

# 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 <sup>1</sup> (g)
Wed - 02/01/2012																
ELEMENTARY LUNCH (K-6	Total	100														
TACO PIE	70 serving		318	46	946	3.26	4.19	149.7	937	182	14.33	21.02	24.27	15.7	5.86	*0.70
COLE SLAW, CREAMY	40 1/4 CUP		44	5	13	0.85	0.33	25.5	208	46	18.54	0.73	7.04	1.48	0.22	*N/A*
BEANS, GREEN, CANNED, DRAIN	75 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*
PIZZA, 5" ROUND CHZ CA 2010	10 1 EACH		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	10 1 EACH		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	10 1 EACH		380	15	940	4.00	5.40	350.0	509	100	0.0	18.0	46.0	15.0	4.50	0.00
CORN MUFFIN	75 2.5 OUNC		290	50	200	0.00	1.48	25.0	112	22	0.1	4.0	36.03	15.01	2.50	*N/A*
VEGETABLES, FRESH STICKS	40 1/2 CUP		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	15 2 OZ		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	5 EACH		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	50 1/2 CUP		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	50 1/2 CUP		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	40 EACH		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	20 EACH		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	30 EACH		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 SKIM SCHROED 7/	9 EACH		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 1 EACH		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			763	83	1401	7.50	6.48	575.5	5003	684	32.57	32.81	98.64	27.72	7.85	*0.49
% of Calories											17.2%	51.7%	32.7%	9.3%	*0.6%	

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

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

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

**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 <sup>1</sup> (g)
Thu - 02/02/2012																
ELEMENTARY LUNCH (K-6	Total	100														
BEEF, FRANK TYSON	1 EACH	70	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, #5151 POG 51% WG HO T DO	1 EACH	70	100	0	170	2.00	1.08	60.0	*N/A*	*0	0.0	3.0	20.0	1.0	0.00	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
POTATO, TWISTER FRIES 2010	1/2 CUP	20	160	0	430	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00	0.00
POTATO, ROUNDS, 2010	1/2 CUP	10	153	0	297	1.80	0.65	0.0	0	0	2.16	1.8	18.9	8.1	1.80	*N/A*
POTATO, CRISS-CUT FRIES 201	1/2 CUP	10	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
BAKED BEANS, 2010	1/2 CUP	75	120	0	480	6.00	1.80	60.0	100	20	0.0	7.0	23.0	0.0	0.00	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*
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	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	50	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
ONIONS,RAW	.16 CUP	10	7	0	1	0.31	0.04	4.2	0	0	1.36	0.2	1.72	0.02	0.01	*N/A*
Weighted Daily Average			671	43	1920	12.40	4.73	*472.1	*7721	*932	35.16	28.04	101.47	18.52	5.78	*0.00
% of Calories												16.7%	60.5%	24.8%	7.8%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

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

# Osseo Area Schools

	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 <sup>1</sup> (g)
Fri - 02/03/2012																
ELEMENTARY LUNCH (K-6	Total	100														
CHICKEN, FAJITA ADVANCE 201	3 OZ	60	130	60	590	0.00	0.72	20.0	100	20	2.4	17.0	1.0	6.0	2.00	0.00
VEGETABLES, FAJITA OR PHILL	1/2 CUP	60	20	0	2	1.07	0.18	9.1	625	113	35.13	0.6	4.34	0.1	0.02	*N/A*
TORTILLA, WW 8"CATALLIA 2011	1 EACH	60	120	0	280	3.00	0.00	20.0	0	0	0.0	3.0	19.0	3.5	1.00	0.00
CHEESE, ASSORT SHREDDED	.5 OZ	40	46	9	122	0.00	0.07	105.1	103	24	0.0	3.98	0.42	3.07	1.85	*N/A*
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																
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																
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																
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
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*
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 SKIM SCHROED 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	30	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			685	63	1590	7.78	2.94	582.7	5087	680	46.78	33.13	106.86	14.87	6.26	*0.00
% of Calories												19.4%	62.4%	19.5%	8.2%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

**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 <sup>1</sup> (g)
Mon - 02/06/2012																
ELEMENTARY LUNCH (K-6	Total	100														
CHICKEN TENDERS TYSON 201	3 EACH	60	202	56	688	0.00	1.82	222.6	101	20	0.0	14.16	12.14	10.12	2.02	0.00
CHICKEN, TENDER SPICY, PROG OLD	3 EACH	25	178	35	356	0.99	1.42	39.5	99	20	0.0	12.85	13.84	7.91	1.48	0.00
CHICKEN, TENDER, SPICY TYSO	3 EACH	5	420	75	1560	1.50	1.62	30.0	0	0	0.0	31.5	24.0	22.5	3.75	0.00
BEEF PATTY - TYSON 2010	1 EACH	10	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	10	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	70	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 SODIUM, 2010	2 OZ	40	40	0	282	0.00	0.01	1.1	0	0	0.0	2.0	8.0	0.0	0.00	*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
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	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 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, BBQ KEN DAVIS SWEE T AND	2 TBSP	60	20	0	170	0.00	0.36	0.0	200	40	1.2	0.0	5.0	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, DRESSING, LITE SALAD	2 TSP	1	23	3	83	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	1.33	2.0	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, KETCHUP, RED GOLD 2010	2 TBSP	20	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average			661	*62	2245	*8.85	*3.72	*538.7	*13515	*1504	*19.09	*31.24	101.15	15.16	3.66	*0.00
% of Calories												*18.9%	61.2%	20.6%	5.0%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

# 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 <sup>1</sup> (g)
Tue - 02/07/2012																
ELEMENTARY LUNCH (K-6	Total	100														
FISH PATTY- CLEAR SPRING	1 EACH	60	230	35	550	1.00	0.40	94.0	158	32	0.45	16.0	15.0	12.0	3.50	*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	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
2010																
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
BEAN SALAD, OSSEO 2011	1/4 CUP	40	121	0	200	4.85	2.53	25.0	*21	*2	1.26	4.29	14.96	4.98	0.74	*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	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*
COOKIE, ASST. SCHOOL MADE	1 EACH	75	136	*16	62	*0.26	*0.49	*5.5	*94	*20	*0.0	1.26	16.72	7.18	3.20	*0.00
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	1 TBSP	10	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, 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, TARTER	1 TSP	25	10	1	41	0.07	0.06	0.8	10	2	0.07	0.04	1.32	0.6	0.10	*N/A*
CHIPS, BAG OF BAKED - 1 OZ	1 EACH	75	129	0	208	1.39	0.39	27.9	0	0	0.0	1.89	20.21	3.84	0.72	*N/A*
Weighted Daily Average			858	*66	1541	*11.46	*4.96	*529.5	*4282	*540	*15.84	*37.38	121.71	26.17	7.58	*0.00
% of Calories											*17.4%		56.7%	27.4%	8.0%	*0.0%

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

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

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

**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 <sup>1</sup> (g)
Wed - 02/08/2012																
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	20	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	10	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	60	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	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 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	25	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	20	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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

# Osseo Area Schools

	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 <sup>1</sup> (g)
Wed - 02/08/2012																
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	25	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	1	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	1	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			664	*41	1214	*9.45	*4.58	*520.3	*5947	*778	*29.09	*27.20	104.96	16.67	5.86	*0.04
% of Calories												*16.4%	63.2%	22.6%	7.9%	*0.0%

Thu - 02/09/2012																
ELEMENTARY LUNCH (K-6	Total	100														
BEEF ITALIAN DUNK SAUCE-201	#10 SCOO	75	121	21	351	2.69	2.70	47.1	759	142	11.41	8.64	9.59	6.31	2.33	*0.35
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*
BREAD, ITALIAN DUNKER CHEESE	1 EACH	85	302	*33	354	*4.34	*1.39	*177.7	*174	*44	*0.7	21.16	40.3	6.34	2.58	*0.00
SANDWICH, TURKEY ON WHEAT	1 EACH	15	194	30	989	2.35	2.46	85.7	23	0	4.04	16.1	28.98	3.18	0.24	0.00
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, WESTERN LIGHT 20	2 TBSP	10	70	0	270	0.00	1.08	0.0	100	20	0.0	0.0	13.0	2.0	0.00	0.00
DRESSING, RANCH RF 2010	1 OZ	40	22	3	105	0.00	0.01	26.6	11	2	0.23	0.76	2.65	0.95	0.13	*0.00
BROCCOLI: fresh, boiled	1/2 CUP	70	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	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 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 7/2 010	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			634	*58	1096	*11.68	*5.05	*580.7	*6220	*721	*59.79	38.70	95.47	12.84	4.59	*0.27
% of Calories												24.4%	60.2%	18.2%	6.5%	*0.4%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - denotes optional nutrient values

# 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 <sup>1</sup> (g)
Fri - 02/10/2012																
ELEMENTARY LUNCH (K-6 CHICKEN,MAND ORANGE LINGS 2011	Total SERVING (4 OZ)	100														
CHEESE,STRING SAPUTO 1 OZ 2010	1 EACH	15	81	15	202	0.00	0.00	202.5	202	40	0.0	6.08	0.0	6.08	3.54	0.00
YOGURT, 4 OZ MORNINGSTAR 2010	1 EACH	15	120	5	75	0.00	0.00	150.0	0	0	0.0	5.0	24.0	1.0	0.50	0.00
RICE, ASIAN SEASONED 2010	1/2 CUP	40	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 ARBOI	1/2 CUP	30	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
BREADSTICK,GARLIC 2011	1 EACH	60	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	70	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	40	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
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			581	49	1083	5.53	1.87	423.9	*4742	*632	21.23	*24.86	91.11	11.85	2.36	*0.00
% of Calories												*17.1%	62.7%	18.3%	3.6%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

# 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 <sup>1</sup> (g)
Mon - 02/13/2012																
ELEMENTARY LUNCH (K-6	Total	100														
CHICKEN, MINI CORN DOGS 201	6 EACH	80	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	20	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	20	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	1	64	9	102	0.29	0.14	22.9	95	24	1.63	0.78	5.52	4.56	1.58	*0.00
POTATO, MCCAIN OVATIONS, S TRAI	1/2 CUP	50	120	0	150	1.00	0.36	0.0	0	0	3.6	2.0	20.0	3.5	0.50	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 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
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, 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
POTATO, WEDGES,FAT FREE 2 010	1/2 CUP	75	90	0	230	2.00	0.72	*N/A*	*N/A*	*N/A*	9.0	2.0	20.0	0.5	0.00	0.00
Weighted Daily Average			674	53	1569	10.23	3.75	*464.7	*4528	*590	*23.64	*26.27	105.64	17.19	4.93	*0.00
% of Calories												*15.6%	62.7%	22.9%	6.6%	*0.0%

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

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

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

**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 <sup>1</sup> (g)
Tue - 02/14/2012																
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	65	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	50	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	50	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	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
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

# 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 <sup>1</sup> (g)
Weighted Daily Average			725	112	984	7.69	47.16	497.0	*5143	*607	87.77	*31.11	108.75	20.16	4.31	*0.00
% of Calories												*17.2%	60.0%	25.0%	5.4%	*0.0%

Wed - 02/15/2012																
ELEMENTARY LUNCH (K-6)	Total	100														
TURKEY IN GRAVY NEW	4 OZ SPO ODLE	50	118	46	835	0.09	1.90	4.5	3	0	0.09	15.38	8.32	1.93	0.64	*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, CHEESE STUFFED 2010	1 EACH	30	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	10	340	10	700	3.00	4.75	270.0	226	45	0.0	17.0	43.0	10.0	3.50	0.00
POTATO, WHIPPED (Pearls)	1/2 CUP	70	146	0	1336	2.88	0.63	25.9	3	0	6.01	3.24	29.12	1.99	0.50	*N/A*
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*
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, ROLL WHEATSELECT CARGIL	2 OZ.	65	165	*0	232	*2.97	*0.69	*28.2	*42	*13	*0.1	5.45	29.32	3.14	0.76	*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 7/201 010	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			673	*39	2198	*10.51	*5.06	*556.4	*13401	*1484	*18.45	31.61	108.86	12.84	4.06	*0.00
% of Calories												18.8%	64.7%	17.2%	5.4%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

**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 <sup>1</sup> (g)
Thu - 02/16/2012																
ELEMENTARY LUNCH (K-6)	Total	100														
CHICKEN CHOW MEIN	3/4 CUP	50	263	55	9409	0.72	1.14	37.8	96	3	3.62	17.9	20.15	4.47	1.00	*0.00
EGG ROLL, WHOLE WHEAT VEGETABLE	1 EACH	40	90	0	490	2.00	1.44	20.0	1250	250	9.0	4.0	19.0	1.5	0.00	0.00
RICE, BROWN WHOLE GRAIN PARBOILED	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
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*
SANDWICH, TURKEY ON WHEAT	1 EACH	50	194	30	989	2.35	2.46	85.7	23	0	4.04	16.1	28.98	3.18	0.24	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
BANANA BREAD SQUARES	SERVING	85	149	17	130	0.80	0.90	38.0	45	9	1.4	2.41	25.56	4.31	1.10	*N/A*
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 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, DRESSING, LITE SALAD	1 TSP	15	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			679	67	5783	7.83	4.04	451.7	*4997	*673	28.47	31.89	110.14	9.91	2.08	*0.00
% of Calories												18.8%	64.8%	13.1%	2.8%	*0.0%

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

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

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

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

# Osseo Area Schools

	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 <sup>1</sup> (g)
Tue - 02/21/2012																
ELEMENTARY LUNCH (K-6 SANDWICH, HOT TURKEY HAM & CHZ	Total	100														
	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	70	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	45	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 UNBREAD TY SON	1 EACH	5	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	75	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	40	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 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
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
CRACKERS, ANIMAL	BAG	80	128	0	152	0.41	1.02	123.7	0	0	0.0	1.74	22.27	3.6	1.16	0.05
Weighted Daily Average			667	50	1503	7.65	5.34	603.6	*4978	*537	16.39	*30.87	103.48	15.35	4.44	*0.04
% of Calories												*18.5%	62.1%	20.7%	6.0%	*0.1%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

**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 <sup>1</sup> (g)
Wed - 02/22/2012																
ELEMENTARY LUNCH (K-6	Total	100														
BEEF SPAGHETTI SAUCE-2010	#10 SCOOP	70	201	42	437	3.19	3.69	59.0	759	142	11.41	15.07	10.09	12.24	4.55	*0.70
SAUCE, MARINARA MEATLESS-2010	#10 SCOOP	5	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
COLE SLAW, CREAMY	1/2 CUP	75	88	9	26	1.70	0.67	51.0	416	93	37.08	1.46	14.07	2.96	0.44	*N/A*
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	75	148	7	116	2.10	1.31	9.0	108	21	0.02	4.18	23.98	4.29	1.97	*N/A*
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	15	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 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
Weighted Daily Average			694	54	1011	12.43	16.27	592.6	*5126	*710	51.40	32.08	103.75	18.90	6.64	*0.49
% of Calories											18.5%	59.8%	24.5%	8.6%	*0.6%	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

**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)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/23/2012																
ELEMENTARY LUNCH (K-6	Total	100														
BEEF PATTY - TYSON 2010	1 EACH	60	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	60	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	40	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	20	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	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
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			810	74	2096	14.77	5.48	*603.5	*7825	*950	43.45	*43.09	121.43	20.96	7.61	*0.00
% of Calories												*21.3%	60.0%	23.3%	8.5%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

# 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 <sup>1</sup> (g)
Fri - 02/24/2012																
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	40	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	20	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	20	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	70	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	30	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	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	15	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			594	26	1188	7.09	4.95	685.5	5112	580	17.11	26.91	91.27	14.64	5.17	*0.00
% of Calories												18.1%	61.4%	22.2%	7.8%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

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

# Osseo Area Schools

	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 <sup>1</sup> (g)
Mon - 02/27/2012																
ELEMENTARY LUNCH (K-6	Total	100														
CHICKEN TENDERS TYSON 201	3 EACH	60	202	56	688	0.00	1.82	222.6	101	20	0.0	14.16	12.14	10.12	2.02	0.00
CHICKEN,TENDER SPICY,PROG OLD	3 EACH	25	178	35	356	0.99	1.42	39.5	99	20	0.0	12.85	13.84	7.91	1.48	0.00
CHICKEN, TENDER, SPICY TYSO	3 EACH	5	420	75	1560	1.50	1.62	30.0	0	0	0.0	31.5	24.0	22.5	3.75	0.00
BEEF PATTY - TYSON 2010	1 EACH	10	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	10	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 SODIUM, 2010	2 OZ	30	40	0	282	0.00	0.01	1.1	0	0	0.0	2.0	8.0	0.0	0.00	*0.00
CARROTS:frozen, boiled	1/2 CUP	60	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
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	20	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, BBQ KEN DAVIS SWEE T AND	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
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, DRESSING, LITE SALAD	2 TSP	1	23	3	83	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	1.33	2.0	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, KETCHUP,RED GOLD 2 010	2 TBSP	20	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average			645	*62	2067	*8.50	*3.64	*538.2	*11621	*1303	*18.00	*31.10	97.54	15.03	3.59	*0.00
% of Calories												*19.3%	60.5%	21.0%	5.0%	*0.0%

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

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

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

**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 <sup>1</sup> (g)	
Tue - 02/28/2012																	
ELEMENTARY LUNCH (K-6)																	
	Total	100															
	BEEF SLOPPY JOE MEAT-2010	1 EACH	80	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	10	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
	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
	POTATO, ROUNDS, 2010	1/2 CUP	10	153	0	297	1.80	0.65	0.0	0	0	2.16	1.8	18.9	8.1	1.80	*N/A*
	POTATO, CRISS-CUT FRIES 201	1/2 CUP	10	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, STRAI	1/2 CUP	10	120	0	150	1.00	0.36	0.0	0	0	3.6	2.0	20.0	3.5	0.50	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
	CHICKEN PATTY, BRD TYSON 2010	1 EACH	19	280	60	620	1.00	1.08	0.0	0	0	0.0	23.0	15.0	14.0	3.00	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*
	BEAN SALAD, OSSEO 2011	1/4 CUP	35	121	0	200	4.85	2.53	25.0	*21	*2	1.26	4.29	14.96	4.98	0.74	*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	10	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	60	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	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	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 7/2010	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 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 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			763	54	1491	11.55	*5.92	*469.6	*5000	*674	*26.82	*33.09	111.67	22.75	6.65	*0.56
	% of Calories											*17.3%	58.5%	26.8%	7.8%	*0.7%	

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

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

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

**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 <sup>1</sup> (g)
Wed - 02/29/2012																
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	20	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	10	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	60	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	25	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	15	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	25	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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

# 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 <sup>1</sup> (g)
Wed - 02/29/2012																
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	25	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	1	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	1	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			656	*41	1202	*9.15	*4.50	*515.6	*5950	*779	*29.10	*26.79	103.47	16.62	5.87	*0.04
% of Calories												*16.3%	63.1%	22.8%	8.1%	*0.0%

Weighted Average			689	*58	1746	*9.58	*7.39	*536.9	*6642	*808	*32.64	*31.48	104.60	17.27	5.23	*0.10
												*18.3%	60.7%	22.5%	6.8%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	689		664	104%			
Cholesterol (mg)	58				Missing		
Sodium (mg)	1746						
Fiber (g)	9.58				Missing		
Iron (mg)	7.39		3.47	213%	Missing		
Calcium (mg)	536.9		286.00	188%	Missing		
Vitamin A (IU)	6642		1119	594%	Missing		
Vitamin A (RE)	808		224	361%	Missing		
Vitamin C (mg)	32.64		15.24	214%	Missing		
Protein (g)	31.48	18.27%	9.77	322%	Missing		
Carbohydrate (g)	104.60	60.69%					
Total Fat (g)	17.27	22.55%	<=30.00%				
Saturated Fat (g)	5.23	6.82%	<10.00%				
Trans Fat (g)	0.10	0.13%			Missing		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - 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.