

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																
JUNIOR HIGH LUNCH (7-9)	Total	100														
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	20	380	15	940	4.00	5.40	350.0	500	100	0.0	18.0	46.0	15.0	4.50	0.00
PIZZA, ULTIMATE FLATBREAD CHZ	PIECE	10	370	15	500	5.00	2.70	350.0	500	100	0.0	21.0	50.0	10.0	4.00	0.00
PIZZA, 5" ROUND CHZ CA 2010	1 EACH	30	340	10	700	3.00	4.75	270.0	226	45	0.0	17.0	43.0	10.0	3.50	0.00
PIZZA, BIG DAD HARV CHZ 2010	1 EACH	25	390	35	760	3.00	2.70	350.0	400	80	0.0	23.0	45.0	13.0	5.00	0.00
BEEF PEPPERONI, BONICI	3 EACH	60	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	2	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
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
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	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*
APPLE CRISP	SERVING	90	200	0	113	2.30	0.99	20.0	350	70	0.49	1.94	31.75	7.97	1.59	*N/A*
MILK, SKIM FF, SCHROEDER 7/2 010	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 7/201	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 7/2 010	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			828	30	1226	12.47	6.88	709.1	*5480	*681	52.31	33.59	121.64	24.47	7.12	*0.00
% of Calories												16.2%	58.8%	26.6%	7.7%	*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)
Wed - 01/04/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
FRENCH TOASTIX 2010	4 EACH	80	420	0	500	4.00	4.00	174.0	654	80	5.4	8.0	66.0	14.0	2.00	0.00
TURKEY, SAUSAGE LINK 2010	2 EACH	80	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, 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
PANCAKE, WHOLE WHEAT	2 EACH	1	180	0	190	4.00	144.00	48.0	0	0	0.0	4.0	38.0	3.0	0.00	*N/A*
BREAKFAST SANDWICH	1 EACH	1	285	144	941	1.84	3.14	211.5	537	107	2.05	15.94	29.86	11.42	4.87	*0.00
BREAKFAST BITES 2010	3 EACH	1	180	20	470	1.00	1.44	20.0	100	20	0.0	8.0	18.0	8.0	2.50	0.00
EGG, SCRAMBLED	2 OZ SER VING	1	45	111	125	0.00	0.38	16.6	166	33	0.02	3.4	0.57	2.83	0.85	*N/A*
WAFFLE, CINN 2.2 OZ SMUCKER	1 EACH	3	231	40	263	1.37	1.08	27.5	107	21	0.0	5.35	32.65	8.85	3.48	0.19
WAFFLE, MAPLE 2.2 OZ SMUCKERS	1 EACH	1	230	40	260	1.00	1.08	20.0	*N/A*	*0	0.0	5.0	33.0	9.0	3.50	0.00
EGG, CHED CHZ OMELET MICH AELS	1 EACH	1	129	189	259	0.00	0.72	59.7	398	80	0.0	6.96	1.99	10.94	3.48	0.00
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	1	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	7	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
CARROTS:frozen, boiled	1/2 CUP	70	27	0	43	2.41	0.39	25.5	12357	1292	1.68	0.42	5.64	0.5	0.09	*N/A*
APPLE CRISP	SERVING	50	200	0	113	2.30	0.99	20.0	350	70	0.49	1.94	31.75	7.97	1.59	*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
STRAWBERRIES: frozen	1/2 CUP	1	122	0	4	2.42	0.75	14.0	31	3	52.79	0.68	33.05	0.17	0.01	*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	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 7/201	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 7/2 010	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
SYRUP,PANCAKE	1 TBSP	60	46	0	16	0.00	0.01	0.6	0	0	0.0	0.0	12.06	0.0	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

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Weighted Daily Average			844	66	1065	9.64	6.98	580.0	*13425	*1504	20.98	*29.14	129.08	25.03	5.06	*0.01
% of Calories												*13.8%	61.2%	26.7%	5.4%	*0.0%

Thu - 01/05/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
CHICKEN POPCORN TYSON 201	SERVING	95	289	38	301	1.25	1.81	25.1	125	25	0.0	15.05	17.56	17.56	3.14	0.00
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	1	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	2	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
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	1 OZ	40	20	0	141	0.00	0.00	0.6	0	0	0.0	1.0	4.0	0.0	0.00	*0.00
BREAD, ROLL WHEATSELECT CARGIL	2 OZ.	60	165	*0	232	*2.97	*0.69	*28.2	*42	*13	*0.1	5.45	29.32	3.14	0.76	*0.00
PEAS: frozen,boiled	1/2 CUP	75	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*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	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 7/201	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 7/2 010	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
SAUCE, BBQ KEN DAVIS SWEE T AND	1 TBSP	50	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	1 TSP	50	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, 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
Weighted Daily Average			762	*47	1706	*11.24	*4.27	*422.2	*5434	*562	*23.30	*33.12	105.91	23.83	4.66	*0.00
% of Calories												*17.4%	55.6%	28.2%	5.5%	*0.0%

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Fri - 01/06/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
CHICKEN, LING'S SPICY SICHUA	SERVING	50	90	40	135	0.00	0.72	0.0	0	0	1.2	12.0	6.0	2.0	0.50	0.00
CHICKEN,MAND ORANGE LING	SERVING	40	210	50	340	0.00	0.72	0.0	100	20	0.0	12.0	18.0	8.0	1.00	0.00
S 2011	(4 OZ)															
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	7	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
4.8																
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
RICE, BROWN WHOLE GRAIN P	1/2 CUP	55	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, ASIAN SEASONED 2010	1/2 CUP	55	111	0	280	0.67	0.24	0.0	300	60	2.4	3.01	23.45	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	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	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	10	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	40	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	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 7/2	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
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, SWEET AND SOUR	1 TBSP	25	11	0	109	0.06	0.08	2.2	16	2	2.36	0.14	2.75	0.02	0.00	*N/A*
SAUCE, ZESTY ORANGE	1 TSP	25	13	*N/A*	23	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	3.33	0.0	0.00	*N/A*
Weighted Daily Average			589	*53	934	5.95	*2.64	*381.7	*4513	*587	*22.21	27.30	94.11	11.25	1.94	*0.00
% of Calories												18.5%	63.9%	17.2%	3.0%	*0.0%

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Mon - 01/09/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
CHICKEN, PATTY UNBREAD TY SON	1 EACH	25	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	25	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 SPICY ,GK, 201	1 EACH	45	173	54	533	1.00	1.00	29.0	177	35	1.0	15.0	13.0	8.0	2.00	0.00
BREAD, #538 POG 51% WG 4" B	EACH	95	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	2	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
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*
POTATO, SWEET POTATO SLIC ES, S	1/2 CUP	85	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	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	75	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	50	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	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 7/201	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 7/2 010	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
SAUCE, BBQ KEN DAVIS SWEE T AND	2 TBSP	75	20	0	170	0.00	0.36	0.0	200	40	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, DRESSING, LITE SALAD	2 TSP	45	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, HONEY MUSTARD	3 TSP	50	134	10	175	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	6.19	12.39	2.06	0.00
SAUCE, KETCHUP,RED GOLD 2 010	3 TBSP	75	45	0	570	0.00	0.00	0.0	900	180	0.0	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			796	72	1937	12.33	4.96	533.5	*12433	*1801	60.44	*35.86	117.41	23.70	4.61	*0.00
% of Calories												*18.0%	59.0%	26.8%	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 - 01/10/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
BEEF, PHILLY STEAK 2010	3 OZ	95	110	40	330	0.00	1.80	20.0	0	0	0.0	19.0	1.0	3.5	1.50	0.00
BREAD, #5150 POG 51% WG ST EAK	EACH	95	170	0	320	4.00	1.80	100.0	*N/A*	*0	0.0	5.0	37.0	2.0	0.50	0.00
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	2	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
GREEN AND RED PEPPER SLIC	1/2 CUP	75	12	0	2	0.87	0.18	3.9	805	146	47.86	0.43	2.45	0.11	0.02	*N/A*
CHEESE SAUCE, CHEDDAR JT M 2011	1 OZ	70	48	10	269	0.00	0.00	97.4	133	28	0.0	3.16	3.16	2.63	1.58	0.00
ONIONS,RAW	1/4 CUP	75	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	0.01	*N/A*
POTATO, SWEET POTATO SLIC ES, S	1 CUP	75	180	0	220	4.00	1.44	40.0	9000	1800	12.0	1.0	22.0	10.0	1.50	0.00
POTATO, CRISS-CUT FRIES 201	1/2 CUP	90	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, TWISTER FRIES 2010	1/2 CUP	1	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	1	153	0	297	1.80	0.65	0.0	0	0	2.16	1.8	18.9	8.1	1.80	*N/A*
POTATO, MCCAIN OVATIONS, S TRAI	1/2 CUP	1	120	0	150	1.00	0.36	0.0	0	0	3.6	2.0	20.0	3.5	0.50	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*
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	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	1 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 7/201	1 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 7/2 010	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
SAUCE, DRESSING, LITE SALAD	2 TSP	25	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, HONEY MUSTARD	1 TSP	50	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, 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
Weighted Daily Average			879	57	1758	14.89	6.51	*595.3	*20768	*2943	65.64	*38.87	125.94	27.15	7.00	*0.00
% of Calories												*17.7%	57.3%	27.8%	7.2%	*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)
Wed - 01/11/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
BEEF LASAGNA, SCHOOL MADE	1 EACH	85	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 PIE	5	300	32	778	2.42	0.87	243.0	1417	284	1.94	12.96	24.29	17.01	8.10	*N/A*
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	7	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
4.8																
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
COLE SLAW, CREAMY	1/4 CUP	80	44	5	13	0.85	0.33	25.5	208	46	18.54	0.73	7.04	1.48	0.22	*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*
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	75	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	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	40	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	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 7/2	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
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
Weighted Daily Average			750	59	1190	10.95	5.55	763.9	7800	926	32.89	37.46	105.09	21.34	8.29	*0.30
% of Calories												20.0%	56.1%	25.6%	10.0%	*0.4%

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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																
JUNIOR HIGH LUNCH (7-9)	Total	100														
CHICKEN, FAJITA ADVANCE 201	3 OZ	95	130	60	590	0.00	0.72	20.0	100	20	2.4	17.0	1.0	6.0	2.00	0.00
TORTILLA, WW 8" CATALLIA 2011	1 EACH	95	120	0	280	3.00	0.00	20.0	0	0	0.0	3.0	19.0	3.5	1.00	0.00
FAJITA VEGETABLES	1/2 CUP	95	17	0	2	0.93	0.15	8.6	403	73	26.06	0.53	3.91	0.08	0.02	*N/A*
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	1	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	2	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	75	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	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
BEANS, REFRIED VEGETARIAN 2011	1/2 CUP	50	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
BEANS, BLACK	1/2 CUP	50	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	75	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	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 7/201	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 7/2 010	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 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, 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	1 OZ	40	51	10	20	0.00	0.02	40.0	124	25	0.26	1.98	1.98	4.0	2.47	*N/A*
SAUCE, TACO, MILD	2 OZ	75	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			807	72	2193	16.84	9.79	484.4	*7763	*957	*52.87	41.93	127.68	15.01	4.50	*0.00
% of Calories												20.8%	63.3%	16.7%	5.0%	*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)
Fri - 01/13/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
CHICKEN TENDERS TYSON 201	3 EACH	95	202	56	688	0.00	1.82	222.6	101	20	0.0	14.16	12.14	10.12	2.02	0.00
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	1	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	2	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
POTATO, WHIPPED (Pearls)	1/2 CUP	90	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	75	40	0	282	0.00	0.01	1.1	0	0	0.0	2.0	8.0	0.0	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*
BREAD, ROLL WHEATSELECT CARGIL	2 OZ.	75	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	75	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	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 7/201	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 7/2 010	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
SAUCE, BBQ KEN DAVIS SWEE T AND	1 TBSP	75	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	1 TSP	75	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, 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
Weighted Daily Average			788	*66	2880	*10.29	*5.21	*648.8	*6995	*827	*23.16	*33.74	121.04	19.46	4.09	*0.00
% of Calories												*17.1%	61.4%	22.2%	4.7%	*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 - 01/17/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
CHICKEN POPCORN TYSON 201	SERVING	90	289	38	301	1.25	1.81	25.1	125	25	0.0	15.05	17.56	17.56	3.14	0.00
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	7	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	75	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
RICE, ASIAN SEASONED 2010	1/2 CUP	75	111	0	280	0.67	0.24	0.0	300	60	2.4	3.01	23.45	0.67	0.00	0.00
GREEN AND RED PEPPER SLIC	1/4 CUP	80	6	0	1	0.44	0.09	2.0	403	73	23.93	0.21	1.23	0.05	0.01	*N/A*
ONIONS,RAW	1/8 CUP	80	6	0	1	0.24	0.03	3.3	0	0	1.06	0.16	1.34	0.01	0.01	*N/A*
SAUCE, SWEET AND SOUR	1 TBSP	85	11	0	109	0.06	0.08	2.2	16	2	2.36	0.14	2.75	0.02	0.00	*N/A*
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*
BEAN SALAD, OSSEO 2011	1/4 CUP	75	121	0	200	4.85	2.53	25.0	*21	*2	1.26	4.29	14.96	4.98	0.74	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	75	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	50	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	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 7/201	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 7/2 010	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
SAUCE, SOY	1 TBSP	50	8	0	531	0.13	0.32	2.7	0	0	0.0	0.82	1.36	0.01	0.00	*N/A*
SAUCE, SWEET & SPICY PLUM	2 TSP	50	23	0	68	0.09	0.18	1.5	5	1	0.06	0.11	5.44	0.13	0.02	*N/A*
SAUCE, SWEET AND SOUR	2 TBSP	50	23	0	217	0.12	0.16	4.3	32	5	4.73	0.29	5.5	0.04	0.00	*N/A*
SAUCE, ZESTY ORANGE	2 TSP	50	27	*N/A*	45	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Weighted Daily Average			888	*49	1608	13.28	*6.34	*476.0	*7909	*999	*48.73	35.25	131.89	25.24	4.32	*0.00
% of Calories												15.9%	59.4%	25.6%	4.4%	*0.0%

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Osseo Area Schools

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Wed - 01/18/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
BEEF FRANK, TYSON	1 EACH	95	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	95	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 PB JAM-2.8 OZ 2010	2 EACH	2	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
POTATO, SWEET POTATO SLICES, S	1/2 CUP	75	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	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	75	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 BREAD	EACH	50	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, 1% LF, SCHROEDER 7/201	1 EACH	40	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, SKIM FF, SCHROEDER 7/2010	1 EACH	20	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 7/2010	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
SAUCE, KETCHUP, RED GOLD 2010	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	50	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	2 TSP	50	7	0	118	0.34	0.16	6.0	7	0	0.16	0.45	0.55	0.42	0.03	0.00
Weighted Daily Average			668	49	1550	10.37	4.07	493.8	*11434	*1613	57.15	*22.66	89.86	26.03	7.68	*0.00
% of Calories												*13.6%	53.8%	35.1%	10.4%	*0.0%

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Thu - 01/19/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
BEEF TACO MEAT-2010	#10 SCOO	94	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	94	140	0	260	3.00	1.44	60.0	0	0	0.0	5.0	25.0	2.5	0.50	0.00
YOGURT AND FRUIT PARFAIT	1 EACH	3	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	2	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	1	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
BEANS, BLACK	1/2 CUP	50	110	0	350	6.00	10.80	20.0	*N/A*	*0	0.0	6.0	20.0	0.5	0.00	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	75	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
RICE, FIESTA SEASONED 2010	CUP	75	240	0	350	3.56	1.06	46.3	610	100	17.62	5.35	45.69	4.08	0.33	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	50	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
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*
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*
BREAD, #168 POG, 100% WW B READ	EACH	50	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 7/2 010	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, 1% LF, SCHROEDER 7/201	EACH	15	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	45	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
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
COOKIE, CHURRO MEXICAN	1 EACH	85	62	11	81	0.10	0.18	4.4	25	5	0.0	0.97	6.93	3.33	0.81	*N/A*
Weighted Daily Average			923	57	1352	15.16	11.40	514.9	*5790	*743	35.73	38.55	144.96	22.61	6.16	*0.66
% of Calories											16.7%	62.8%	22.0%	6.0%	*0.6%	

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Fri - 01/20/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
SANDWICH, TOASTED CHEESE WHEAT	1 EACH	90	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	90	135	0	1095	3.00	0.54	0.0	600	120	7.2	3.0	28.5	1.5	0.75	*N/A*
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	2	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	3	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	5	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
SALAD, SPINACH 2010	1/2 CUP	75	38	0	183	2.26	1.52	65.4	3545	254	11.05	5.15	4.58	1.49	0.03	*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*
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	30	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	75	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
CRACKERS, SALTINE KRAFT N ABISC	PKG	75	50	0	180	0.00	0.72	20.0	*N/A*	*0	0.0	1.0	9.0	1.0	0.00	0.00
BREAD, #168 POG, 100% WW B READ	EACH	50	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	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 7/201	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 7/2 010	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
SAUCE, KETCHUP,RED GOLD 2 010	3 TBSP	50	45	0	570	0.00	0.00	0.0	900	180	0.0	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			797	41	3186	12.22	5.69	932.9	*11741	*1434	32.56	37.28	129.84	18.01	7.05	*0.00
% of Calories											18.7%	65.2%	20.3%	8.0%	*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)
Mon - 01/23/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
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	20	380	15	940	4.00	5.40	350.0	500	100	0.0	18.0	46.0	15.0	4.50	0.00
PIZZA, ULTIMATE FLATBREAD CHZ	PIECE	10	370	15	500	5.00	2.70	350.0	500	100	0.0	21.0	50.0	10.0	4.00	0.00
PIZZA, 5" ROUND CHZ CA 2010	1 EACH	30	340	10	700	3.00	4.75	270.0	226	45	0.0	17.0	43.0	10.0	3.50	0.00
PIZZA, BIG DAD HARV CHZ 2010	1 EACH	25	390	35	760	3.00	2.70	350.0	400	80	0.0	23.0	45.0	13.0	5.00	0.00
BEEF PEPPERONI, BONICI	3 EACH	60	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	2	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
BEAN SALAD, OSSEO 2011	1/4 CUP	60	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	75	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	50	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*
APPLE CRISP	SERVING	90	200	0	113	2.30	0.99	20.0	350	70	0.49	1.94	31.75	7.97	1.59	*N/A*
MILK,SKIM FF, SCHROEDER 7/2 010	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 7/201	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 7/2 010	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			877	33	1490	13.56	7.79	740.4	*7554	*938	18.03	34.91	128.81	26.14	7.33	*0.00
% of Calories												15.9%	58.7%	26.8%	7.5%	*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																
JUNIOR HIGH LUNCH (7-9)	Total	100														
BEEF PATTY - TYSON 2010	1 EACH	95	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	95	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	1	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	2	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
COLLARD GREENS, USING FRE	1/2 CUP	60	103	9	767	7.13	0.68	280.1	12549	772	74.83	7.62	15.94	3.37	0.67	*N/A*
PICKLE SLICES, DILL	4 EACH	75	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
VEGETABLES, FRESH STICKS	1/2 CUP	75	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 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	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 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, HONEY MUSTARD	2 TSP	40	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 2010	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
Weighted Daily Average			677	87	1703	11.52	*4.68	*629.6	*14724	*1329	*59.56	*40.83	90.62	21.02	6.88	*0.00
% of Calories												*24.1%	53.6%	28.0%	9.2%	*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)
Wed - 01/25/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
CHICKEN POPCORN TYSON 201	SERVING	95	289	38	301	1.25	1.81	25.1	125	25	0.0	15.05	17.56	17.56	3.14	0.00
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	1	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	2	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
POTATO, WHIPPED (Pearls)	1/2 CUP	90	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	80	40	0	282	0.00	0.01	1.1	0	0	0.0	2.0	8.0	0.0	0.00	*0.00
PEAS: frozen,boiled	1/2 CUP	75	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*N/A*
BREAD, ROLL WHEATSELECT CARGIL	2 OZ.	75	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	75	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	30	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	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 7/201	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 7/2 010	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
SAUCE, BBQ KEN DAVIS SWEE T AND	1 TBSP	75	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	1 TSP	75	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, 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
Weighted Daily Average			914	*49	2663	*13.63	*4.95	*460.7	*8636	*945	*26.44	*37.05	135.02	26.42	5.14	*0.00
% of Calories												*16.2%	59.1%	26.0%	5.1%	*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																
JUNIOR HIGH LUNCH (7-9)	Total	100														
CHICKEN, TERIYAKI LING'S 2011	3 OZ	95	270	120	960	0.00	2.16	0.0	0	0	0.0	36.0	18.0	6.0	1.50	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	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
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
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	1	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	2	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
SALAD, SPINACH 2010	1/2 CUP	60	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	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 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
BREADSTICK,GARLIC 2011	1 EACH	90	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	75	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	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 7/201	1 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 7/2 010	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
SAUCE, SOY	1 TBSP	50	8	0	531	0.13	0.32	2.7	0	0	0.0	0.82	1.36	0.01	0.00	*N/A*
SAUCE, SWEET AND SOUR	2 TBSP	75	23	0	217	0.12	0.16	4.3	32	5	4.73	0.29	5.5	0.04	0.00	*N/A*
Weighted Daily Average			821	126	2210	8.65	5.24	445.9	*9557	*1065	34.51	56.04	119.60	14.66	2.79	*0.00
% of Calories											27.3%	58.3%	16.1%	3.1%	*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)
Mon - 01/30/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
CHICKEN, PATTY UNBREAD TY SON	1 EACH	25	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	25	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 SPICY ,GK, 201 BREAD, #538 POG 51% WG 4" B SANDWICH PB JAM-2.8 OZ 2010	1 EACH	45	173	54	533	1.00	1.00	29.0	177	35	1.0	15.0	13.0	8.0	2.00	0.00
SANDWICH, PB & J SMUCKERS 4.8	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT AND FRUIT PARFAIT 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*
POTATO, SWEET POTATO SLICES, S	1 CUP	75	180	0	220	4.00	1.44	40.0	9000	1800	12.0	1.0	22.0	10.0	1.50	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	75	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	30	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	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 7/2010	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
SAUCE, BBQ KEN DAVIS SWEET AND	2 TBSP	50	20	0	170	0.00	0.36	0.0	200	40	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, DRESSING, LITE SALAD	2 TSP	45	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, HONEY MUSTARD	2 TSP	50	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 2010	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
Weighted Daily Average			791	70	1726	13.03	5.12	529.1	*15081	*2331	64.00	*35.13	114.84	24.39	4.73	*0.00
% of Calories												*17.8%	58.1%	27.8%	5.4%	*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)
Tue - 01/31/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
VEGETARIAN CHILI ULTIMATE B	6 OZ	15	115	0	570	6.51	2.07	61.3	1049	176	12.6	5.39	20.7	1.76	0.32	*0.00
EAN																
BEEF, CHILI W/ BEANS 2010	1/2 CUP	80	202	42	297	3.02	3.39	55.8	621	114	11.58	15.2	9.52	12.39	4.56	*0.70
SANDWICH PB JAM-2.8 OZ 2010	2 EACH	1	612	73	616	7.64	8.58	316.6	27	5	0.0	17.8	72.6	32.0	5.40	0.00
SANDWICH, PB & J SMUCKERS	1 EACH	2	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
4.8																
YOGURT AND FRUIT PARFAIT	1 EACH	2	402	12	222	4.60	1.90	451.3	149	37	26.05	15.95	73.39	6.36	2.46	*N/A*
RICE, BROWN WHOLE GRAIN P	1/2 CUP	75	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, ASSORT SHREDDED	.5 OZ	75	46	9	122	0.00	0.07	105.1	103	24	0.0	3.98	0.42	3.07	1.85	*N/A*
ONIONS,RAW	1/16 CUP	40	3	0	0	0.12	0.02	1.7	0	0	0.53	0.08	0.67	0.01	0.00	*N/A*
SAUCE, SOUR CREAM	2 OZ	75	103	20	40	0.00	0.03	79.9	247	49	0.51	3.97	3.97	7.99	4.93	*N/A*
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	75	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
MUFFIN, CORN 1.5 - 2 OZ	1 EACH	75	145	25	100	0.00	0.74	12.5	56	11	0.05	2.0	18.0	7.5	1.25	*N/A*
DESSERT, SCHOOL MADE	1 EACH	75	191	*45	96	*0.53	*1.08	*6.3	*286	*58	*0.0	2.11	23.28	10.07	5.08	*N/A*
BREAD, #168 POG, 100% WW B	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
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	40	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	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 7/2	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
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
Weighted Daily Average			870	*119	947	*10.14	*5.98	*604.9	*11161	*1355	*44.68	35.31	108.84	34.76	14.18	*0.56
% of Calories												16.2%	50.0%	36.0%	14.7%	*0.6%
Weighted Average			804	*63	1754	*11.90	*6.00	*576.2	*9905	*1239	*40.80	*36.00	118.01	22.66	5.98	*0.08
												*17.9%	58.7%	25.4%	6.7%	*0.1%

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Jan 3, 2012 thru Jan 31, 2012 Spreadsheet - Portion Values
JUNIOR HIGH LUNCH (7-9)

Nutrient	Menu AVG	Portion Size % of Cals	Plan Qty Target	Cals (kcal)	Cholst (mg) % of Target	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg) Error Messages (if any)	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)
Calories	804		804		100%												
Cholesterol (mg)	63					Missing											
Sodium (mg)	1754																
Fiber (g)	11.90					Missing											
Iron (mg)	6.00		4.50		133%	Missing											
Calcium (mg)	576.2		400.00		144%	Missing											
Vitamin A (IU)	9905		1500		660%	Missing											
Vitamin A (RE)	1239		300		413%	Missing											
Vitamin C (mg)	40.80		17.53		233%	Missing											
Protein (g)	36.00	17.92%	15.70		229%	Missing											
Carbohydrate (g)	118.01	58.74%															
Total Fat (g)	22.66	25.38%	<=30.00%														
Saturated Fat (g)	5.98	6.69%	<10.00%														
Trans Fat (g)	0.08	0.09%				Missing											

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