

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																
SENIOR HIGH LUNCH (10-CHICKEN, MINI CORN DOGS 201	Total	100														
BEEF PATTY-SR HI 2010	6 EACH	50	300	37	675	4.50	1.62	120.0	*N/A*	*0	*N/A*	10.5	32.99	13.5	3.75	0.00
BREAD, #538 POG 51% WG 4" B	1 EACH	20	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
POTATO, SWEET POTATO SLIC ES, S	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
YOGURT AND FRUIT PARFAIT	1/2 CUP	20	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 & J SMUCKERS 4.8	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*
SALAD, GRAB n GO	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, WRAP CHICKEN	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, HOT TURKEY HAM & CHZ	WRAP	10	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1 EACH	10	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
SALAD, SPINACH 2010	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
BROCCOLI: fresh, boiled	1/2 CUP	100	38	0	183	2.26	1.52	65.4	3545	254	11.05	5.15	4.58	1.49	0.03	*N/A*
VEGETABLES, FRESH STICKS	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*
DIP, VEG-RANCH LOW FAT 2010	3/4 CUP	75	43	0	101	3.36	0.96	51.0	11964	1291	4.72	1.11	9.81	0.23	0.05	*N/A*
FRUIT SAUCE	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
FRUITS, ASSORTED FRESH	1/2 CUP	60	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
BREAD, #168 POG, 100% WW B READ	1/2 CUP	60	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
MILK, SKIM FF, SCHROEDER 7/2 010	EACH	20	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	EACH	30	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, CHOC SKIM SCHROED 7/2 010	EACH	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, STRAW SKIM SCHROED 7/ 2010	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
SAUCE, KETCHUP, RED GOLD 2 010	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
SAUCE, MUSTARD	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 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, HONEY MUSTARD	2 TSP	20	7	0	118	0.34	0.16	6.0	7	0	0.16	0.45	0.55	0.42	0.03	0.00
SAUCE, BBQ KEN DAVIS SWEE T AND	2 TSP	20	23	3	83	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	1.33	2.0	0.00	0.00
DRESSING, RANCH FAT FREE, HIDD	2 TSP	15	89	7	117	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	4.13	8.26	1.38	0.00
DRESSING, WESTERN LIGHT 20	2 TBSP	15	20	0	170	0.00	0.36	0.0	200	40	1.2	0.0	5.0	0.0	0.00	0.00

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DRESSING, CAESAR PREP FOOTHILL	1 OZ	10	31	6	166	0.00	0.01	17.8	7	1	0.15	0.51	3.78	1.63	0.08	*0.00
DRESSING,RANCH LITEHOUSE LITE	TBSP	1	30	5	115	0.00	0.18	10.0	50	10	0.6	0.5	1.5	3.0	0.25	0.00
Weighted Daily Average % of Calories			813	60	1926	14.24	5.71	640.1	*16487	*1798	*69.57	*34.29	124.68	22.93	5.87	*0.40
											*16.9%		61.3%	25.4%	6.5%	*0.4%

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Wed - 01/04/2012																
SENIOR HIGH LUNCH (10-CHICKEN PARM (BREADED)	Total	100														
CHICKEN PARMESAN (UNBREADED)	1 PATTY SERVING	45	279	52	269	1.45	2.30	184.0	363	87	2.36	20.91	17.07	15.21	4.28	*0.00
PASTA, ASSORTED NOODLES SAUCE, MARINARA MEATLESS-2010	#10 SCOOP	50	212	12	159	2.17	1.69	12.6	8	2	0.0	8.42	40.36	1.54	0.30	*0.01
BEEF PATTY-SR HI 2010	1 EACH	20	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
BREAD, #538 POG 51% WG 4" B	EACH	20	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
POTATO, SWEET POTATO SLICES, S	1/2 CUP	20	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
BREAD, GARLIC, SCHOOL MADE SANDWICH, WRAP CHICKEN	1 EACH WRAP	50	148	7	116	2.10	1.31	9.0	108	21	0.02	4.18	23.98	4.29	1.97	*N/A*
SANDWICH, HOT TURKEY HAM & CHZ	1 EACH	10	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SALAD, GRAB n GO	1 EACH	10	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
YOGURT AND FRUIT PARFAIT	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, PB & J SMUCKERS 4.8	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*
CALIFORNIA BLEND VEGETABLES, FRESH STICKS	1/2 CUP	2	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
DIP, VEG-RANCH LOW FAT 2010	1/2 CUP	100	21	0	26	2.38	0.46	28.0	4384	484	24.37	1.34	4.22	0.31	0.05	*N/A*
FRUIT SAUCE	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*
FRUITS, ASSORTED FRESH	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	1/2 CUP	60	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
MILK, SKIM FF, SCHROEDER 7/2010	1/2 CUP	60	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
MILK, 1% LF, SCHROEDER 7/2010	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
MILK, CHOC SKIM SCHROED 7/2010	1 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, STRAW SKIMSCHROED 7/2010	1 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, LACTAID	1 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
SAUCE, KETCHUP, RED GOLD 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
SAUCE, MUSTARD	2 TBSP	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 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
SAUCE, HONEY MUSTARD	1 TSP	5	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
DRESSING, WESTERN LIGHT 20	2 TSP	20	23	3	83	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	1.33	2.0	0.00	0.00
DRESSING, RANCH RF 2010	2 TSP	30	89	7	117	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	4.13	8.26	1.38	0.00
	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
	2 OZ	20	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00

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DRESSING,RANCH LITEHOUSE LITE	1 TBSP	20	30	5	115	0.00	0.18	10.0	50	10	0.6	0.5	1.5	3.0	0.25	0.00
Weighted Daily Average % of Calories			870	79	1369	12.69	6.73	622.2	*13538	*1643	50.10	*40.20 *18.5%	123.71 56.9%	26.56 27.5%	7.40 7.7%	*0.41 *0.4%

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Thu - 01/05/2012																
SENIOR HIGH LUNCH (10-	Total	100														
BEEF TACO MEAT-2010	#10 SCOO	65	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	65	131	0	33	1.87	0.34	37.4	0	0	0.0	1.87	19.63	5.61	0.93	*N/A*
CHEESE, ASSORT SHREDDED	.5 OZ	65	46	9	122	0.00	0.07	105.1	103	24	0.0	3.98	0.42	3.07	1.85	*N/A*
LETTUCE, ROMAINE BLEND	1 CUP	65	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
RICE, BROWN WHOLE GRAIN P	1/2 CUP	35	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
ARBOI																
RICE, MEXICAN SEASONED, 201	1/2 CUP	40	116	0	263	0.67	0.61	0.0	304	61	0.0	2.01	25.5	0.67	0.00	0.00
BEEF PATTY-SR HI 2010	1 EACH	15	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
BREAD, #538 POG 51% WG 4" B	EACH	15	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
POTATO, FRENCH FRIES- SR HI	1/2 CUP	15	140	0	380	2.00	0.36	20.0	*N/A*	*0	1.2	2.0	22.01	5.0	0.50	0.00
POTATO, SWEET POTATO SLIC	1/2 CUP	15	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
ES, S																
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, WRAP CHICKEN	WRAP	5	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SANDWICH, HOT TURKEY HAM	1 EACH	5	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
& CHZ																
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
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																
CORN, WHOLE KERNEL	1/2 CUP	80	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: canned	1/3 CUP	50	72	0	356	4.05	1.32	26.2	0	0	4.76	4.29	12.11	0.93	0.31	*N/A*
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
FRUIT SAUCE	1/2 CUP	60	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	60	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	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																
MILK,SKIM FF, SCHROEDER 7/2	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
010																
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	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
010																
MILK, STRAW SKIMSCHROED 7/	EACH	10	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
2010																
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2	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
010																
SAUCE, MUSTARD	1 TSP	20	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SAUCE, DRESSING, LITE SALAD	1 TSP	1	12	2	42	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	0.67	1.0	0.00	0.00
SAUCE, HONEY MUSTARD	1 TSP	1	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00

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Thu - 01/05/2012																
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, 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*
SAUCE, SOUR CREAM	1 OZ	75	51	10	20	0.00	0.02	40.0	124	25	0.26	1.98	1.98	4.0	2.47	*N/A*
DRESSING, RANCH RF 2010	1 OZ	1	22	3	105	0.00	0.01	26.6	11	2	0.23	0.76	2.65	0.95	0.13	*0.00
DRESSING,RANCH LITEHOUSE LITE	1 TBSP	1	30	5	115	0.00	0.18	10.0	50	10	0.6	0.5	1.5	3.0	0.25	0.00
DRESSING, WESTERN LIGHT 20	1 TBSP	1	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
Weighted Daily Average			869	71	1883	13.30	6.89	607.6	*8672	*1007	43.12	*38.12	124.08	27.54	9.59	*0.76
% of Calories												*17.6%	57.1%	28.5%	9.9%	*0.8%

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SENIOR HIGH LUNCH (10-12)

	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 - 01/06/2012																
SENIOR HIGH LUNCH (10-FISH PATTY- CLEAR SPRING	Total	100														
BEEF PATTY-SR HI 2010	1 EACH	50	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	1 EACH	20	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
POTATO, SWEET POTATO SLIC ES, S	EACH	70	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
SALAD, GRAB n GO	1/2 CUP	70	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
YOGURT AND FRUIT PARFAIT	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, WRAP CHICKEN	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	WRAP	10	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SANDWICH, HOT TURKEY HAM & CHZ	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*
BEAN SALAD, OSSEO 2011	1 EACH	10	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	75	174	0	172	5.96	3.63	29.4	*49	*6	1.55	5.61	17.53	9.2	1.32	*0.00
DIP, VEG-RANCH LOW FAT 2010	1/2 CUP	80	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
FRUIT SAUCE	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
FRUITS, ASSORTED FRESH	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*
BREAD, #168 POG, 100% WW B READ	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
MILK,SKIM FF, SCHROEDER 7/2 010	EACH	20	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	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 7/2 010	EACH	5	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, STRAW SKIMSCHROED 7/ 2010	EACH	55	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	EACH	19	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2 010	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, MUSTARD	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
SAUCE, DRESSING, LITE SALAD	1 TSP	80	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SAUCE, HONEY MUSTARD	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, TARTER	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
DRESSING, RANCH RF 2010	2 TSP	50	21	3	82	0.13	0.12	1.7	21	4	0.13	0.08	2.65	1.2	0.19	*N/A*
DRESSING, WESTERN LIGHT 20	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,RANCH LITEHOUSE LITE	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
	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
Weighted Daily Average			883	62	1625	13.79	6.66	595.2	*11276	*1550	21.56	*35.13	113.41	34.15	7.72	*0.40
% of Calories												*15.9%	51.4%	34.8%	7.9%	*0.4%

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

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

¹ - denotes optional nutrient values

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Osseo Area Schools

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

Dec 16, 2011

Page 8

SENIOR HIGH LUNCH (10-12)

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)
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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 - 01/09/2012																
SENIOR HIGH LUNCH (10-CHICKEN POPCORN SMACK G OLDKIST	Total	100														
SAUCE, SWEET AND SOUR	15 EACH	60	408	87	1485	0.00	1.50	24.0	88	18	1.5	27.0	25.5	21.0	4.50	0.00
GREEN AND RED PEPPER SLIC	3 TBSP	50	34	0	326	0.17	0.24	6.5	48	7	7.09	0.43	8.24	0.05	0.00	*N/A*
BEEF PATTY-SR HI 2010	1/2 CUP	50	12	0	2	0.87	0.18	3.9	805	146	47.86	0.43	2.45	0.11	0.02	*N/A*
BREAD, #538 POG 51% WG 4" B	1 EACH	15	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
POTATO, SWEET POTATO SLIC	EACH	15	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
ES, S	1/2 CUP	15	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	35	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	35	111	0	280	0.67	0.24	0.0	300	60	2.4	3.01	23.45	0.67	0.00	0.00
STIR FRY VEGETABLES	1/2 CUP	80	30	0	25	2.00	0.26	17.6	666	133	9.3	1.0	5.0	0.0	0.00	*N/A*
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*
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, HOT TURKEY HAM & CHZ	1 EACH	5	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
SANDWICH, WRAP CHICKEN	WRAP	10	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*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*
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
FRUIT SAUCE	1/2 CUP	60	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	60	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	25	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	29	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	75	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
SAUCE, MUSTARD	2 TSP	15	7	0	118	0.34	0.16	6.0	7	0	0.16	0.45	0.55	0.42	0.03	0.00
SAUCE, DRESSING, LITE SALAD	2 TSP	15	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	15	89	7	117	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	4.13	8.26	1.38	0.00
DRESSING, RANCH RF 2010	2 OZ	20	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	20	70	0	270	0.00	1.08	0.0	100	20	0.0	0.0	13.0	2.0	0.00	0.00

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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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)
DRESSING,RANCH LITEHOUSE LITE	2 TBSP	20	60	10	230	0.00	0.36	20.0	100	20	1.2	1.0	3.0	6.0	0.50	0.00
Weighted Daily Average % of Calories			857	92	2328	8.83	3.97	507.9	*9784	*1279	55.85	*38.82 *18.1%	116.03 54.2%	26.98 28.3%	6.12 6.4%	*0.30 *0.3%

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Osseo Area Schools

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/10/2012																
SENIOR HIGH LUNCH (10-	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
BREAD, #538 POG 51% WG 4" B	EACH	15	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
BEEF CHOW MEIN	3/4 CUP	5	230	44	2569	1.77	2.62	47.3	96	3	3.62	17.6	10.49	13.89	4.88	*0.73
NOODLES, CHOW MEIN/RICE	1/2 CUP	5	63	0	55	0.00	0.36	0.0	0	0	0.0	1.5	8.0	2.5	0.50	0.00
PIZZA, BIG DAD HARV CHZ 2010	1 EACH	10	390	35	760	3.00	2.70	350.0	400	80	0.0	23.0	45.0	13.0	5.00	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
BEEF PEPPERONI, BONICI	3 EACH	15	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
BURRITO, BEAN AND CHEESE, VEGET	1 EACH	1	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	15	300	37	675	4.50	1.62	120.0	*N/A*	*0	*N/A*	10.5	32.99	13.5	3.75	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*
BEEF PATTY-SR HI 2010	1 EACH	10	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
CHICKEN PATTY, BRD TYSON 2010	1 EACH	5	280	60	620	1.00	1.08	0.0	0	0	0.0	23.0	15.0	14.0	3.00	0.00
BREAD, #538 POG 51% WG 4" B	EACH	25	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
BEEF ITALIAN DUNK SAUCE-201	#10 SCOOP	15	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	15	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 SCOOP	1	41	0	168	2.25	1.79	29.0	727	127	10.7	2.19	9.74	0.28	0.06	*N/A*
POTATO, FRENCH FRIES- SR HI	1/2 CUP	10	140	0	380	2.00	0.36	20.0	*N/A*	*0	1.2	2.0	22.01	5.0	0.50	0.00
POTATO, SWEET POTATO SLICES, S	1 CUP	15	180	0	220	4.00	1.44	40.0	9000	1800	12.0	1.0	22.0	10.0	1.50	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, HOT TURKEY HAM & CHZ	1 EACH	3	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*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*
SANDWICH, WRAP CHICKEN	WRAP	3	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SALAD, GRAB n GO	1 EACH	3	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
RICE, BROWN WHOLE GRAIN PARBOILED	1/2 CUP	10	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
BAKED BEANS, 2010	1/2 CUP	75	120	0	480	6.00	1.80	60.0	100	20	0.0	7.0	23.0	0.0	0.00	0.00
CALIFORNIA BLEND 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	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	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*

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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																
MILK, CHOC SKIM SCHROED 7/2 010	EACH	55	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	EACH	5	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, STRAW SKIMSCHROED 7/ 2010	EACH	19	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 7/2 010	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, 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	25	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	2 TBSP	25	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	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	2 TSP	25	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	2 TSP	25	7	0	118	0.34	0.16	6.0	7	0	0.16	0.45	0.55	0.42	0.03	0.00
SAUCE, TARTER	2 TSP	25	21	3	82	0.13	0.12	1.7	21	4	0.13	0.08	2.65	1.2	0.19	*N/A*
DRESSING,RANCH LITEHOUSE LITE	2 TBSP	1	60	10	230	0.00	0.36	20.0	100	20	1.2	1.0	3.0	6.0	0.50	0.00
DRESSING, RANCH RF 2010	2 OZ	1	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	1	70	0	270	0.00	1.08	0.0	100	20	0.0	0.0	13.0	2.0	0.00	0.00
Weighted Daily Average			849	*60	1988	*15.95	*6.23	*656.5	*12577	*1572	*38.02	*38.62	123.56	24.10	6.72	*0.29
% of Calories											*18.2%	58.2%	25.6%	7.1%	*0.3%	

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Osseo Area Schools

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/11/2012																
SENIOR HIGH LUNCH (10-BREAD, ITALIAN DUNKER CHEESE	Total	100														
BREAD, ITALIAN DUNKER CHEESE	1 EACH	50	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-201 SAUCE, MARINARA MEATLESS-2010	#10 SCOOP	40	121	21	351	2.69	2.70	47.1	759	142	11.41	8.64	9.59	6.31	2.33	*0.35
BEEF PATTY-SR HI 2010	1 EACH	20	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
BREAD, #538 POG 51% WG 4" B	EACH	20	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
POTATO, SWEET POTATO SLICES, S	1/2 CUP	20	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	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*
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, WRAP CHICKEN	WRAP	15	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SANDWICH, HOT TURKEY HAM & CHZ	1 EACH	5	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
GREEN BEANS: canned,cooked	1.2 CUP	75	32	0	407	3.08	1.46	42.1	565	113	6.97	1.94	7.29	0.16	0.03	*N/A*
CARROTS:frozen, boiled	1/2 CUP	1	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	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
FRUIT SAUCE	1/2 CUP	60	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	60	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 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
MILK,SKIM FF, SCHROEDER 7/2010	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 7/2010	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 7/2010	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 2010	2 TBSP	20	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
SAUCE, MUSTARD	2 TSP	10	7	0	118	0.34	0.16	6.0	7	0	0.16	0.45	0.55	0.42	0.03	0.00
SAUCE, HONEY MUSTARD	2 TSP	20	89	7	117	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	4.13	8.26	1.38	0.00
SAUCE, BBQ KEN DAVIS SWEET AND	2 TBSP	20	20	0	170	0.00	0.36	0.0	200	40	1.2	0.0	5.0	0.0	0.00	0.00
DRESSING, RANCH RF 2010	2 OZ	10	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
DRESSING, WESTERN LIGHT 20	2 TBSP	10	70	0	270	0.00	1.08	0.0	100	20	0.0	0.0	13.0	2.0	0.00	0.00

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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)
DRESSING,RANCH LITEHOUSE LITE	2 TBSP	10	60	10	230	0.00	0.36	20.0	100	20	1.2	1.0	3.0	6.0	0.50	0.00
Weighted Daily Average % of Calories			730	*67	1576	*12.57	*5.77	*621.6	*9812	*1252	*30.80	*37.26 *20.4%	103.56 56.7%	21.06 26.0%	6.44 7.9%	*0.54 *0.7%

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/12/2012																
SENIOR HIGH LUNCH (10-CHICKEN PATTY, BRD TYSON 2010	Total	100														
CHICKEN PATTY, UNBRD TYSO	1 EACH	5	120	60	450	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN PATTY SPICY ,GK, 201	1 EACH	15	173	54	533	1.00	1.00	29.0	177	35	1.0	15.0	13.0	8.0	2.00	0.00
BEEF PATTY-SR HI 2010	1 EACH	20	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
BREAD, #538 POG 51% WG 4" B	EACH	70	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
POTATO, SWEET POTATO SLIC	1/2 CUP	70	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
ES, S																
GARDEN FRESH FIXINGS	1/2 CUP	75	12	0	4	0.75	0.18	9.8	261	18	3.78	0.54	2.72	0.08	0.02	*N/A*
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, WRAP CHICKEN	WRAP	10	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SANDWICH, HOT TURKEY HAM & CHZ	1 EACH	10	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*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*
POTATO, TWISTER FRIES 2010	1/2 CUP	15	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	15	153	0	297	1.80	0.65	0.0	0	0	2.16	1.8	18.9	8.1	1.80	*N/A*
POTATO, CRISS-CUT FRIES 201	1/2 CUP	15	162	0	364	2.03	0.73	*N/A*	*N/A*	*N/A*	4.86	2.03	19.24	8.1	2.03	0.00
POTATO, MCCAIN OVATIONS, S TRAI	1/2 CUP	25	120	0	150	1.00	0.36	0.0	0	0	3.6	2.0	20.0	3.5	0.50	0.00
BROCCOLI: frozen, boiled	1/2 CUP	100	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*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
FRUIT SAUCE	1/2 CUP	60	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	60	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	25	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	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	20	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
SAUCE, MUSTARD	2 TSP	10	7	0	118	0.34	0.16	6.0	7	0	0.16	0.45	0.55	0.42	0.03	0.00
SAUCE, DRESSING, LITE SALAD	2 TSP	20	23	3	83	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	1.33	2.0	0.00	0.00

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Thu - 01/12/2012																
SAUCE, HONEY MUSTARD	2 TSP	10	89	7	117	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	4.13	8.26	1.38	0.00
SAUCE, BBQ KEN DAVIS SWEET AND HONEY	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
DRESSING, RANCH RF 2010	3 TSP	10	64	0	1	0.04	0.09	1.3	0	0	0.11	0.06	17.46	0.0	0.00	*N/A*
DRESSING, WESTERN LIGHT 20	2 OZ	20	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
DRESSING, RANCH LITEHOUSE LITE	2 TBSP	20	70	0	270	0.00	1.08	0.0	100	20	0.0	0.0	13.0	2.0	0.00	0.00
	1 TBSP	20	30	5	115	0.00	0.18	10.0	50	10	0.6	0.5	1.5	3.0	0.25	0.00
Weighted Daily Average			873	71	1704	13.93	5.67	*575.5	*12059	*1705	65.66	*38.07	124.18	27.84	6.78	*0.40
% of Calories												*17.5%	56.9%	28.7%	7.0%	*0.4%

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Fri - 01/13/2012																
SENIOR HIGH LUNCH (10-SANDWICH DELI WHOLE GRAIN 2010	Total	100														
	1 EACH	40	263	36	1099	4.00	2.61	103.5	*19	*4	0.85	19.87	38.99	4.75	1.20	0.03
CHEESE SLICE, AMERICAN	1 EACH	50	93	18	452	0.00	0.24	162.7	216	62	0.0	5.56	2.07	6.97	4.38	*N/A*
SANDWICH, VEGETARIAN DELI	1 EACH	10	385	27	920	5.81	3.19	385.7	935	136	10.32	15.52	52.9	12.58	6.13	*0.00
BEEF PATTY-SR HI 2010	1 EACH	20	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
BREAD, #538 POG 51% WG 4" B	EACH	20	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
POTATO, SWEET POTATO SLIC	1 CUP	20	180	0	220	4.00	1.44	40.0	9000	1800	12.0	1.0	22.0	10.0	1.50	0.00
ES, S																
SANDWICH, WRAP CHICKEN	WRAP	15	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SANDWICH, HOT TURKEY HAM & CHZ	1 EACH	5	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
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*
VEGETARIAN CHILI ULTIMATE B	6 OZ	75	115	0	570	6.51	2.07	61.3	1049	176	12.6	5.39	20.7	1.76	0.32	*0.00
EAN																
CALIFORNIA BLEND VEGETABL	1/2 CUP	100	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
FRUIT SAUCE	1/2 CUP	60	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	60	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	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
READ																
MILK,SKIM FF, SCHROEDER 7/2	1 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
010																
MILK, 1% LF, SCHROEDER 7/201	1 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	1 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
010																
MILK, STRAW SKIMSCHROED 7/	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
2010																
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2	2 TBSP	20	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
010																
SAUCE, MUSTARD	1 TSP	5	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SAUCE, DRESSING, LITE SALAD	1 TSP	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	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
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	1 TBSP	20	30	5	115	0.00	0.18	10.0	50	10	0.6	0.5	1.5	3.0	0.25	0.00

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Osseo Area Schools

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/13/2012																
LITE																
Weighted Daily Average % of Calories			826	71	2174	16.48	6.24	721.0	*15039	*1897	55.79	*39.26 *19.0%	116.35 56.4%	25.60 27.9%	8.02 8.7%	*0.41 *0.5%

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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																
SENIOR HIGH LUNCH (10-PIZZA, CHEESE STUFFED 2010	Total	100														
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, 5" ROUND CHZ CA 2010	1 EACH	10	340	10	700	3.00	4.75	270.0	226	45	0.0	17.0	43.0	10.0	3.50	0.00
PIZZA, ULTIMATE FLATBREAD CHZ	PIECE	15	370	15	500	5.00	2.70	350.0	500	100	0.0	21.0	50.0	10.0	4.00	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	50	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
BEEF PATTY-SR HI 2010	1 EACH	15	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
BREAD, #538 POG 51% WG 4" B	EACH	15	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 SLIC ES, S	1/2 CUP	15	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, HOT TURKEY HAM & CHZ	1 EACH	5	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
SANDWICH, WRAP CHICKEN	WRAP	15	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*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*
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	30	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
GREEN BEANS: canned,cooked	3/4 CUP	100	20	0	254	1.92	0.91	26.3	353	71	4.35	1.22	4.56	0.1	0.02	*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
FRUIT SAUCE	1/2 CUP	60	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	60	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	25	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
SAUCE, MUSTARD	1 TSP	5	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SAUCE, DRESSING, LITE SALAD	1 TSP	20	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	60	45	3	58	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	2.06	4.13	0.69	0.00

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Osseo Area Schools

	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)
Tue - 01/17/2012																
Weighted Daily Average % of Calories			755	57	1672	10.97	5.65	717.7	*9972	*1158	24.11	*34.99 *18.5%	105.20 55.7%	23.41 27.9%	6.99 8.3%	*0.30 *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)
Wed - 01/18/2012																
SENIOR HIGH LUNCH (10- BEEF, MEATBALL, JTM BREAD, #5150 POG 51% WG ST EAK SAUCE, MARINARA MEATLESS-2010 BEEF PATTY-SR HI 2010 BREAD, #538 POG 51% WG 4" B YOGURT AND FRUIT PARFAIT SANDWICH, PB & J SMUCKERS 4.8 SALAD, GRAB n GO SANDWICH, WRAP CHICKEN SANDWICH, HOT TURKEY HAM & CHZ POTATO, SWEET POTATO SLICES, S CREAMY COLE SLAW BROCCOLI: frozen, boiled VEGETABLES, FRESH STICKS DIP, VEG-RANCH LOW FAT 2010 APPLE CRISP FRUIT SAUCE FRUITS, ASSORTED FRESH BREAD, #168 POG, 100% WW BREAD MILK, SKIM FF, SCHROEDER 7/2010 MILK, 1% LF, SCHROEDER 7/201 MILK, CHOC SKIM SCHROED 7/2010 MILK, STRAW SKIMSCHROED 7/2010 MILK, LACTAID SAUCE, KETCHUP, RED GOLD 2010 SAUCE, MUSTARD SAUCE, DRESSING, LITE SALAD SAUCE, HONEY MUSTARD SAUCE, BBQ KEN DAVIS SWEET AND	Total 6 EACH EACH #10 SCOO 1 EACH EACH 1 EACH 1 EACH 1 EACH WRAP 1 EACH 1/2 CUP 1/4 CUP 3/4 CUP 1/2 CUP 2 OZ SERVING 1/2 CUP 1/2 CUP EACH EACH EACH EACH 1 EACH 2 TBSP 1 TSP 1 TSP 1 TSP 1 TBSP	100 40 40 40 30 30 3 2 5 10 10 30 50 100 80 40 75 60 60 25 30 15 45 10 1 20 15 15 5 5	138 170 41 270 130 402 314 299 510 180 90 33 39 29 44 200 66 62 70 80 110 130 130 80 30 12 45 3 12 45 10	32 0 0 70 0 12 0 139 59 16 0 3 0 0 7 0 0 0 0 5 15 5 5 5 0 0 2 3 0	199 320 168 55 240 222 352 1183 1401 527 110 77 15 67 209 113 6 1 160 130 110 230 230 125 380 59 42 58 85	0.85 4.00 2.25 0.00 3.00 4.60 2.69 2.41 5.95 1.00 2.00 1.00 4.14 2.24 0.00 2.30 1.63 2.21 2.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00	1.70 1.80 1.79 1.80 1.44 1.90 1.59 2.71 2.55 1.99 0.72 0.30 0.84 0.64 0.02 0.99 0.34 0.20 0.72 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.18	32.3 100.0 29.0 20.0 80.0 451.3 28.9 116.1 337.8 195.2 20.0 19.0 45.5 34.0 53.3 20.0 5.3 16.4 40.0 300.0 300.0 300.0 300.0 500.0 0.0 3.0 0.0 0.0 0.0	6 *N/A* 727 0 0 149 2 5982 *4452 *152 4500 1005 1395 7976 22 350 153 259 0 500 500 500 500 500 600 4 *N/A* *N/A* 100	1 *0 127 0 0 37 0 480 *330 *30 900 201 261 861 4 70 18 20 0 100 100 100 100 100 120 0 *0 *0 20	0.85 0.0 10.7 0.0 0.0 26.05 0.0 8.84 2.71 0.0 6.0 11.1 55.34 3.15 0.46 0.49 1.94 21.15 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.08 0.0 0.0 0.6	11.06 5.0 2.19 18.0 4.0 15.95 9.16 20.93 *27.15 9.16 0.5 0.6 4.28 0.74 1.52 1.94 0.4 0.82 3.0 8.0 8.0 8.0 8.0 0.0 0.0 0.0 0.0 0.0	4.25 37.0 9.74 0.0 28.0 73.39 32.88 24.01 44.27 23.01 11.0 4.52 7.38 6.54 5.3 31.75 17.47 15.86 13.0 12.0 13.0 23.0 23.0 13.0 8.0 0.0 0.67 2.06 2.5	8.51 2.0 0.28 22.0 1.5 6.36 16.3 13.56 26.73 5.17 5.0 1.63 0.17 0.15 0.19 7.97 0.03 0.22 1.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 1.0 4.13 0.0	3.23 0.50 0.06 9.00 0.50 2.46 3.10 3.31 6.77 2.52 0.75 0.26 0.02 0.04 0.25 1.59 0.00 0.05 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00	0.51 0.00 *N/A* 2.00 0.00 *N/A* *N/A* *0.02 *0.00 *0.00 0.00 *N/A* *N/A* *N/A* *0.00 *N/A* *N/A* *N/A* 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00

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Osseo Area Schools

Jan 3, 2012 thru Jan 31, 2012 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (10-12)

Dec 16, 2011

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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)
APPLE CRISP	SERVING	1	200	0	113	2.30	0.99	20.0	350	70	0.49	1.94	31.75	7.97	1.59	*N/A*
ICE CREAM TREAT	1 EACH	100	140	30	70	*N/A*	*N/A*	80.0	300	60	*N/A*	2.0	16.0	7.0	5.00	*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	20	30	5	115	0.00	0.18	10.0	50	10	0.6	0.5	1.5	3.0	0.25	0.00
Weighted Daily Average			1012	92	1405	*16.35	*6.92	708.4	*12160	*1700	*85.94	*38.50	145.69	34.32	12.68	*0.81
% of Calories												*15.2%	57.6%	30.5%	11.3%	*0.7%

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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 - 01/19/2012																
SENIOR HIGH LUNCH (10-	Total	100														
BEEF TACO MEAT-2010	#10 SCOOP	50	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	50	140	0	260	3.00	1.44	60.0	0	0	0.0	5.0	25.0	2.5	0.50	0.00
BEEF PATTY-SR HI 2010	1 EACH	20	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
BREAD, #538 POG 51% WG 4" B	EACH	20	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
POTATO, SWEET POTATO SLIC	1/2 CUP	20	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
ES, S																
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	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																
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, WRAP CHICKEN	WRAP	15	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SANDWICH, HOT TURKEY HAM	1 EACH	5	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
& CHZ																
BEANS, BLACK	1/2 CUP	80	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	1/2 CUP	40	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, FIESTA SEASONED 2010	CUP	40	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	40	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	60	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	60	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	EACH	5	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
READ																
MILK,SKIM FF, SCHROEDER 7/2	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
010																
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	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
010																
MILK, STRAW SKIMSCHROED 7/	EACH	10	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
2010																
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2	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
010																
SAUCE, MUSTARD	2 TSP	5	7	0	118	0.34	0.16	6.0	7	0	0.16	0.45	0.55	0.42	0.03	0.00
SAUCE, DRESSING, LITE SALAD	2 TSP	10	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	10	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, TACO, MILD	2 OZ	40	31	0	451	0.74	0.58	8.5	304	61	13.32	0.66	7.42	0.18	0.02	*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	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

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Osseo Area Schools

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

Dec 16, 2011

SENIOR HIGH LUNCH (10-12)

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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)
Thu - 01/19/2012																
LITE																
COOKIE, CHURRO MEXICAN	2 EACH	50	124	22	161	0.19	0.35	8.9	49	10	0.0	1.95	13.86	6.67	1.62	*N/A*
Weighted Daily Average % of Calories			968	78	1921	15.12	14.20	574.3	*7462	*965	35.87	*39.79 *16.4%	140.22 58.0%	29.63 27.6%	7.70 7.2%	*0.75 *0.7%

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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 - 01/20/2012																
SENIOR HIGH LUNCH (10-CHICKEN, TERIYAKI LING'S 2011	Total	100														
4 OZ	50	360	160	1280	0.00	2.88	0.0	0	0	0.0	48.0	24.0	8.0	2.00	0.00	
BEEF PATTY-SR HI 2010	1 EACH	20	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
BREAD, #538 POG 51% WG 4" B	EACH	20	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
POTATO, SWEET POTATO SLIC ES, S	1 CUP	20	180	0	220	4.00	1.44	40.0	9000	1800	12.0	1.0	22.0	10.0	1.50	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	35	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	35	111	0	280	0.67	0.24	0.0	300	60	2.4	3.01	23.45	0.67	0.00	0.00
CARROTS:frozen, boiled	3/4 CUP	100	41	0	65	3.61	0.58	38.3	18536	1938	2.52	0.64	8.46	0.74	0.13	*N/A*
BREAD, ROLL WHEATSELECT CARGIL	2 OZ.	80	165	*0	232	*2.97	*0.69	*28.2	*42	*13	*0.1	5.45	29.32	3.14	0.76	*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*
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, HOT TURKEY HAM & CHZ	1 EACH	10	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
SANDWICH, WRAP CHICKEN	WRAP	10	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*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*
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
FRUIT SAUCE	1/2 CUP	60	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	60	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	25	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	29	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
SAUCE, MUSTARD	2 TSP	25	7	0	118	0.34	0.16	6.0	7	0	0.16	0.45	0.55	0.42	0.03	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	2 TSP	25	89	7	117	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	4.13	8.26	1.38	0.00
DRESSING, RANCH RF 2010	2 OZ	20	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
DRESSING,RANCH LITEHOUSE LITE	2 TBSP	20	60	10	230	0.00	0.36	20.0	100	20	1.2	1.0	3.0	6.0	0.50	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)
DRESSING, WESTERN LIGHT 20	2 TBSP	20	70	0	270	0.00	1.08	0.0	100	20	0.0	0.0	13.0	2.0	0.00	0.00
Weighted Daily Average			965	*125	2035	*13.44	*5.69	*555.5	*28144	*3194	*24.15	*52.11	136.80	25.30	6.08	*0.40
% of Calories												*21.6%	56.7%	23.6%	5.7%	*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)
Mon - 01/23/2012																
SENIOR HIGH LUNCH (10-CHICKEN, TENDER TYSON (201) W	Total 3 STRIPS	100 30														
CHICKEN, TENDER, SPICY TYSO	3 EACH	20	420	75	1560	1.50	1.62	30.0	0	0	0.0	27.18	23.11	19.03	3.40	0.00
BEEF PATTY-SR HI 2010	1 EACH	20	270	70	55	0.00	1.80	20.0	0	0	0.0	31.5	24.0	22.5	3.75	0.00
BREAD, #538 POG 51% WG 4" B	EACH	20	130	0	240	3.00	1.44	80.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
POTATO, SWEET POTATO SLIC	1/2 CUP	20	90	0	110	2.00	0.72	20.0	4500	900	6.0	4.0	28.0	1.5	0.50	0.00
ES, S												0.5	11.0	5.0	0.75	0.00
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, WRAP CHICKEN	WRAP	10	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SANDWICH, HOT TURKEY HAM & CHZ	1 EACH	10	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*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	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																
RICE, BROWN WHOLE GRAIN P	1/2 CUP	35	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
ARBOI																
GREEN BEANS: canned,cooked	3/4 CUP	75	20	0	254	1.92	0.91	26.3	353	71	4.35	1.22	4.56	0.1	0.02	*N/A*
BREAD, ROLL WHEATSELECT	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
CARGIL																
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
FRUIT SAUCE	1/2 CUP	60	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	60	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	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
READ																
MILK,SKIM FF, SCHROEDER 7/2	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
010																
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	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
010																
MILK, STRAW SKIMSCHROED 7/	EACH	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
2010																
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2	2 TBSP	20	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
010																
SAUCE, 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
SAUCE, DRESSING, LITE SALAD	2 TSP	30	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	15	89	7	117	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	4.13	8.26	1.38	0.00
SAUCE, BBQ KEN DAVIS SWEE	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
T AND																

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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)
HONEY	3 TSP	20	64	0	1	0.04	0.09	1.3	0	0	0.11	0.06	17.46	0.0	0.00	*N/A*
DRESSING, WESTERN LIGHT 20	1 TBSP	20	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
DRESSING, RANCH RF 2010	1 OZ	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,RANCH LITEHOUSE LITE	1 TBSP	20	30	5	115	0.00	0.18	10.0	50	10	0.6	0.5	1.5	3.0	0.25	0.00
Weighted Daily Average			873	*77	1862	*10.93	*5.09	*514.5	*8938	*1122	*23.18	*40.48	120.55	27.17	6.28	*0.40
% of Calories												*18.6%	55.3%	28.0%	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)
Tue - 01/24/2012																
SENIOR HIGH LUNCH (10-FISH PATTY- CLEAR SPRING	Total	100														
BEEF PATTY-SR HI 2010	1 EACH	50	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	1 EACH	20	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
POTATO, SWEET POTATO SLIC ES, S	EACH	70	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
SALAD, GRAB n GO	1/2 CUP	70	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
YOGURT AND FRUIT PARFAIT	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, WRAP CHICKEN	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	WRAP	10	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SANDWICH, HOT TURKEY HAM & CHZ	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*
BEAN SALAD, OSSEO 2011	1 EACH	10	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	75	174	0	172	5.96	3.63	29.4	*49	*6	1.55	5.61	17.53	9.2	1.32	*0.00
DIP, VEG-RANCH LOW FAT 2010	1/2 CUP	80	29	0	67	2.24	0.64	34.0	7976	861	3.15	0.74	6.54	0.15	0.04	*N/A*
FRUIT SAUCE	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
FRUITS, ASSORTED FRESH	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*
BREAD, #168 POG, 100% WW B READ	1/2 CUP	50	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
MILK,SKIM FF, SCHROEDER 7/2 010	EACH	20	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
MILK, 1% LF, SCHROEDER 7/201	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 7/2 010	EACH	5	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, STRAW SKIMSCHROED 7/ 2010	EACH	55	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	EACH	19	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2 010	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, MUSTARD	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
SAUCE, DRESSING, LITE SALAD	1 TSP	80	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
SAUCE, HONEY MUSTARD	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, TARTER	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
DRESSING, RANCH RF 2010	2 TSP	50	21	3	82	0.13	0.12	1.7	21	4	0.13	0.08	2.65	1.2	0.19	*N/A*
DRESSING, WESTERN LIGHT 20	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,RANCH LITEHOUSE LITE	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
	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
Weighted Daily Average			887	63	1646	13.79	6.66	600.6	*11278	*1550	21.60	*35.29	113.94	34.35	7.75	*0.40
% of Calories											*15.9%	51.4%	34.8%	7.9%	*0.4%	

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Osseo Area Schools

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

Dec 16, 2011

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SENIOR HIGH LUNCH (10-12)

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)
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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																
SENIOR HIGH LUNCH (10-TURKEY IN GRAVY NEW	Total	100														
	4 OZ SPO ODLE	65	118	46	835	0.09	1.90	4.5	3	0	0.09	15.38	8.32	1.93	0.64	*0.00
BEEF PATTY-SR HI 2010	1 EACH	10	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
BREAD, #538 POG 51% WG 4" B	EACH	10	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
POTATO, FRENCH FRIES- SR HI	1/2 CUP	10	140	0	380	2.00	0.36	20.0	*N/A*	*0	1.2	2.0	22.01	5.0	0.50	0.00
POTATO, SWEET POTATO SLICES, S	1/2 CUP	10	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
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, HOT TURKEY HAM & CHZ	1 EACH	10	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*0.00
SANDWICH, WRAP CHICKEN	WRAP	5	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
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*
BROCCOLI: fresh, boiled	1/2 CUP	100	27	0	32	2.57	0.52	31.2	1207	108	50.62	1.86	5.6	0.32	0.06	*N/A*
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
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
PUMPKIN BARS W/ CRM CHZ F ROST	1 EACH	1	288	43	216	1.37	*0.77	*36.9	*2472	*373	*0.65	2.67	45.34	11.41	3.07	*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	10	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 SKIM SCHROED 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
SAUCE, MUSTARD	2 TSP	5	7	0	118	0.34	0.16	6.0	7	0	0.16	0.45	0.55	0.42	0.03	0.00
SAUCE, DRESSING, LITE SALAD	2 TSP	10	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	10	89	7	117	0.00	0.00	0.0	*N/A*	*0	0.0	*N/A*	4.13	8.26	1.38	0.00
SAUCE, BBQ KEN DAVIS SWEE	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

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Osseo Area Schools

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

Dec 16, 2011

SENIOR HIGH LUNCH (10-12)

	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)
Wed - 01/25/2012																
T AND																
HONEY	3 TSP	10	64	0	1	0.04	0.09	1.3	0	0	0.11	0.06	17.46	0.0	0.00	*N/A*
PUMPKIN BARS W/ CRM CHZ F ROST	1 EACH	75	288	43	216	1.37	*0.77	*36.9	*2472	*373	*0.65	2.67	45.34	11.41	3.07	*0.00
Weighted Daily Average			906	*92	2477	*12.42	*5.15	*532.1	*11028	*1345	*71.63	*35.71	144.95	22.24	6.05	*0.20
% of Calories												*15.8%	64.0%	22.1%	6.0%	*0.2%

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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																
SENIOR HIGH LUNCH (10- BEEF, PHILLY STEAK 2010 BREAD, #5150 POG 51% WG ST EAK VEGETABLES, FAJITA OR PHILL CHEESE, SHREDDED MOZZ/CH EDD BEEF PATTY-SR HI 2010 BREAD, #538 POG 51% WG 4" B POTATO, SWEET POTATO SLIC ES, S YOGURT AND FRUIT PARFAIT SANDWICH, PB & J SMUCKERS 4.8 SALAD, GRAB n GO SANDWICH, WRAP CHICKEN SANDWICH, HOT TURKEY HAM & CHZ CARROTS:frozen, boiled VEGETABLES, FRESH STICKS DIP, VEG-RANCH LOW FAT 2010 FRUIT SAUCE FRUITS, ASSORTED FRESH BREAD, #168 POG, 100% WW B READ MILK,SKIM FF, SCHROEDER 7/2 010 MILK, 1% LF, SCHROEDER 7/201 MILK, CHOC SKIM SCHROED 7/2 010 MILK, STRAW SKIMSCHROED 7/ 2010 MILK, LACTAID SAUCE, KETCHUP,RED GOLD 2 010 SAUCE, MUSTARD SAUCE, DRESSING, LITE SALAD SAUCE, HONEY MUSTARD SAUCE, BBQ KEN DAVIS SWEE T AND CHIPS, BAG OF BAKED - 1 OZ	Total 3 OZ EACH 1/2 CUP 1 CUP 1 EACH EACH 1/2 CUP 1 EACH 1 EACH 1 EACH WRAP 1 EACH 3/4 CUP 1/2 CUP 2 OZ 1/2 CUP 1/2 CUP EACH EACH EACH EACH EACH 1 EACH 2 TBSP 1 TSP 1 TSP 1 TSP 1 TBSP 1 EACH	100 50 50 50 45 20 20 20 2 3 5 5 10 75 75 35 60 60 20 30 15 45 10 1 20 20 20 20 20 20 95	110 170 20 228 270 130 90 402 314 299 510 180 41 29 44 66 62 70 80 110 130 130 80 30 12 45 3 12 45 10 129	40 0 0 70 70 0 0 12 0 139 59 16 0 0 7 0 0 5 15 5 5 5 0 0 0 0 0 0 0 0 0	330 320 2 324 55 240 110 222 352 1183 1401 527 65 67 209 6 1 160 130 110 230 230 125 380 59 42 58 85 208	0.00 4.00 1.07 0.05 0.00 3.00 2.00 4.60 2.69 2.41 5.95 1.00 3.61 2.24 0.00 1.63 2.21 2.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 1.39	1.80 1.80 0.18 0.54 1.80 1.44 0.72 1.90 1.59 2.71 2.55 1.99 0.58 0.64 0.02 0.34 0.20 0.72 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.39	20.0 100.0 9.1 326.3 20.0 80.0 20.0 451.3 28.9 116.1 337.8 195.2 38.3 34.0 53.3 5.3 16.4 40.0 300.0 300.0 300.0 500.0 0.0 3.0 0.0 0.0 0.0 0.0 27.9	0 *N/A* 625 575 0 0 4500 149 2 5982 *4452 *152 18536 7976 22 153 259 0 500 500 500 500 600 4 *N/A* *N/A* 100 0	0 *0 113 118 0 0 900 37 0 480 *330 *30 1938 861 4 18 20 0 100 100 100 100 120 0 *0 *0 20 0	0.0 0.0 35.13 0.54 0.0 0.0 6.0 26.05 0.0 8.84 2.71 0.0 2.52 3.15 0.46 1.94 21.15 0.0 8.0 8.0 8.0 8.0 0.0 0.0 0.0 0.0 0.0 0.0	19.0 5.0 0.6 20.44 18.0 4.0 0.5 15.95 9.16 20.93 *27.15 9.16 0.64 0.74 1.52 0.4 0.82 3.0 8.0 8.0 8.0 8.0 0.0 8.0 0.0 0.0 0.0 1.89	1.0 37.0 4.34 0.9 0.0 28.0 11.0 73.39 32.88 24.01 44.27 23.01 8.46 6.54 5.3 17.47 15.86 13.0 12.0 13.0 23.0 13.0 8.0 8.0 0.0 0.0 2.06 2.5 20.21	3.5 2.0 0.1 15.57 22.0 1.5 5.0 6.36 16.3 13.56 26.73 5.17 0.74 0.15 1.9 0.03 0.22 1.0 0.0 2.5 0.0 0.0 0.0 0.0 0.0 4.13 0.0 3.84	1.50 0.50 0.02 9.22 9.00 0.50 0.75 2.46 3.10 3.31 6.77 2.52 0.13 0.04 0.25 0.00 0.05 0.00 0.00 1.50 0.00 0.00 0.00 0.00 0.00 0.69 0.00 0.72	0.00 0.00 *N/A* *N/A* 2.00 0.00 0.00 *N/A* *N/A* *0.02 *0.00 *0.00 *N/A* *N/A* *N/A* *0.00 *N/A* *N/A* 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 *N/A*

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Osseo Area Schools

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

Dec 16, 2011

SENIOR HIGH LUNCH (10-12)

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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)
Thu - 01/26/2012																
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	1	30	5	115	0.00	0.18	10.0	50	10	0.6	0.5	1.5	3.0	0.25	0.00
Weighted Daily Average			851	88	1513	12.70	5.40	718.9	*22808	*2589	38.55	*42.89	115.33	25.86	9.43	*0.40
% of Calories												*20.2%	54.2%	27.3%	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)
Mon - 01/30/2012																
SENIOR HIGH LUNCH (10-CHICKEN POPCORN TYSON 201	Total SERVING	100														
BEEF PATTY-SR HI 2010	1 EACH	25	289	38	301	1.25	1.81	25.1	125	25	0.0	15.05	17.56	17.56	3.14	0.00
BREAD, #538 POG 51% WG 4" B	EACH	25	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
POTATO, SWEET POTATO SLIC	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
ES, S	1/2 CUP	25	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
SANDWICH, HOT TURKEY HAM & CHZ	1 EACH	5	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*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*
SANDWICH, WRAP CHICKEN	WRAP	15	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
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*
STIR FRY VEGETABLES	1/2 CUP	100	30	0	25	2.00	0.26	17.6	666	133	9.3	1.0	5.0	0.0	0.00	*N/A*
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	70	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	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	50	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	10	70	0	160	2.00	0.72	40.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
MILK, NONFAT SKIM 1/2 PINT	1 EACH	30	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, 1% Lowfat	HALF PIN	15	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, CHOC SKIM SCHROED 7/2 010	8 OZ.	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	8 OZ.	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, CATSUP	2 OZ	70	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*N/A*
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	2 TSP	5	7	0	118	0.34	0.16	6.0	7	0	0.16	0.45	0.55	0.42	0.03	0.00
SAUCE, BARBQUE	2 TSP	25	8	0	85	0.13	0.09	2.0	2	9	0.73	0.19	1.33	0.19	0.03	*N/A*
SAUCE, SWEET & SPICY PLUM	2 TSP	10	23	0	68	0.09	0.18	1.5	5	1	0.06	0.11	5.44	0.13	0.02	*N/A*
SAUCE, ZESTY ORANGE	2 TSP	10	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*
DRESSING, RANCH LITEHOUSE LITE	2 TBSP	10	60	10	230	0.00	0.36	20.0	100	20	1.2	1.0	3.0	6.0	0.50	0.00
DRESSING, RANCH RF 2010	2 OZ	10	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
DRESSING, WESTERN LIGHT 20	2 TBSP	10	70	0	270	0.00	1.08	0.0	100	20	0.0	0.0	13.0	2.0	0.00	0.00
Weighted Daily Average			834	*70	1562	9.62	*4.38	*525.4	*9931	*1284	*32.66	*33.93	110.39	29.85	6.98	*0.50
% of Calories												*16.3%	52.9%	32.2%	7.5%	*0.5%

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Osseo Area Schools

Jan 3, 2012 thru Jan 31, 2012 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (10-12)

Dec 16, 2011

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)
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Osseo Area Schools

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/31/2012																
SENIOR HIGH LUNCH (10-CHICKEN PATTY, BRD TYSON 2010	Total	100														
CHICKEN PATTY, UNBRD TYSO	1 EACH	30	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	5	120	60	450	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
BEEF PATTY-SR HI 2010	1 EACH	15	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	1 EACH	20	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
POTATO, SWEET POTATO SLIC	EACH	70	130	0	240	3.00	1.44	80.0	0	0	0.0	4.0	28.0	1.5	0.50	0.00
ES, S	1/2 CUP	20	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	0.00
GARDEN FRESH FIXINGS	1/2 CUP	75	12	0	4	0.75	0.18	9.8	261	18	3.78	0.54	2.72	0.08	0.02	*N/A*
SALAD, GRAB n GO	1 EACH	5	299	139	1183	2.41	2.71	116.1	5982	480	8.84	20.93	24.01	13.56	3.31	*0.02
SANDWICH, WRAP CHICKEN	WRAP	10	510	59	1401	5.95	2.55	337.8	*4452	*330	2.71	*27.15	44.27	26.73	6.77	*0.00
SANDWICH, HOT TURKEY HAM & CHZ	1 EACH	10	180	16	527	1.00	1.99	195.2	*152	*30	0.0	9.16	23.01	5.17	2.52	*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*
POTATO, TWISTER FRIES 2010	1/2 CUP	15	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	15	153	0	297	1.80	0.65	0.0	0	0	2.16	1.8	18.9	8.1	1.80	*N/A*
POTATO, CRISS-CUT FRIES 201	1/2 CUP	15	162	0	364	2.03	0.73	*N/A*	*N/A*	*N/A*	4.86	2.03	19.24	8.1	2.03	0.00
POTATO, MCCAIN OVATIONS, S TRAI	1/2 CUP	25	120	0	150	1.00	0.36	0.0	0	0	3.6	2.0	20.0	3.5	0.50	0.00
BROCCOLI: frozen, boiled	1/2 CUP	100	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*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
FRUIT SAUCE	1/2 CUP	60	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	60	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	25	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	9	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 2 010	2 TBSP	75	30	0	380	0.00	0.00	0.0	600	120	0.0	0.0	8.0	0.0	0.00	0.00
SAUCE, MUSTARD	2 TSP	10	7	0	118	0.34	0.16	6.0	7	0	0.16	0.45	0.55	0.42	0.03	0.00
SAUCE, DRESSING, LITE SALAD	2 TSP	20	23	3	83	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	1.33	2.0	0.00	0.00

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

Osseo Area Schools

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/31/2012																
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, BBQ KEN DAVIS SWEE T AND HONEY	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
DRESSING, RANCH RF 2010	3 TSP	10	64	0	1	0.04	0.09	1.3	0	0	0.11	0.06	17.46	0.0	0.00	*N/A*
DRESSING, WESTERN LIGHT 20	2 OZ	20	44	7	209	0.00	0.02	53.3	22	4	0.46	1.52	5.3	1.9	0.25	*0.00
DRESSING,RANCH LITEHOUSE LITE	2 TBSP	20	70	0	270	0.00	1.08	0.0	100	20	0.0	0.0	13.0	2.0	0.00	0.00
	2 TBSP	20	60	10	230	0.00	0.36	20.0	100	20	1.2	1.0	3.0	6.0	0.50	0.00
Weighted Daily Average			886	75	1927	12.93	5.35	*567.5	*10149	*1323	62.78	*37.92	125.04	29.24	7.01	*0.40
% of Calories												*17.1%	56.5%	29.7%	7.1%	*0.4%

Weighted Average			869	*76	1821	*13.16	*6.23	*608.6	*12690	*1575	*44.79	*38.49	122.51	27.27	7.45	*0.45
												*17.7%	56.4%	28.3%	7.7%	*0.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	869		867	100%			
Cholesterol (mg)	76				Missing		
Sodium (mg)	1821						
Fiber (g)	13.16				Missing		
Iron (mg)	6.23		4.50	138%	Missing		
Calcium (mg)	608.6		400.00	152%	Missing		
Vitamin A (IU)	12690		1500	846%	Missing		
Vitamin A (RE)	1575		300	525%	Missing		
Vitamin C (mg)	44.79		20.00	224%	Missing		
Protein (g)	38.49	17.72%	17.20	224%	Missing		
Carbohydrate (g)	122.51	56.41%					
Total Fat (g)	27.27	28.25%	<=30.00%				
Saturated Fat (g)	7.45	7.72%	<10.00%				
Trans Fat (g)	0.45	0.46%			Missing		

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¹ - denotes optional nutrient values

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