

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 - 02/01/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
BEEF SPAGHETTI SAUCE-2010	#10 SCOO	90	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 SCOO	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	90	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	5	100	0	13	2.00	0.90	10.0	*N/A*	*0	0.0	5.0	19.0	0.5	0.00	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*
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
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	1/2 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*
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	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, 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*
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
Weighted Daily Average			722	62	1015	14.32	18.67	587.1	*8006	*1026	55.42	33.93	107.96	20.07	6.84	*0.63
% of Calories											18.8%	59.8%	25.0%	8.5%	*0.8%	

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/02/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
BEEF TACO MEAT-2010	#10 SCOO	95	176	42	186	1.90	2.54	33.8	516	93	9.09	13.69	4.76	12.15	4.52	*0.70
TORTILLA CHIPS	1 OZ	95	131	0	33	1.87	0.34	37.4	0	0	0.0	1.87	19.63	5.61	0.93	*N/A*
TORTILLA, WW 8"CATALLIA 2011	1 EACH	1	120	0	280	3.00	0.00	20.0	0	0	0.0	3.0	19.0	3.5	1.00	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*
LETTUCE, ROMAINE BLEND	1/2 CUP	95	5	0	3	0.46	0.19	7.1	1114	36	0.97	0.31	0.92	0.06	0.01	*N/A*
CHEESE, SHREDDED MOZZ/CH EDD	1/4 CUP	95	57	18	81	0.01	0.14	81.6	144	29	0.14	5.11	0.22	3.89	2.31	*N/A*
TOMATOES,RED,RIPE,RAW,	1/8 CUP	75	4	0	1	0.27	0.06	2.3	187	14	3.08	0.2	0.88	0.05	0.01	*N/A*
PEPPERS,JALAPENO,	1 OZ	50	8	0	474	0.74	0.53	6.5	482	48	2.83	0.26	1.34	0.27	0.03	*N/A*
OLIVE, SLICED RIPE	1 OZ	25	45	0	205	0.00	0.00	0.0	0	0	0.0	0.0	1.79	4.46	0.00	*N/A*
RICE, BROWN WHOLE GRAIN P ARBOI	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
RICE, MEXICAN SEASONED, 201	1/2 CUP	55	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*
REFRIED BEANS	1/3 CUP	50	111	4	381	2.79	1.61	113.0	208	42	0.7	6.87	12.19	4.12	1.31	*N/A*
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 SKIMSCHROED 7/ 2010	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, SALSA	1 OZ	75	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
SAUCE, SOUR CREAM	1 OZ	50	51	10	20	0.00	0.02	40.0	124	25	0.26	1.98	1.98	4.0	2.47	*N/A*
SAUCE, TACO, MILD	1 OZ	75	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
Weighted Daily Average			924	74	1857	15.51	12.19	633.8	*9396	*1067	37.80	42.76	127.59	30.04	10.00	*0.67
% of Calories											18.5%	55.2%	29.3%	9.7%		*0.6%

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Fri - 02/03/2012																
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	95	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	90	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	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	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			794	*66	2972	*9.87	*5.09	*641.7	*5002	*611	*22.67	*34.02	122.06	19.52	4.11	*0.00
% of Calories												*17.1%	61.5%	22.1%	4.7%	*0.0%

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Mon - 02/06/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
CHICKEN, MINI CORN DOGS 201	6 EACH	90	300	37	675	4.50	1.62	120.0	*N/A*	*0	*N/A*	10.5	32.99	13.5	3.75	0.00
SOUP, CHICKEN NOODLE: scratc	6 OZ	50	66	18	1031	0.52	0.52	11.0	58	4	0.88	5.09	8.02	1.41	0.33	*0.01
SOUP, CREAMY CHICKEN&WIL	6 oz	1	149	14	684	0.66	0.39	26.5	624	125	0.17	6.09	16.26	6.77	2.36	*N/A*
D RICE																
SOUP, CREAMY TOMATO	6 FL OZ	1	135	0	1095	3.00	0.54	0.0	600	120	7.2	3.0	28.5	1.5	0.75	*N/A*
SOUP, CREAMY VEGETABLE W/	6 EACH	1	230	20	726	5.97	2.82	69.8	3866	445	11.01	11.09	22.9	11.08	3.92	*N/A*
BEEF																
SOUP, VEGETABLE HOMEMADE	6 OZ	40	34	2	210	1.31	0.26	24.9	1582	223	7.81	2.48	5.52	0.56	0.02	*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	1 EACH	6	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*
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
CRACKERS, SALTINE KRAFT N	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
ABISC																
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
SAUCE, HONEY MUSTARD	3 TSP	75	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	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
010																
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
Weighted Daily Average			776	63	2355	11.30	4.03	548.7	*11377	*1364	*36.67	*26.81	108.62	27.14	6.01	*0.00
% of Calories												*13.8%	56.0%	31.5%	7.0%	*0.0%

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Tue - 02/07/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
FISH PATTY- CLEAR SPRING	1 EACH	55	230	35	550	1.00	0.40	94.0	158	32	0.45	16.0	15.0	12.0	3.50	*N/A*
BEEF SLOPPY JOE MEAT-2010	1 EACH	40	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	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, MCCAIN OVATIONS, S TRAI	1/2 CUP	75	120	0	150	1.00	0.36	0.0	0	0	3.6	2.0	20.0	3.5	0.50	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*
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*
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 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, KETCHUP,RED GOLD 2 010	2 TBSP	100	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
SAUCE, TARTER	2 TSP	75	21	3	82	0.13	0.12	1.7	21	4	0.13	0.08	2.65	1.2	0.19	*N/A*
Weighted Daily Average			731	49	1832	10.45	*5.20	*535.7	*7627	*945	*24.76	31.52	114.60	19.05	5.36	*0.28
% of Calories												17.3%	62.7%	23.5%	6.6%	*0.3%

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

Osseo Area Schools

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/08/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
BREAD, ITALIAN DUNKER CHEESE	1 EACH	95	302	*33	354	*4.34	*1.39	*177.7	*174	*44	*0.7	21.16	40.3	6.34	2.58	*0.00
BEEF ITALIAN DUNK SAUCE-2010	#10 SCOOP	90	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 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*
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*
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*
SALAD, SPINACH 2010	1/2 CUP	95	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	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
DRESSING, WESTERN LIGHT 20	2 TBSP	30	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 LITEHOUSE LITE	2 TBSP	30	60	10	230	0.00	0.36	20.0	100	20	1.2	1.0	3.0	6.0	0.50	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 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			753	*66	1431	*15.06	*7.20	*702.7	*11924	*1279	*75.04	46.23	108.65	18.86	5.46	*0.32
% of Calories												24.6%	57.7%	22.5%	6.5%	*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 - 02/09/2012																
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	75	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	75	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	75	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	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			898	83	2342	17.20	10.27	530.1	*8053	*1007	*53.72	44.83	137.23	19.60	7.22	*0.00
% of Calories												20.0%	61.1%	19.7%	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)
Fri - 02/10/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
SANDWICH DELI WHOLE GRAIN 2010	1 EACH	90	263	36	1099	4.00	2.61	103.5	*19	*4	0.85	19.87	38.99	4.75	1.20	0.03
SANDWICH, VEGETARIAN DELI	1 EACH	5	385	27	920	5.81	3.19	385.7	935	136	10.32	15.52	52.9	12.58	6.13	*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*
CHEESE SLICE, AMERICAN	1 EACH	60	93	18	452	0.00	0.24	162.7	216	62	0.0	5.56	2.07	6.97	4.38	*N/A*
BAKED BEANS, 2010	1/2 CUP	60	120	0	480	6.00	1.80	60.0	100	20	0.0	7.0	23.0	0.0	0.00	0.00
PASTA SALAD	3/8 CUP	60	141	0	165	2.03	0.98	16.9	1309	262	9.97	3.27	16.83	7.0	0.98	*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*
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	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	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, DRESSING, LITE SALAD	2 TSP	50	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, MUSTARD	1 TSP	10	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
DRESSING CREAMY CAESAR P	1 EACH	1	210	0	420	0.00	0.00	20.0	*N/A*	*0	0.0	1.0	2.0	23.0	3.50	0.00
ITALIAN DRESSING	2 TBSP	50	186	0	327	0.10	0.08	4.0	10	2	1.8	0.1	1.47	20.46	2.85	*N/A*
Weighted Daily Average			957	59	2452	14.14	5.75	654.1	*7741	*984	22.71	*40.63	127.05	34.02	7.88	*0.03
% of Calories												*17.0%	53.1%	32.0%	7.4%	*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 - 02/13/2012																
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
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	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*
APPLE CRISP	SERVING	65	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			799	32	1401	12.01	7.04	725.1	*7460	*920	17.61	33.41	117.35	22.96	6.76	*0.00
% of Calories												16.7%	58.8%	25.9%	7.6%	*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 - 02/14/2012																
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	80	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	50	40	0	282	0.00	0.01	1.1	0	0	0.0	2.0	8.0	0.0	0.00	*0.00
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
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	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	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	60	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	25	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
DESSERT, SCHOOL MADE	1 EACH	90	191	*45	96	*0.53	*1.08	*6.3	*286	*58	*0.0	2.11	23.28	10.07	5.08	*N/A*
Weighted Daily Average			936	*87	2140	*10.92	*4.91	*450.9	*5345	*656	*56.62	*34.63	130.02	32.37	9.12	*0.00
% of Calories												*14.8%	55.5%	31.1%	8.8%	*0.0%

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Osseo Area Schools

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/15/2012																
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	3	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	1	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	75	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	60	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	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
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	80	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	75	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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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)
Weighted Daily Average			892	66	1178	10.28	7.22	594.6	*14155	*1591	21.16	*30.01	138.13	26.18	5.23	*0.00
% of Calories												*13.5%	61.9%	26.4%	5.3%	*0.0%

Thu - 02/16/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
CHICKEN CHOW MEIN	3/4 CUP	95	263	55	9409	0.72	1.14	37.8	96	3	3.62	17.9	20.15	4.47	1.00	*0.00
SANDWICH PB JAM-2.8 OZ 2010	1 EACH	2	306	36	308	3.82	4.29	158.3	13	3	0.0	8.9	36.3	16.0	2.70	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*
EGG ROLL, WHOLE WHEAT VE GETABL	1 EACH	60	90	0	490	2.00	1.44	20.0	1250	250	9.0	4.0	19.0	1.5	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*
RICE, ASIAN SEASONED 2010	1/2 CUP	60	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	60	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	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
BANANA BREAD SQUARES	SERVING	75	149	17	130	0.80	0.90	38.0	45	9	1.4	2.41	25.56	4.31	1.10	*N/A*
FRUIT,FRESH ASSORTED	1/2 EACH	50	32	0	0	1.28	0.10	6.8	62	8	6.81	0.35	8.27	0.11	0.02	*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*
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	25	22	3	105	0.00	0.01	26.6	11	2	0.23	0.76	2.65	0.95	0.13	*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	1 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	1 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
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
SAUCE, SOY	1 TBSP	1	8	0	531	0.13	0.32	2.7	0	0	0.0	0.82	1.36	0.01	0.00	*N/A*
Weighted Daily Average			771	74	9797	7.83	3.90	440.4	5358	754	24.52	35.18	118.83	10.91	2.27	*0.00
% of Calories												18.3%	61.7%	12.7%	2.7%	*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)
Tue - 02/21/2012																
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 SLICES, S	1 CUP	25	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	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 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
CRACKERS, ANIMAL	BAG	50	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			768	70	1700	11.34	4.94	573.0	*10581	*1431	58.00	*35.65	115.63	21.24	4.56	*0.02
% of Calories												*18.6%	60.2%	24.9%	5.3%	*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 - 02/22/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
FISH, BREAD POLL NUGGET 201	4 EACH	95	231	15	391	1.00	1.08	20.1	0	0	0.0	13.05	19.07	11.04	0.00	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
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*
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
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	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	30	30	5	115	0.00	0.18	10.0	50	10	0.6	0.5	1.5	3.0	0.25	0.00
OLIVE, SLICED RIPE	1 OZ	25	45	0	205	0.00	0.00	0.0	0	0	0.0	0.0	1.79	4.46	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1 CUP	50	32	0	9	2.16	0.49	18.0	1499	112	24.66	1.58	7.0	0.36	0.05	*N/A*
CHEESE, ASSORT SHREDDED	1 OZ	60	91	19	243	0.01	0.13	210.3	205	48	0.0	7.95	0.84	6.14	3.69	*N/A*
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
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	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
FRUITS, ASSORTED FRESH	1 CUP	50	124	0	2	4.42	0.41	32.9	517	40	42.3	1.64	31.72	0.44	0.10	*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	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	1 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, 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
MILK, STRAW SKIMSCHROED 7/2010	1 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,SKIM FF, SCHROEDER 7/2010	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
TARTAR SAUCE	2 TBSP	75	63	8	246	0.40	0.36	5.0	63	13	0.4	0.23	7.94	3.59	0.58	*N/A*
SAUCE, COCKTAIL	1 OZ	50	28	*N/A*	340	0.23	0.14	0.0	960	192	2.24	0.43	7.2	0.17	*N/A*	*N/A*
Weighted Daily Average			812	*43	1724	13.56	8.45	569.7	*7086	*782	38.96	35.79	113.88	25.24	*4.32	*0.00
% of Calories											17.6%	17.6%	56.1%	28.0%	*4.8%	*0.0%

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Osseo Area Schools

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/23/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
SANDWICH, SUB ITALIAN MEAT BALL	SANDWIC	95	443	37	843	4.82	3.99	428.6	251	50	0.57	22.98	52.67	15.35	6.37	*0.34
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*
COLE SLAW, CREAMY	1/3 CUP	50	59	6	17	1.13	0.45	34.0	277	62	24.72	0.98	9.38	1.97	0.29	*N/A*
POTATO, MCCAIN OVATIONS, S TRAI	1/2 CUP	75	120	0	150	1.00	0.36	0.0	0	0	3.6	2.0	20.0	3.5	0.50	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	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	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	10	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2 010	1 TBSP	40	15	0	190	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE, HONEY MUSTARD	1 TSP	1	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00
SAUCE, DRESSING, LITE SALAD	1 TSP	30	12	2	42	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	0.67	1.0	0.00	0.00
Weighted Daily Average			800	50	1346	9.70	5.29	796.0	*5205	*655	29.35	*34.78	118.34	21.14	7.32	*0.32
% of Calories												*17.4%	59.2%	23.8%	8.2%	*0.4%

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Osseo Area Schools

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Fri - 02/24/2012																
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*
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
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
DRESSING,RANCH LITEHOUSE LITE	1 TBSP	10	30	5	115	0.00	0.18	10.0	50	10	0.6	0.5	1.5	3.0	0.25	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	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	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, KETCHUP,RED GOLD 2 010	2 TBSP	50	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			757	40	2904	10.76	5.07	905.1	*11408	*1368	30.24	35.75	122.40	17.11	6.98	*0.00
% of Calories												18.9%	64.7%	20.3%	8.3%	*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)
Mon - 02/27/2012																
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	60	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	55	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*
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	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			733	*49	1269	8.86	*4.12	*445.5	*7819	*984	*45.30	30.25	107.18	21.01	3.76	*0.00
% of Calories												16.5%	58.5%	25.8%	4.6%	*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 - 02/28/2012																
JUNIOR HIGH LUNCH (7-9)	Total	100														
BEEF FRANK, TYSON	1 EACH	15	172	35	537	0.00	0.73	0.0	*N/A*	*0	0.0	6.07	1.01	16.2	6.07	0.00
BEEF RIB-B-QUE	1 EACH	5	325	35	818	3.07	3.67	73.4	181	36	1.28	17.03	30.68	15.38	5.80	*N/A*
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
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
PIZZA, BIG DAD HARV CHZ 2010	1 EACH	20	390	35	760	3.00	2.70	350.0	400	80	0.0	23.0	45.0	13.0	5.00	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	1	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
BURRITO, BEAN AND CHEESE, VEGET	1 EACH	5	270	10	560	8.00	3.60	150.0	200	40	1.2	14.0	41.0	7.0	2.50	0.00
CHICKEN, MINI CORN DOGS 201	6 EACH	1	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 ITALIAN DUNK SAUCE-201	#10 SCOO	5	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 CHEESE	1 EACH	3	302	*33	354	*4.34	*1.39	*177.7	*174	*44	*0.7	21.16	40.3	6.34	2.58	*0.00
SAUCE, MARINARA MEATLESS-2010	#10 SCOO	2	41	0	168	2.25	1.79	29.0	727	127	10.7	2.19	9.74	0.28	0.06	*N/A*
PORK, BBQ ROASTED-6/2008	#10 SCOO	5	157	36	306	0.02	0.50	15.6	9	2	0.35	11.22	11.8	7.14	2.47	*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
FISH PATTY- CLEAR SPRING	1 EACH	10	230	35	550	1.00	0.40	94.0	158	32	0.45	16.0	15.0	12.0	3.50	*N/A*
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
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	1	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 PARBOILED	1/2 CUP	50	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
POTATO, TWISTER FRIES 2010	1/2 CUP	50	160	0	430	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00	0.00
POTATO, CRISS-CUT FRIES 201	1/2 CUP	40	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
BAKED BEANS, 2010	1/2 CUP	50	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 VEGETABLES, FRESH STICKS	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*
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, 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

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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, 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, 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, DRESSING, LITE SALAD	1 TSP	50	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	10	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	50	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SAUCE, TARTER	1 TSP	50	10	1	41	0.07	0.06	0.8	10	2	0.07	0.04	1.32	0.6	0.10	*N/A*
Weighted Daily Average			886	*48	1885	*15.06	*6.47	*635.9	*10497	*1233	*38.94	*36.35	131.81	25.45	7.73	*0.02
% of Calories											*16.4%	*16.4%	59.5%	25.8%	7.9%	*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 - 02/29/2012																
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	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 BREAD	EACH	30	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	25	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	50	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
Weighted Daily Average			645	49	1494	9.89	3.89	489.6	*11434	*1614	57.16	*22.10	87.14	24.89	7.52	*0.00
% of Calories												*13.7%	54.0%	34.7%	10.5%	*0.0%
Weighted Average			808	*59	2268	*12.00	*6.83	*603.1	*8709	*1067	*39.30	*34.98	118.66	22.99	*6.23	*0.12
												*17.3%	58.7%	25.6%	*6.9%	*0.1%

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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	808		804		101%												
Cholesterol (mg)	59					Missing											
Sodium (mg)	2268																
Fiber (g)	12.00					Missing											
Iron (mg)	6.83		4.50		152%	Missing											
Calcium (mg)	603.1		400.00		151%	Missing											
Vitamin A (IU)	8709		1500		581%	Missing											
Vitamin A (RE)	1067		300		356%	Missing											
Vitamin C (mg)	39.30		17.53		224%	Missing											
Protein (g)	34.98	17.31%	15.70		223%	Missing											
Carbohydrate (g)	118.66	58.73%															
Total Fat (g)	22.99	25.60%	<=30.00%														
Saturated Fat (g)	6.23	6.94%	<10.00%			Missing											
Trans Fat (g)	0.12	0.13%				Missing											

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