted Daily Average		708	*75	1579	*12.35	*9.57	*518.5	*4605	*557	*60.16	36.73	108.06	15.10	4.85	*0.00
% of Calories											20.8%	61.1%	19.2%	6.2%	*0.0%

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Osseo Area Schools

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

MIDDLE SCHOOL LUNCH (6-8)

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Fri - 05/19/2017															
MIDDLE SCHOOL LUNCH (Total														
CHICKEN, TENDER 8/15 MSFBGp	3 EACH	216	66	350	1.19	1.86	22.2	83	17	0.02	21.96	12.31	8.36	1.56	0.00
CHICKEN, TENDER SPCY PROV	3 EACH	318	88	537	2.42	2.83	32.6	370	74	0.11	29.96	23.27	11.21	2.12	0.00
8/15															
CHICKEN, TENDR GLUT FREE 20	4 EACH	280	60	680	1.32	0.72	0.0	0	0	0.0	16.0	17.2	17.2	4.00	0.00
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
/15															
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
DON															
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PEPPERONI, BEEF SLICED 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
LOL															
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
BREAD, ROLL WS 1.25 OZ 2012	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
POTATO, WHIPPED NATURES 1	1/2 CUP	80	0	260	1.00	0.20	7.4	2	0	6.65	2.0	15.0	1.5	0.00	0.00
2/16															
GRAVY,POULTRY RF KRLSBRG	1 OZ	20	0	121	0.00	0.00	0.6	0	0	0.0	1.0	4.0	0.0	0.00	*0.00
R 8/15															
ROASTED BRUSSELS SPROUTS	1/2 CUP	50	0	58	1.70	0.56	15.5	335	67	38.35	1.55	4.12	3.51	0.52	*0.00
-2015															
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE NATURAL UNSWE	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
ETENED															
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, HONEY MUSTARD M ARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
Weighted Daily Average		644	*70	1123	*7.62	*3.31	*454.9	*4434	*548	*55.28	*35.76	85.68	17.79	3.78	*0.00
% of Calories											*22.2%	53.2%	24.9%	5.3%	*0.0%

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Mon - 05/22/2017															
MIDDLE SCHOOL LUNCH (Total														
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
BEEF PEPPERONI, BONICI 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CALIFORNIA BLEND VEG. 12/16	1/2 CUP	28	0	28	1.88	0.00	18.8	938	188	16.89	0.94	4.69	0.0	0.00	0.00
BEAN SALAD, OSSEO 2015	1/2 CUP	174	0	172	5.96	3.63	29.4	49	6	1.55	5.61	17.53	9.2	1.32	*0.00
ROASTED CARROTS, 8/15	1/2 CUP	29	0	42	1.58	0.48	17.4	7506	817	1.42	0.35	4.49	1.19	0.17	*0.00
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, HONEY MUSTARD M ARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, ITALIAN DIPPING CU	EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
DRESSING, CAESAR HEINZ 2012	PACKET	170	0	320	0.00	0.00	20.0	100	20	0.0	1.0	1.0	18.0	3.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
Weighted Daily Average		703	*36	1026	*12.62	*5.48	*648.4	*9683	*1031	*54.52	*30.95	92.12	23.35	6.51	*0.00
% of Calories										*17.6%	52.4%	29.9%	8.3%	*0.0%	

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
MIDDLE SCHOOL LUNCH (6-8)

Apr 20, 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)
Tue - 05/23/2017															
MIDDLE SCHOOL LUNCH (
	Total														
WRAP, CHICKEN TENDER 7/15	1 EACH	457	56	888	5.77	1.62	211.3	2136	79	0.94	28.97	39.01	20.32	5.81	*0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
BEEF PEPPERONI, BONICI 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
RICE, SEASONED BROWN 2015	1/2 CUP	111	1	3	1.76	0.52	9.8	8	2	*0.0	*2.26	22.92	1.03	0.32	*0.00
CORN, WHOLE KERNEL	1/2 CUP	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/4 CUP	8	0	2	0.54	0.12	4.5	375	28	6.17	0.4	1.75	0.09	0.01	*N/A*
ONIONS,RAW	1/4 CUP	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	0.01	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
ROASTED BRUSSELS SPROUTS -2015	1/2 CUP	50	0	58	1.70	0.56	15.5	335	67	38.35	1.55	4.12	3.51	0.52	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*

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MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, HONEY MUSTARD M ARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, ITALIAN DIPPING CU SAUCE, BOOM BOOM KEN'S 10/1	EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		735	*55	1177	*10.04	*3.52	*608.4	*4988	*392	*51.52	*35.46	99.37	22.70	6.46	*0.00
% of Calories											*19.3%	54.1%	27.8%	7.9%	*0.0%

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Osseo Area Schools

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

MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/24/2017															
MIDDLE SCHOOL LUNCH (BEEF, PHILLY STEAK RED SOD8 /15	Total SERVING 2.86OZ	143	40	389	0.00	1.00	10.0	19	4	0.0	13.0	3.0	8.0	3.40	8.00
CHEESE SAUCE QUES BLANC 2 012 J	1 OZ	59	15	207	0.00	0.00	101.5	200	40	0.0	3.5	1.0	4.5	2.65	0.00
SAUCE, ULT CHED CHS LOL 12/1	1 OZ	43	10	183	0.00	*N/A*	100.0	100	20	*N/A*	2.67	1.33	3.0	2.00	0.00
SAUCE,ITAL CHS POUCH LOL 12 /16	1 OZ	43	10	180	0.00	0.00	100.0	33	7	0.0	2.67	1.0	3.33	2.00	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
BEEF PEPPERONI, BONICI 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
BREAD #5150 WG STEAK BUN 5/ ROASTED, PEPPERS & ONIONS 2015	1 EACH	180	0	320	3.00	1.80	60.0	0	0	0.0	7.0	36.0	2.5	0.50	0.00
POTATO, CRISSCUT FRIES 7/15	1/2 CUP	18	0	2	0.92	0.15	7.6	484	87	30.42	0.51	3.62	0.32	0.05	*0.00
BROCCOLI, ROASTED	1/2 CUP	120	0	260	1.00	0.36	0.0	0	0	3.6	1.0	14.0	6.0	1.50	0.00
VEGETABLES, FRESH CHOICES	1/2 CUP	29	0	19	1.47	0.41	26.6	353	87	50.58	1.6	3.76	1.33	0.18	*0.00
APPLES,Fresh	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*

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Osseo Area Schools

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

MIDDLE SCHOOL LUNCH (6-8)

Apr 20, 2017

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JUICE CUP PURPLE VEG BLND	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
6/15															
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
7/14															
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, HONEY MUSTARD M ARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.0	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, ITALIAN DIPPING CU	EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
DRESSING, CAESAR HEINZ 2012	PACKET	170	0	320	0.00	0.00	20.0	100	20	0.0	1.0	1.0	18.0	3.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
Weighted Daily Average		672	*53	1257	*7.60	*3.72	*558.7	*3577	*393	*76.21	*31.81	87.59	22.19	7.50	*4.72
% of Calories											*18.9%	52.1%	29.7%	10.0%	*6.3%

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/25/2017															
MIDDLE SCHOOL LUNCH (CHICKEN, PPCRN WG PROVIEW 8/15	Total 10 EACH	178	0	384	1.09	2.08	55.3	94	19	0.04	13.44	13.85	7.23	0.40	0.04
CHICKEN,POPCORN SMACKER S 12/16	10 EACH	269	60	590	3.00	2.00	17.0	168	34	1.0	18.0	20.0	13.0	3.00	0.00
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
BEEF PEPPERONI, BONICI 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
BREAD, ROLL WS 1.25 OZ 2015	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
POTATO, WHIPPED NATURES 1 2/16	1/2 CUP	80	0	260	1.00	0.20	7.4	2	0	6.65	2.0	15.0	1.5	0.00	0.00
GRAVY,POULTRY RF KRLSBRG R 8/15	1 OZ	20	0	121	0.00	0.00	0.6	0	0	0.0	1.0	4.0	0.0	0.00	*0.00
BEETS AND SWEETS-2015	1/2 CUP	107	0	68	3.35	0.76	29.0	7167	1014	5.54	1.88	17.59	3.46	0.48	*0.00
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	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*

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Osseo Area Schools

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

MIDDLE SCHOOL LUNCH (6-8)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JUICE CUP PURPLE VEG BLND	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
6/15															
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
7/14															
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, HONEY MUSTARD M ARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, ITALIAN DIPPING CU	EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
Weighted Daily Average		686	*20	1270	*8.33	*3.69	*500.9	*5342	*608	*61.09	*30.69	95.46	20.37	3.62	*0.03
% of Calories										*17.9%		55.7%	26.7%	4.8%	*0.0%

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Osseo Area Schools

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

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MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/26/2017															
MIDDLE SCHOOL LUNCH (CHICKEN,MAND ORG JR WG 12/1	Total SERVING (3.6OZ)	150	40	280	0.00	0.72	0.0	0	0	1.2	11.0	19.0	3.0	0.50	0.00
CHICKEN, SPICY SICHUAN 12/16	SERVING (2.80)	140	70	350	0.00	0.72	0.0	0	0	0.0	15.0	11.0	3.5	1.00	0.00
CHICKEN, 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
PIZZA, STUFF CRST CHS 12/16	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA, 5" 51% WG PEP TONY 7/1	1 EACH	340	35	700	4.00	2.70	250.0	400	80	0.0	18.0	39.0	13.0	6.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	0.00
PIZZA, 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
BEEF PEPPERONI, BONICI 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
RICE, SEASONED BROWN 2015	1/2 CUP	111	1	3	1.76	0.52	9.8	8	2	*0.0	*2.26	22.92	1.03	0.32	*0.00
BREADSTICK, WG, GARLIC 11/16	1 EACH	90	0	95	1.00	0.72	0.0	0	0	0.0	3.0	15.0	3.0	0.00	0.00
BREADSTICK,WG PANBAKE 5" 1 1/16	1 EACH	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	1.0	0.00	0.00
STIR FRY VEGETABLES 12/16	1/2 CUP	17	0	15	1.00	0.18	10.0	250	50	6.0	0.5	3.0	0.0	0.00	0.00
SALAD, SPINACH W/TOMATO 201	1 CUP	8	0	22	0.72	0.77	28.0	2643	190	9.06	0.87	1.39	0.13	0.02	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 1/17	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 1/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 1/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE2016	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, FF CALIF FRNCH 201	1 TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
DRESSING, HONEY MUSTARD M ARZ	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, ITALIAN DIPPING CU	EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
DRESSING, CAESAR HEINZ 2012	PACKET	170	0	320	0.00	0.00	20.0	100	20	0.0	1.0	1.0	18.0	3.00	0.00
SAUCE, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
SAUCE,KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
Weighted Daily Average		650	*56	994	*7.52	*3.64	*471.8	*5514	*484	*47.23	*29.32	97.63	16.03	3.56	*0.00
% of Calories											*18.0%	60.0%	22.2%	4.9%	*0.0%
Weighted Average		693	*49	1327	*9.91	*4.54	*589.7	*6586	*766	*55.17	*32.04	95.53	21.01	*5.79	*0.27
											*18.5%	55.1%	27.3%	*7.5%	*0.4%

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Osseo Area Schools

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

Apr 20, 2017

MIDDLE SCHOOL LUNCH (6-8)

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	693		600	116%												
Cholesterol (mg)	49				Missing											
Sodium (mg)	1327		1360	98%												
Fiber (g)	9.91				Missing											
Iron (mg)	4.54		0.00		Missing											
Calcium (mg)	589.7		0.00		Missing											
Vitamin A (IU)	6586		0		Missing											
Vitamin A (RE)	766		0		Missing											
Vitamin C (mg)	55.17		0.00		Missing											
Protein (g)	32.04	18.48%	0.00		Missing											
Carbohydrate (g)	95.53	55.11%														
Total Fat (g)	21.01	27.28%	<=30.00%													
Saturated Fat (g)	5.79	7.52%	<10.00%		Missing											
Trans Fat (g)	0.27	0.35%			Missing											

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