

Osseo Area Schools

	Portion Size	Plan Qty	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 - 01/03/2012																
ELEMENTARY LUNCH (K-6	Total	100														
CHICKEN, MINI CORN DOGS 201	6 EACH	75	300	37	675	4.50	1.62	120.0	*N/A*	*0	*N/A*	10.5	32.99	13.5	3.75	0.00
CHICKEN PATTY, BRD TYSON 2010	1 EACH	1	280	60	620	1.00	1.08	0.0	0	0	0.0	23.0	15.0	14.0	3.00	0.00
CHICKEN PATTY, UNBRD TYSO	1 EACH	24	120	60	450	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
BREAD, #538 POG 51% WG 4" B	EACH	25	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
POTATO, WHIPPED (Pearls)	1/2 CUP	60	146	0	1336	2.88	0.63	25.9	3	0	6.01	3.24	29.12	1.99	0.50	*N/A*
GRAVY, CHICKEN LOW FAT	1 OZ	60	19	0	286	0.07	0.04	2.6	1	0	0.24	0.05	3.95	0.01	0.00	*0.00
CARROTS, GLAZED	1/2 CUP	75	124	12	510	3.02	1.31	58.4	21675	2697	5.21	1.3	19.64	4.97	2.98	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	10	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B READ	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK, SKIM FF, SCHROEDER 7/2 010	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2 010	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIM SCHROED 7/ 2010	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP, RED GOLD 2 010	2 TBSP	75	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	30	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SALAD DRESSING, MW 2010	1 TBSP	1	25	5	140	0.00	0.00	0.0	0	0	0.0	0.0	3.0	1.5	0.00	0.00
Weighted Daily Average			706	61	2582	11.13	3.74	510.4	*20608	*2577	*20.53	26.61	112.07	17.41	6.14	*0.00
% of Calories												15.1%	63.5%	22.2%	7.8%	*0.0%

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¹ - denotes optional nutrient values

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	Portion Size	Plan Qty	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 - 01/04/2012																
ELEMENTARY LUNCH (K-6)	Total	100														
FRENCH TOASTIX 2010	3 EACH	22	315	0	375	3.00	3.00	130.5	491	60	4.05	6.0	49.5	10.5	1.50	0.00
TURKEY, SAUSAGE LINK 2010	2 EACH	52	125	62	208	0.00	0.75	41.5	0	0	0.0	12.45	0.0	8.3	2.08	0.00
PIZZA, BREAKFAST TONY'S 2010	1 EACH	1	229	15	678	1.00	1.44	99.7	100	40	0.0	8.97	25.92	10.97	4.49	0.00
PANCAKE, WHOLE WHEAT	2 EACH	30	180	0	190	4.00	144.00	48.0	0	0	0.0	4.0	38.0	3.0	0.00	*N/A*
PANCAKE, MINI STRAWBERRY 2010	PKG (3 OZ)	1	193	9	271	1.00	1.80	10.0	0	0	0.0	*N/A*	36.0	3.0	1.00	0.00
WAFFLE, CINN 2.2 OZ SMUCKER	1 EACH	1	231	40	263	1.37	1.08	27.5	107	21	0.0	5.35	32.65	8.85	3.48	0.19
EGG, CHED CHZ OMELET MICH AELS	1 EACH	10	129	189	259	0.00	0.72	59.7	398	80	0.0	6.96	1.99	10.94	3.48	0.00
EGG, SCRAMBLED	2 OZ SERVING	10	45	111	125	0.00	0.38	16.6	166	33	0.02	3.4	0.57	2.83	0.85	*N/A*
PIZZA, STUFFED CRUST CHZ M	1 EACH	5	380	15	940	4.00	5.40	350.0	509	100	0.0	18.0	46.0	15.0	4.50	0.00
PIZZA, CHEESE GALAXY, 2010	1 EACH	10	321	15	581	3.01	2.71	300.6	301	79	0.0	14.03	34.07	13.03	6.01	0.00
PIZZA, 5" ROUND CHZ CA 2010	1 EACH	10	340	10	700	3.00	4.75	270.0	226	45	0.0	17.0	43.0	10.0	3.50	0.00
MUFFIN, VARITEY CHOICES	1 EACH	25	221	34	211	1.31	1.93	69.6	233	47	0.05	3.48	31.33	9.11	1.36	*0.00
BROCCOLI: fresh, boiled	1/2 CUP	75	27	0	32	2.57	0.52	31.2	1207	108	50.62	1.86	5.6	0.32	0.06	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B READ	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
STRAWBERRIES: frozen	1/4 CUP	75	61	0	2	1.21	0.38	7.0	15	1	26.39	0.34	16.52	0.08	0.00	*N/A*
FRUITS, ASSORTED FRESH	1/2 CUP	15	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	10	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
JUICE, ORANGE CUP	4 FL OZ	50	56	0	1	0.25	0.25	13.6	248	25	62.0	0.87	12.9	0.25	0.03	*N/A*
MILK,SKIM FF, SCHROEDER 7/2 010	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2 010	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIMSCHROED 7/ 2010	EACH	10	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SYRUP,PANCAKE	2 TBSP	50	92	0	32	0.00	0.01	1.2	0	0	0.0	0.0	24.13	0.0	0.00	*N/A*
SAUCE, KETCHUP,RED GOLD 2 010	1 TBSP	25	15	0	190	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	1	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SAUCE, HONEY MUSTARD	1 TSP	1	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00
Weighted Daily Average			654	84	869	7.48	47.06	533.4	*5171	*615	94.36	*26.05	104.68	16.12	4.03	*0.00
% of Calories												*15.9%	64.0%	22.2%	5.5%	*0.0%

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	Portion Size	Plan Qty	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 - 01/05/2012																
ELEMENTARY LUNCH (K-6)	Total	100														
BEEF TACO MEAT-2010	#10 SCOO	75	176	42	186	1.90	2.54	33.8	516	93	9.09	13.69	4.76	12.15	4.52	*0.70
TACO HARD SHELL, 2010	1 EACH	25	100	0	0	1.00	0.72	0.0	0	0	0.0	2.0	13.0	5.0	1.50	0.00
TORTILLA,WW 8"CATALLIA 2011	1 EACH	50	120	0	280	3.00	0.00	20.0	0	0	0.0	3.0	19.0	3.5	1.00	0.00
LETTUCE, ROMAINE BLEND	1/2 CUP	75	5	0	3	0.46	0.19	7.1	1114	36	0.97	0.31	0.92	0.06	0.01	*N/A*
CHEESE, ASSORT SHREDDED	.5 OZ	55	46	9	122	0.00	0.07	105.1	103	24	0.0	3.98	0.42	3.07	1.85	*N/A*
TOMATOES,RED,RIPE,RAW,	1/8 CUP	50	4	0	1	0.27	0.06	2.3	187	14	3.08	0.2	0.88	0.05	0.01	*N/A*
PEPPERS,JALAPENO,	1 OZ	10	8	0	474	0.74	0.53	6.5	482	48	2.83	0.26	1.34	0.27	0.03	*N/A*
OLIVE, SLICED RIPE	.5 OZ	5	22	0	103	0.00	0.00	0.0	0	0	0.0	0.0	0.89	2.23	0.00	*N/A*
SANDWICH, TURKEY ON WHEA	1 EACH	25	194	30	989	2.35	2.46	85.7	23	0	4.04	16.1	28.98	3.18	0.24	0.00
RICE, MEXICAN SEASONED, 201	1/2 CUP	50	116	0	263	0.67	0.61	0.0	304	61	0.0	2.01	25.5	0.67	0.00	0.00
RICE, FIESTA SEASONED 2010	1/2 CUP	50	120	0	175	1.78	0.53	23.2	305	50	8.81	2.68	22.85	2.04	0.17	*0.00
CORN, WHOLE KERNEL	1/2 CUP	60	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*
BEANS, REFRIED VEGETARIAN	1/2 CUP	5	130	0	460	8.00	1.80	40.0	*N/A*	*N/A*	*N/A*	8.0	23.0	1.0	0.00	0.00
2011																
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
READ																
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
010																
MILK, 1% LF, SCHROEDER 7/201	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
010																
MILK, STRAW SKIMSCHROED 7/	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
2010																
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, SALSA	2 OZ	50	20	0	244	0.79	1.27	6.8	312	31	2.27	0.85	3.97	0.11	0.02	*N/A*
SAUCE, SOUR CREAM	2 OZ	10	103	20	40	0.00	0.03	79.9	247	49	0.51	3.97	3.97	7.99	4.93	*N/A*
SAUCE, TACO, MILD	2 OZ	50	31	0	451	0.74	0.58	8.5	304	61	13.32	0.66	7.42	0.18	0.02	*N/A*
Weighted Daily Average			690	55	1605	10.31	5.41	489.1	*6016	*703	*38.27	32.90	102.37	18.76	6.53	*0.53
% of Calories												19.1%	59.4%	24.5%	8.5%	*0.7%

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Fri - 01/06/2012																
ELEMENTARY LUNCH (K-6 SANDWICH, SUB ITALIAN MEAT BALL	Total SANDWIC	100														
YOGURT, 4 OZ MORNINGSTAR 2010	1 EACH	50	443	37	843	4.82	3.99	428.6	251	50	0.57	22.98	52.67	15.35	6.37	*0.34
CHEESE,STRING SAPUTO 1 OZ 2010	1 EACH	50	120	5	75	0.00	0.00	150.0	0	0	0.0	5.0	24.0	1.0	0.50	0.00
SALAD, SPINACH 2010	1/2 CUP	50	81	15	202	0.00	0.00	202.5	202	40	0.0	6.08	0.0	6.08	3.54	0.00
DRESSING, RANCH RF 2010	1 OZ	20	38	0	183	2.26	1.52	65.4	3545	254	11.05	5.15	4.58	1.49	0.03	*N/A*
DRESSING, WESTERN LIGHT 20	1 TBSP	20	22	3	105	0.00	0.01	26.6	11	2	0.23	0.76	2.65	0.95	0.13	*0.00
COLLARD GREENS, USING FRE	1/2 CUP	40	35	0	135	0.00	0.54	0.0	50	10	0.0	6.0	6.5	1.0	0.00	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	40	103	9	767	7.13	0.68	280.1	12549	772	74.83	7.62	15.94	3.37	0.67	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	10	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
APPLE CRISP	SERVING	60	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B READ	EACH	5	200	0	113	2.30	0.99	20.0	350	70	0.49	1.94	31.75	7.97	1.59	*N/A*
FRUITS, ASSORTED FRESH	1/2 CUP	50	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FRUIT SAUCE	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
MILK,SKIM FF, SCHROEDER 7/2 010	EACH	10	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK, 1% LF, SCHROEDER 7/201	EACH	30	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, CHOC SKIM SCHROED 7/2 010	EACH	50	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, STRAW SKIMSCHROED 7/ 2010	EACH	10	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2 010	1 TBSP	2	15	0	190	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE, HONEY MUSTARD	1 TSP	1	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00
SAUCE, DRESSING, LITE SALAD	1 TSP	30	12	2	42	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	0.67	1.0	0.00	0.00
Weighted Daily Average			721	42	1336	10.68	4.30	889.4	*11150	*992	48.93	*33.26	107.68	19.99	6.99	*0.17
% of Calories												*18.5%	59.8%	25.0%	8.7%	*0.2%

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Mon - 01/09/2012																
ELEMENTARY LUNCH (K-6	Total	100														
CHICKEN, TERIYAKI LING'S 2011	SERV	65	90	40	320	0.00	0.72	0.0	0	0	0.0	12.0	6.0	2.0	0.50	0.00
BEEF PATTY - TYSON 2010	1 EACH	35	192	71	202	0.00	1.82	0.0	*N/A*	*0	0.0	22.27	0.0	12.15	5.06	0.00
BREAD, #538 POG 51% WG 4" B	EACH	35	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
RICE, ASIAN SEASONED 2010	1/2 CUP	65	111	0	280	0.67	0.24	0.0	300	60	2.4	3.01	23.45	0.67	0.00	0.00
RICE, BROWN WHOLE GRAIN P	1/2 CUP	65	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
ARBOI																
BREADSTICK,GARLIC 2011	1 EACH	75	115	0	170	0.50	0.36	0.0	*N/A*	*0	1.2	3.0	16.0	4.5	0.75	0.00
STIR FRY VEGETABLES	1/2 CUP	75	30	0	25	2.00	0.26	17.6	666	133	9.3	1.0	5.0	0.0	0.00	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
READ																
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2	1 EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
010																
MILK, 1% LF, SCHROEDER 7/201	1 EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
010																
MILK, STRAW SKIMSCHROED 7/	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
2010																
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, SOY	1 TBSP	25	8	0	531	0.13	0.32	2.7	0	0	0.0	0.82	1.36	0.01	0.00	*N/A*
SAUCE, KETCHUP,RED GOLD 2	1 TBSP	50	15	0	190	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
010																
SAUCE, MUSTARD	1 TSP	5	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SAUCE, DRESSING, LITE SALAD	1 TSP	1	12	2	42	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	0.67	1.0	0.00	0.00
SAUCE, HONEY MUSTARD	1 TSP	1	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00
SAUCE, SWEET AND SOUR	2 TBSP	1	23	0	217	0.12	0.16	4.3	32	5	4.73	0.29	5.5	0.04	0.00	*N/A*
SAUCE, SWEET & SPICY PLUM	4 TSP	1	47	0	137	0.18	0.36	3.1	11	1	0.13	0.23	10.88	0.26	0.04	*N/A*
Weighted Daily Average			632	60	1179	6.75	3.04	378.6	*4744	*633	22.36	*32.77	100.70	11.66	3.37	*0.00
% of Calories												*20.7%	63.7%	16.6%	4.8%	*0.0%

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Osseo Area Schools

	Portion Size	Plan Qty	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 - 01/10/2012																
ELEMENTARY LUNCH (K-6 SANDWICH, HOT TURKEY HAM & CHZ	Total	100														
SANDWICH, HOT TURKEY HAM & CHZ	1 EACH	50	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
SOUP, CHICKEN NOODLE: scratc	1 OZ	50	11	3	172	0.09	0.09	1.8	10	1	0.15	0.85	1.34	0.23	0.06	*0.00
SOUP, CREAMY TOMATO	1 FL OZ	1	22	0	182	0.50	0.09	0.0	100	20	1.2	0.5	4.75	0.25	0.13	*N/A*
SOUP, VEGETABLE HOMEMADE	1 OZ	1	6	0	35	0.22	0.04	4.1	264	37	1.3	0.41	0.92	0.09	0.00	*N/A*
CHICKEN PATTY, BRD TYSON 2010	1 EACH	49	280	60	620	1.00	1.08	0.0	0	0	0.0	23.0	15.0	14.0	3.00	0.00
CHICKEN PATTY, UNBRD TYSO	1 EACH	1	120	60	450	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
BREAD, #538 POG 51% WG 4" B	EACH	50	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
LETTUCE, ROMAINE BLEND	1/2 CUP	50	5	0	3	0.46	0.19	7.1	1114	36	0.97	0.31	0.92	0.06	0.01	*N/A*
DRESSING, RANCH RF 2010	1 OZ	20	22	3	105	0.00	0.01	26.6	11	2	0.23	0.76	2.65	0.95	0.13	*0.00
DRESSING, WESTERN LIGHT 20	1 TBSP	20	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
BEETS: canned	1/2 CUP	75	26	0	165	1.53	1.55	12.8	20	1	3.49	0.77	6.13	0.12	0.02	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK, SKIM FF, SCHROEDER 7/2 010	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2 010	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIM SCHROED 7/ 2010	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP, RED GOLD 2 010	1 TBSP	40	15	0	190	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE, HONEY MUSTARD	1 TSP	1	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00
SAUCE, DRESSING, LITE SALAD	1 TSP	30	12	2	42	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	0.67	1.0	0.00	0.00
Weighted Daily Average			547	50	1294	6.83	4.23	493.7	*4688	*525	16.12	*28.68	81.83	12.47	3.59	*0.00
% of Calories												*21.0%	59.9%	20.5%	5.9%	*0.0%

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Osseo Area Schools

	Portion Size	Plan Qty	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 - 01/11/2012																
ELEMENTARY LUNCH (K-6	Total	100														
BEEF LASAGNA, SCHOOL MADE	1 EACH	55	325	38	607	3.00	2.36	363.3	691	62	1.36	23.14	28.31	13.07	5.90	*0.35
LASAGNA, VEGETABLE	3.6 X 5 PIECE	5	300	32	778	2.42	0.87	243.0	1417	284	1.94	12.96	24.29	17.01	8.10	*N/A*
PIZZA, 5" ROUND CHZ CA 2010	1 EACH	20	340	10	700	3.00	4.75	270.0	226	45	0.0	17.0	43.0	10.0	3.50	0.00
PIZZA, CHEESE GALAXY, 2010	1 EACH	10	321	15	581	3.01	2.71	300.6	301	79	0.0	14.03	34.07	13.03	6.01	0.00
PIZZA, STUFFED CRUST CHZ M	1 EACH	10	380	15	940	4.00	5.40	350.0	509	100	0.0	18.0	46.0	15.0	4.50	0.00
CARROT STICKS	1/2 CUP	40	36	0	61	2.46	0.26	29.0	14774	2472	5.19	0.82	8.42	0.21	0.04	0.00
BEANS, GREEN, CANNED, DRAIN	1/2 CUP	75	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
BREAD, GARLIC, SCHOOL MADE	1 EACH	90	148	7	116	2.10	1.31	9.0	108	21	0.02	4.18	23.98	4.29	1.97	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW BREAD	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK, SKIM FF, SCHROEDER 7/2010	EACH	40	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/2010	EACH	20	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2010	EACH	30	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIMSCHROED 7/2010	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			680	42	1155	9.82	5.41	700.4	10660	1583	17.99	33.97	97.85	17.86	7.58	*0.19
% of Calories											20.0%	57.5%	23.6%	10.0%	*0.3%	

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Osseo Area Schools

	Portion Size	Plan Qty	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 - 01/12/2012																
ELEMENTARY LUNCH (K-6	Total	100														
BEEF PATTY - TYSON 2010	1 EACH	70	192	71	202	0.00	1.82	0.0	*N/A*	*0	0.0	22.27	0.0	12.15	5.06	0.00
BREAD, #538 POG 51% WG 4" B	EACH	70	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
SANDWICH, TURKEY ON WHEA	1 EACH	30	194	30	989	2.35	2.46	85.7	23	0	4.04	16.1	28.98	3.18	0.24	0.00
GARDEN FRESH FIXINGS	1/4 CUP	75	6	0	2	0.38	0.09	4.9	130	9	1.89	0.27	1.36	0.04	0.01	*N/A*
CHEESE SLICE, AMERICAN	1 EACH	50	93	18	452	0.00	0.24	162.7	216	62	0.0	5.56	2.07	6.97	4.38	*N/A*
POTATO, CRISS-CUT FRIES 201	1/2 CUP	20	162	0	364	2.03	0.73	*N/A*	*N/A*	*N/A*	4.86	2.03	19.24	8.1	2.03	0.00
POTATO, MCCAIN OVATIONS, S TRAI	1/2 CUP	20	120	0	150	1.00	0.36	0.0	0	0	3.6	2.0	20.0	3.5	0.50	0.00
POTATO, ROUNDS, 2010	1/2 CUP	20	153	0	297	1.80	0.65	0.0	0	0	2.16	1.8	18.9	8.1	1.80	*N/A*
POTATO, TWISTER FRIES 2010	1/2 CUP	10	160	0	430	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00	0.00
CALIFORNIA BLEND VEGETABL	1/2 CUP	75	21	0	26	2.38	0.46	28.0	4384	484	24.37	1.34	4.22	0.31	0.05	*N/A*
BAKED BEANS (VEGETARIAN)	SERVING	75	159	0	532	6.99	0.85	86.0	360	72	7.79	6.77	35.98	0.64	0.16	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B READ	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK, SKIM FF, SCHROEDER 7/2 010	1 EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	1 EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2 010	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIMSCHROED 7/ 2010	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, SOY	1 TBSP	25	8	0	531	0.13	0.32	2.7	0	0	0.0	0.82	1.36	0.01	0.00	*N/A*
SAUCE, KETCHUP, RED GOLD 2 010	1 TBSP	50	15	0	190	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	5	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SAUCE, DRESSING, LITE SALAD	1 TSP	1	12	2	42	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	0.67	1.0	0.00	0.00
SAUCE, HONEY MUSTARD	1 TSP	1	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00
SAUCE, SWEET AND SOUR	2 TBSP	1	23	0	217	0.12	0.16	4.3	32	5	4.73	0.29	5.5	0.04	0.00	*N/A*
SAUCE, SWEET & SPICY PLUM	4 TSP	1	47	0	137	0.18	0.36	3.1	11	1	0.13	0.23	10.88	0.26	0.04	*N/A*
Weighted Daily Average			788	77	1946	14.24	5.30	*589.6	*7821	*949	42.40	*43.16	116.20	20.82	7.92	*0.00
% of Calories												*21.9%	59.0%	23.8%	9.0%	*0.0%

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Osseo Area Schools

Jan 3, 2012 thru Jan 31, 2012 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-6)

	Portion Size	Plan Qty	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 - 01/13/2012																
ELEMENTARY LUNCH (K-6	Total	100														
PIZZA, CHEESE GALAXY, 2010	1 EACH	20	321	15	581	3.01	2.71	300.6	301	79	0.0	14.03	34.07	13.03	6.01	0.00
PIZZA, CHEESE STUFFED 2010	1 EACH	50	380	15	940	4.00	5.40	350.0	500	100	0.0	18.0	46.0	15.0	4.50	0.00
PIZZA, 5" ROUND CHZ CA 2010	1 EACH	20	340	10	700	3.00	4.75	270.0	226	45	0.0	17.0	43.0	10.0	3.50	0.00
YOGURT, 4 OZ MORNINGSTAR 2010	1 EACH	10	120	5	75	0.00	0.00	150.0	0	0	0.0	5.0	24.0	1.0	0.50	0.00
CHEESE,STRING SAPUTO 1 OZ 2010	1 EACH	10	81	15	202	0.00	0.00	202.5	202	40	0.0	6.08	0.0	6.08	3.54	0.00
CORN, WHOLE KERNEL	1/2 CUP	75	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 BLEND	1/2 CUP	60	5	0	3	0.46	0.19	7.1	1114	36	0.97	0.31	0.92	0.06	0.01	*N/A*
DRESSING, RANCH RF 2010	1 OZ	30	22	3	105	0.00	0.01	26.6	11	2	0.23	0.76	2.65	0.95	0.13	*0.00
DRESSING, WESTERN LIGHT 20	1 TBSP	20	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B READ	EACH	10	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2 010	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2 010	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIMSCHROED 7/ 2010	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			600	25	1212	7.34	5.38	677.3	5023	581	16.97	27.27	91.55	15.08	5.19	*0.00
% of Calories											18.2%	61.0%	22.6%	7.8%	*0.0%	

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

Jan 3, 2012 thru Jan 31, 2012 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-6)

	Portion Size	Plan Qty	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 - 01/17/2012																
ELEMENTARY LUNCH (K-6)																
	Total	100														
BEEF SLOPPY JOE MEAT-2010	1 EACH	60	197	42	341	1.83	2.48	36.7	525	93	11.23	13.95	9.7	12.22	4.52	*0.70
BREAD, #538 POG 51% WG 4" B	EACH	100	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
POTATO, SWEET POTATO SLICES, S	1/2 CUP	15	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
POTATO SPIRAL FRIES MCCAIN	1/2 CUP	15	79	0	227	0.00	0.36	0.0	0	0	1.19	0.99	10.88	3.46	0.49	0.00
POTATO, WAFFLE CRISS CUT	1.2 CUP	15	256	0	480	4.80	1.14	0.0	0	0	6.07	4.8	35.2	11.2	2.39	*N/A*
POTATO, CRISS-CUT FRIES 201	1/2 CUP	15	162	0	364	2.03	0.73	*N/A*	*N/A*	*N/A*	4.86	2.03	19.24	8.1	2.03	0.00
CHICKEN PATTY, BRD TYSON 2010	1 EACH	39	280	60	620	1.00	1.08	0.0	0	0	0.0	23.0	15.0	14.0	3.00	0.00
CHICKEN PATTY, UNBRD TYSON	1 EACH	1	120	60	450	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
PICKLE SLICES, DILL	4 EACH	50	0	0	169	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
CORN, WHOLE KERNEL	1/2 CUP	50	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*
GREEN BEANS: canned,cooked	1/2 CUP	75	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	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	1 OZ	30	22	3	105	0.00	0.01	26.6	11	2	0.23	0.76	2.65	0.95	0.13	*0.00
CHIPS, BAG OF BAKED - 1 OZ	1 EACH	50	129	0	208	1.39	0.39	27.9	0	0	0.0	1.89	20.21	3.84	0.72	*N/A*
BREAD, #168 POG, 100% WW BREAD	EACH	25	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2010	1 EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/2010	1 EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2010	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIMSCHROED 7/2010	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2010	2 TBSP	30	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
SAUCE, HONEY MUSTARD	2 TSP	1	89	7	117	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	4.13	8.26	1.38	0.00
SAUCE, BBQ KEN DAVIS SWEET AND	1 TBSP	1	10	0	85	0.00	0.18	0.0	100	20	0.6	0.0	2.5	0.0	0.00	0.00
SALAD DRESSING, MW 2010	1 TBSP	1	25	5	140	0.00	0.00	0.0	0	0	0.0	0.0	3.0	1.5	0.00	0.00
Weighted Daily Average			772	58	1678	11.35	*5.41	*478.2	*5291	*735	*26.81	*34.98	113.41	22.31	6.19	*0.42
% of Calories												*18.1%	58.7%	26.0%	7.2%	*0.5%

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¹ - denotes optional nutrient values

Osseo Area Schools

Portion Size	Plan Qty	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 - 01/18/2012																
ELEMENTARY LUNCH (K-6)	Total	100														
BEEF RIB-B-QUE	1 EACH	10	325	35	818	3.07	3.67	73.4	181	36	1.28	17.03	30.68	15.38	5.80	*N/A*
CHICKEN, MINI CORN DOGS 201	6 EACH	10	300	37	675	4.50	1.62	120.0	*N/A*	*0	*N/A*	10.5	32.99	13.5	3.75	0.00
BEEF, FRANK TYSON	1 EACH	5	172	35	537	0.00	0.73	0.0	*N/A*	*0	0.0	6.07	1.01	16.2	6.07	0.00
BREAD, #538 POG 51% WG 4" B	EACH	20	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
BEEF ITALIAN DUNK SAUCE-201	#10 SCOO	10	121	21	351	2.69	2.70	47.1	759	142	11.41	8.64	9.59	6.31	2.33	*0.35
BREAD, ITALIAN DUNKER CHEE SE	1 EACH	10	302	*33	354	*4.34	*1.39	*177.7	*174	*44	*0.7	21.16	40.3	6.34	2.58	*0.00
PORK, BBQ ROASTED-6/2008	#10 SCOO	10	157	36	306	0.02	0.50	15.6	9	2	0.35	11.22	11.8	7.14	2.47	*0.00
BREAD, #538 POG 51% WG 4" B	EACH	20	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
BURRITO, BEAN AND CHEESE, VEGET	1 EACH	10	270	10	560	8.00	3.60	150.0	200	40	1.2	14.0	41.0	7.0	2.50	0.00
SAUCE, MARINARA MEATLESS-2010	#10 SCOO	10	41	0	168	2.25	1.79	29.0	727	127	10.7	2.19	9.74	0.28	0.06	*N/A*
PIZZA, CHEESE GALAXY, 2010	1 EACH	10	321	15	581	3.01	2.71	300.6	301	79	0.0	14.03	34.07	13.03	6.01	0.00
PIZZA, CHEESE STUFFED 2010	1 EACH	5	380	15	940	4.00	5.40	350.0	500	100	0.0	18.0	46.0	15.0	4.50	0.00
SALAD,TOSSED: no dressing	1/2 CUP	50	20	0	14	1.12	0.37	17.4	1633	231	9.01	1.28	3.57	0.43	0.06	*0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	50	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
DRESSING, WESTERN LIGHT 20	1 TBSP	10	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
DRESSING, RANCH RF 2010	1 OZ	10	22	3	105	0.00	0.01	26.6	11	2	0.23	0.76	2.65	0.95	0.13	*0.00
VEGETABLES, STEAMED	1/2 CUP	35	43	0	166	2.30	0.67	15.9	2612	320	4.43	1.95	8.99	0.3	0.05	*N/A*
BROCCOLI FLORETTES	1/2 CUP	25	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	10	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B READ	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2 010	1 EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	1 EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2 010	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIMSCHROED 7/ 2010	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, DRESSING, LITE SALAD	1 TSP	10	12	2	42	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	0.67	1.0	0.00	0.00
SAUCE, BBQ KEN DAVIS SWEE T AND	1 TBSP	20	10	0	85	0.00	0.18	0.0	100	20	0.6	0.0	2.5	0.0	0.00	0.00
SAUCE, HONEY MUSTARD	2 TSP	1	89	7	117	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	4.13	8.26	1.38	0.00

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

Osseo Area Schools

	Portion Size	Plan Qty	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 - 01/18/2012																
SAUCE, KETCHUP,RED GOLD 2 010	2 TBSP	30	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
SAUCE, SOY	1 TBSP	5	8	0	531	0.13	0.32	2.7	0	0	0.0	0.82	1.36	0.01	0.00	*N/A*
COOKIE, ASST. SCHOOL MADE	1 EACH	10	136	*16	62	*0.26	*0.49	*5.5	*94	*20	*0.0	1.26	16.72	7.18	3.20	*0.00
ICE CREAM TREAT	1 EACH	25	140	30	70	*N/A*	*N/A*	80.0	300	60	*N/A*	2.0	16.0	7.0	5.00	*N/A*
CAKE, CRAZY- 2.25"X2.5"	1 EACH	15	137	4	159	0.77	0.77	30.3	81	19	0.0	1.51	25.89	3.52	1.06	*0.00
Weighted Daily Average			632	*40	1096	*9.18	*4.12	*521.0	*6247	*818	*29.53	*25.44	103.62	14.30	5.60	*0.04
% of Calories												*16.1%	65.6%	20.4%	8.0%	*0.1%

Thu - 01/19/2012																
ELEMENTARY LUNCH (K-6	Total	100														
BEEF TACO MEAT-2010	#10 SCOO	60	176	42	186	1.90	2.54	33.8	516	93	9.09	13.69	4.76	12.15	4.52	*0.70
BREAD, ULTRA LOCO 2010	1 EACH	60	140	0	260	3.00	1.44	60.0	0	0	0.0	5.0	25.0	2.5	0.50	0.00
SANDWICH, TURKEY ON WHEA	1 EACH	40	194	30	989	2.35	2.46	85.7	23	0	4.04	16.1	28.98	3.18	0.24	0.00
RICE, FIESTA SEASONED 2010	1/2 CUP	50	120	0	175	1.78	0.53	23.2	305	50	8.81	2.68	22.85	2.04	0.17	*0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	50	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
BEANS, BLACK	1/2 CUP	5	110	0	350	6.00	10.80	20.0	*N/A*	*0	0.0	6.0	20.0	0.5	0.00	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	25	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B READ	EACH	25	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
COOKIE, CHURRO MEXICAN	1 EACH	60	62	11	81	0.10	0.18	4.4	25	5	0.0	0.97	6.93	3.33	0.81	*N/A*
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2 010	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2 010	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIMSCHROED 7/ 2010	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, SALSA	2 OZ	1	20	0	244	0.79	1.27	6.8	312	31	2.27	0.85	3.97	0.11	0.02	*N/A*
SAUCE, SOUR CREAM	2 OZ	5	103	20	40	0.00	0.03	79.9	247	49	0.51	3.97	3.97	7.99	4.93	*N/A*
SAUCE, TACO, MILD	2 OZ	1	31	0	451	0.74	0.58	8.5	304	61	13.32	0.66	7.42	0.18	0.02	*N/A*
SALAD DRESSING, MW 2010	1 TBSP	5	25	5	140	0.00	0.00	0.0	0	0	0.0	0.0	3.0	1.5	0.00	0.00
Weighted Daily Average			649	55	1138	8.79	5.14	459.8	*4406	*552	24.58	31.14	99.87	15.58	4.48	*0.42
% of Calories												19.2%	61.5%	21.6%	6.2%	*0.6%

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Osseo Area Schools

Jan 3, 2012 thru Jan 31, 2012 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-6)

	Portion Size	Plan Qty	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 - 01/20/2012																
ELEMENTARY LUNCH (K-6)	Total	100														
CHICKEN POPCORN TYSON 201	SERVING	60	289	38	301	1.25	1.81	25.1	125	25	0.0	15.05	17.56	17.56	3.14	0.00
RICE, BROWN WHOLE GRAIN P	1/2 CUP	60	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
ARBOI																
CHEESE,STRING SAPUTO 1 OZ	1 EACH	40	81	15	202	0.00	0.00	202.5	202	40	0.0	6.08	0.0	6.08	3.54	0.00
2010																
YOGURT, 4 OZ MORNINGSTAR	1 EACH	40	120	5	75	0.00	0.00	150.0	0	0	0.0	5.0	24.0	1.0	0.50	0.00
2010																
STIR FRY VEGETABLES	1/2 CUP	60	30	0	25	2.00	0.26	17.6	666	133	9.3	1.0	5.0	0.0	0.00	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	25	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREADSTICK,GARLIC 2011	1 EACH	55	115	0	170	0.50	0.36	0.0	*N/A*	*0	1.2	3.0	16.0	4.5	0.75	0.00
BREAD, #168 POG, 100% WW B	EACH	25	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
READ																
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
010																
MILK, 1% LF, SCHROEDER 7/201	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
010																
MILK, STRAW SKIMSCHROED 7/	EACH	10	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
2010																
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, BBQ KEN DAVIS SWEE	2 TBSP	40	20	0	170	0.00	0.36	0.0	200	40	1.2	0.0	5.0	0.0	0.00	0.00
T AND																
SAUCE, HONEY MUSTARD	2 TSP	1	89	7	117	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	4.13	8.26	1.38	0.00
SAUCE, KETCHUP,RED GOLD 2	2 TBSP	1	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
010																
SAUCE, SWEET AND SOUR	1 TBSP	20	11	0	109	0.06	0.08	2.2	16	2	2.36	0.14	2.75	0.02	0.00	*N/A*
Weighted Daily Average			630	40	803	5.96	2.45	519.9	*4551	*594	20.11	*27.07	90.36	17.99	4.48	*0.00
% of Calories												*17.2%	57.4%	25.7%	6.4%	*0.0%

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Osseo Area Schools

Jan 3, 2012 thru Jan 31, 2012 Spreadsheet - Portion Values

Dec 16, 2011

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ELEMENTARY LUNCH (K-6)

	Portion Size	Plan Qty	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 - 01/23/2012																
ELEMENTARY LUNCH (K-6	Total	100														
CHICKEN, MINI CORN DOGS 201	6 EACH	75	300	37	675	4.50	1.62	120.0	*N/A*	*0	*N/A*	10.5	32.99	13.5	3.75	0.00
BEEF PATTY - TYSON 2010	1 EACH	25	192	71	202	0.00	1.82	0.0	*N/A*	*0	0.0	22.27	0.0	12.15	5.06	0.00
BREAD, #538 POG 51% WG 4" B	EACH	25	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
SALAD, CUCUMBER	1/3 CUP	40	64	9	102	0.29	0.14	22.9	95	24	1.63	0.78	5.52	4.56	1.58	*0.00
GREEN BEANS: canned,cooked	1/2 CUP	75	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	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
READ																
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
010																
MILK, 1% LF, SCHROEDER 7/201	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
010																
MILK, STRAW SKIMSCHROED 7/	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
2010																
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2	2 TBSP	75	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
010																
SAUCE, HONEY MUSTARD	1 TSP	1	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00
SAUCE, MUSTARD	1 TSP	30	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SALAD DRESSING, MW 2010	1 TBSP	1	25	5	140	0.00	0.00	0.0	0	0	0.0	0.0	3.0	1.5	0.00	0.00
Weighted Daily Average			570	59	1342	8.17	3.13	469.7	*4565	*599	*15.72	*24.72	81.89	16.80	5.38	*0.00
% of Calories												*17.4%	57.5%	26.5%	8.5%	*0.0%

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Osseo Area Schools

	Portion Size	Plan Qty	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 - 01/24/2012																
ELEMENTARY LUNCH (K-6)	Total	100														
FRENCH TOASTIX 2010	3 EACH	22	315	0	375	3.00	3.00	130.5	491	60	4.05	6.0	49.5	10.5	1.50	0.00
TURKEY, SAUSAGE LINK 2010	2 EACH	52	125	62	208	0.00	0.75	41.5	0	0	0.0	12.45	0.0	8.3	2.08	0.00
PIZZA, BREAKFAST TONY'S 2010	1 EACH	1	229	15	678	1.00	1.44	99.7	100	40	0.0	8.97	25.92	10.97	4.49	0.00
PANCAKE, WHOLE WHEAT	2 EACH	30	180	0	190	4.00	144.00	48.0	0	0	0.0	4.0	38.0	3.0	0.00	*N/A*
PANCAKE, MINI STRAWBERRY 2010	PKG (3 OZ)	1	193	9	271	1.00	1.80	10.0	0	0	0.0	*N/A*	36.0	3.0	1.00	0.00
WAFFLE, CINN 2.2 OZ SMUCKER	1 EACH	1	231	40	263	1.37	1.08	27.5	107	21	0.0	5.35	32.65	8.85	3.48	0.19
EGG, CHED CHZ OMELET MICH AELS	1 EACH	10	129	189	259	0.00	0.72	59.7	398	80	0.0	6.96	1.99	10.94	3.48	0.00
EGG, SCRAMBLED	2 OZ SERVING	10	45	111	125	0.00	0.38	16.6	166	33	0.02	3.4	0.57	2.83	0.85	*N/A*
CHICKEN PATTY, UNBRD TYSO	1 EACH	1	120	60	450	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN PATTY, BRD TYSON 2010	1 EACH	24	280	60	620	1.00	1.08	0.0	0	0	0.0	23.0	15.0	14.0	3.00	0.00
BREAD, #538 POG 51% WG 4" B	EACH	25	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
MUFFIN, VARITEY CHOICES	1 EACH	25	221	34	211	1.31	1.93	69.6	233	47	0.05	3.48	31.33	9.11	1.36	*0.00
BROCCOLI: fresh, boiled	1/2 CUP	75	27	0	32	2.57	0.52	31.2	1207	108	50.62	1.86	5.6	0.32	0.06	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B READ	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
STRAWBERRIES: frozen	1/4 CUP	75	61	0	2	1.21	0.38	7.0	15	1	26.39	0.34	16.52	0.08	0.00	*N/A*
FRUITS, ASSORTED FRESH	1/2 CUP	15	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	10	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
JUICE, ORANGE CUP	4 FL OZ	50	56	0	1	0.25	0.25	13.6	248	25	62.0	0.87	12.9	0.25	0.03	*N/A*
MILK, SKIM FF, SCHROEDER 7/2 010	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2 010	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIMSCHROED 7/ 2010	EACH	10	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SYRUP, PANCAKE	2 TBSP	50	92	0	32	0.00	0.01	1.2	0	0	0.0	0.0	24.13	0.0	0.00	*N/A*
SAUCE, KETCHUP, RED GOLD 2 010	1 TBSP	25	15	0	190	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	1	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SAUCE, HONEY MUSTARD	1 TSP	1	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00

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Osseo Area Schools

Jan 3, 2012 thru Jan 31, 2012 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-6)

	Portion Size	Plan Qty	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			670	96	907	7.67	46.67	479.0	*5093	*597	94.36	*28.79	105.28	16.82	3.70	*0.00
% of Calories												*17.2%	62.9%	22.6%	5.0%	*0.0%

Wed - 01/25/2012																
ELEMENTARY LUNCH (K-6)	Total	100														
SAUCE, MARINARA MEATLESS-2010	#10 SCOOP	10	41	0	168	2.25	1.79	29.0	727	127	10.7	2.19	9.74	0.28	0.06	*N/A*
PASTA, SPAGHETTI WHOLE GRAIN	1/2 Cup	74	87	0	2	3.10	13.32	100.0	2	0	0.0	3.7	18.6	0.4	0.01	0.00
PASTA, BARILLA PLUS	1/2 CUP	1	100	0	13	2.00	0.90	10.0	*N/A*	*0	0.0	5.0	19.0	0.5	0.00	0.00
CHICKEN PATTY, BRD TYSON 2010	1 EACH	75	280	60	620	1.00	1.08	0.0	0	0	0.0	23.0	15.0	14.0	3.00	0.00
CARROTS:frozen, boiled	1/2 CUP	75	27	0	43	2.41	0.39	25.5	12357	1292	1.68	0.42	5.64	0.5	0.09	*N/A*
BREAD, ROLL WHEATSELECT CARGIL	2 OZ.	50	165	*0	232	*2.97	*0.69	*28.2	*42	*13	*0.1	5.45	29.32	3.14	0.76	*0.00
PIZZA, 5" ROUND CHZ CA 2010	1 EACH	10	340	10	700	3.00	4.75	270.0	226	45	0.0	17.0	43.0	10.0	3.50	0.00
PIZZA, CHEESE GALAXY, 2010	1 EACH	5	321	15	581	3.01	2.71	300.6	301	79	0.0	14.03	34.07	13.03	6.01	0.00
PIZZA, CHEESE STUFFED 2010	1 EACH	10	380	15	940	4.00	5.40	350.0	500	100	0.0	18.0	46.0	15.0	4.50	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW BREAD	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2010	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/2010	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2010	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIMSCHROED 7/2010	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			674	*57	1077	*10.35	*13.21	*523.8	*13350	*1471	*15.25	36.79	95.20	17.19	4.34	*0.00
% of Calories												21.8%	56.5%	23.0%	5.8%	*0.0%

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Osseo Area Schools

	Portion Size	Plan Qty	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 - 01/26/2012																
ELEMENTARY LUNCH (K-6	Total	100														
BEEF TACO MEAT-2010	#10 SCOOP	75	176	42	186	1.90	2.54	33.8	516	93	9.09	13.69	4.76	12.15	4.52	*0.70
TORTILLA CHIPS	1 OZ	75	131	0	33	1.87	0.34	37.4	0	0	0.0	1.87	19.63	5.61	0.93	*N/A*
LETTUCE, ROMAINE BLEND	1/2 CUP	75	5	0	3	0.46	0.19	7.1	1114	36	0.97	0.31	0.92	0.06	0.01	*N/A*
CHEESE, ASSORT SHREDDED	.5 OZ	55	46	9	122	0.00	0.07	105.1	103	24	0.0	3.98	0.42	3.07	1.85	*N/A*
TOMATOES,RED,RIPE,RAW,	1/8 CUP	50	4	0	1	0.27	0.06	2.3	187	14	3.08	0.2	0.88	0.05	0.01	*N/A*
PEPPERS,JALAPENO,	1 OZ	10	8	0	474	0.74	0.53	6.5	482	48	2.83	0.26	1.34	0.27	0.03	*N/A*
OLIVE, SLICED RIPE	.5 OZ	5	22	0	103	0.00	0.00	0.0	0	0	0.0	0.0	0.89	2.23	0.00	*N/A*
SANDWICH, TURKEY ON WHEA	1 EACH	25	194	30	989	2.35	2.46	85.7	23	0	4.04	16.1	28.98	3.18	0.24	0.00
RICE, MEXICAN SEASONED, 201	1/2 CUP	60	116	0	263	0.67	0.61	0.0	304	61	0.0	2.01	25.5	0.67	0.00	0.00
RICE, FIESTA SEASONED 2010	1/2 CUP	60	120	0	175	1.78	0.53	23.2	305	50	8.81	2.68	22.85	2.04	0.17	*0.00
CORN, WHOLE KERNEL	1/2 CUP	60	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*
BEANS, BLACK	1/2 CUP	5	110	0	350	6.00	10.80	20.0	*N/A*	*0	0.0	6.0	20.0	0.5	0.00	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
READ																
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
010																
MILK, 1% LF, SCHROEDER 7/201	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
010																
MILK, STRAW SKIMSCHROED 7/	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
2010																
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, SALSA	2 OZ	50	20	0	244	0.79	1.27	6.8	312	31	2.27	0.85	3.97	0.11	0.02	*N/A*
SAUCE, SOUR CREAM	2 OZ	10	103	20	40	0.00	0.03	79.9	247	49	0.51	3.97	3.97	7.99	4.93	*N/A*
SAUCE, TACO, MILD	2 OZ	50	31	0	451	0.74	0.58	8.5	304	61	13.32	0.66	7.42	0.18	0.02	*N/A*
Weighted Daily Average			725	55	1528	10.10	6.05	508.5	*6077	*714	39.15	32.67	109.02	20.22	6.37	*0.53
% of Calories												18.0%	60.1%	25.1%	7.9%	*0.7%

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Osseo Area Schools

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ELEMENTARY LUNCH (K-6)

	Portion Size	Plan Qty	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 - 01/30/2012																
ELEMENTARY LUNCH (K-6	Total	100														
CHICKEN, TERIYAKI LING'S 2011	SERV	70	90	40	320	0.00	0.72	0.0	0	0	0.0	12.0	6.0	2.0	0.50	0.00
RICE, BROWN WHOLE GRAIN P	1/2 CUP	60	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
ARBOI																
BREADSTICK,GARLIC 2011	1 EACH	75	115	0	170	0.50	0.36	0.0	*N/A*	*0	1.2	3.0	16.0	4.5	0.75	0.00
BEEF PATTY - TYSON 2010	1 EACH	30	192	71	202	0.00	1.82	0.0	*N/A*	*0	0.0	22.27	0.0	12.15	5.06	0.00
BREAD, #538 POG 51% WG 4" B	EACH	30	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
STIR FRY VEGETABLES	1/2 CUP	75	30	0	25	2.00	0.26	17.6	666	133	9.3	1.0	5.0	0.0	0.00	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
READ																
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2	1 EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
010																
MILK, 1% LF, SCHROEDER 7/201	1 EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
010																
MILK, STRAW SKIMSCHROED 7/	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
2010																
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, SOY	1 TBSP	25	8	0	531	0.13	0.32	2.7	0	0	0.0	0.82	1.36	0.01	0.00	*N/A*
SAUCE, KETCHUP,RED GOLD 2	1 TBSP	50	15	0	190	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
010																
SAUCE, MUSTARD	1 TSP	5	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SAUCE, DRESSING, LITE SALAD	1 TSP	1	12	2	42	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	0.67	1.0	0.00	0.00
SAUCE, HONEY MUSTARD	1 TSP	1	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00
SAUCE, SWEET AND SOUR	2 TBSP	1	23	0	217	0.12	0.16	4.3	32	5	4.73	0.29	5.5	0.04	0.00	*N/A*
SAUCE, SWEET & SPICY PLUM	4 TSP	1	47	0	137	0.18	0.36	3.1	11	1	0.13	0.23	10.88	0.26	0.04	*N/A*
Weighted Daily Average			544	58	991	6.14	2.75	374.6	*4549	*594	20.80	*30.00	83.29	10.61	3.12	*0.00
% of Calories												*22.1%	61.3%	17.6%	5.2%	*0.0%

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Osseo Area Schools

	Portion Size	Plan Qty	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 - 01/31/2012																
ELEMENTARY LUNCH (K-6 SANDWICH, TOASTED CHEESE WHEAT	Total	100														
	1 EACH	65	302	30	1130	2.00	1.64	486.5	*1316	*263	0.0	18.17	34.05	11.11	6.07	*0.00
SOUP, CREAMY TOMATO	6 FL OZ	75	135	0	1095	3.00	0.54	0.0	600	120	7.2	3.0	28.5	1.5	0.75	*N/A*
CHICKEN PATTY, UNBRD TYSO	1 EACH	1	120	60	450	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN PATTY, BRD TYSON 2010	1 EACH	34	280	60	620	1.00	1.08	0.0	0	0	0.0	23.0	15.0	14.0	3.00	0.00
BREAD, #538 POG 51% WG 4" B	EACH	35	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
BEETS: canned	1/2 CUP	75	26	0	165	1.53	1.55	12.8	20	1	3.49	0.77	6.13	0.12	0.02	*N/A*
SALAD, SPINACH 2010	1/2 CUP	50	38	0	183	2.26	1.52	65.4	3545	254	11.05	5.15	4.58	1.49	0.03	*N/A*
DRESSING, RANCH RF 2010	1 OZ	20	22	3	105	0.00	0.01	26.6	11	2	0.23	0.76	2.65	0.95	0.13	*0.00
DRESSING, WESTERN LIGHT 20	1 TBSP	20	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
DRESSING,RANCH LITEHOUSE LITE	1 TBSP	10	30	5	115	0.00	0.18	10.0	50	10	0.6	0.5	1.5	3.0	0.25	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	40	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
DIP, VEG-RANCH LOW FAT 2010	2 OZ	15	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
BREAD, #168 POG, 100% WW B READ	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FRUITS, ASSORTED FRESH	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	50	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK,SKIM FF, SCHROEDER 7/2 010	EACH	10	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	EACH	30	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2 010	EACH	50	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIMSCHROED 7/ 2010	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2 010	1 TBSP	40	15	0	190	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE, HONEY MUSTARD	1 TSP	1	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00
SAUCE, DRESSING, LITE SALAD	1 TSP	30	12	2	42	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	0.67	1.0	0.00	0.00
Weighted Daily Average			706	51	2472	10.13	4.96	729.5	*7130	*880	26.52	*36.15	108.63	16.79	6.32	*0.00
% of Calories												*20.5%	61.5%	21.4%	8.1%	*0.0%

Weighted Average			663	*56	1379	*9.07	*9.36	*543.5	*7218	*880	*33.20	*31.18	100.29	16.78	5.33	*0.12
												*18.8%	60.5%	22.8%	7.2%	*0.2%

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Osseo Area Schools

Jan 3, 2012 thru Jan 31, 2012 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-6)

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Nutrient	Menu AVG	Portion Size	Plan Qty	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	663		664		100%			2	Correction Required - Calories are Low								
Cholesterol (mg)	56					Missing											
Sodium (mg)	1379																
Fiber (g)	9.07					Missing											
Iron (mg)	9.36		3.47		270%	Missing											
Calcium (mg)	543.5		286.00		190%	Missing											
Vitamin A (IU)	7218		1119		645%	Missing											
Vitamin A (RE)	880		224		393%	Missing											
Vitamin C (mg)	33.20		15.24		218%	Missing											
Protein (g)	31.18	18.82%	9.77		319%	Missing											
Carbohydrate (g)	100.29	60.54%															
Total Fat (g)	16.78	22.79%	<=30.00%														
Saturated Fat (g)	5.33	7.24%	<10.00%														
Trans Fat (g)	0.12	0.16%				Missing											

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