

Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

Sep 6, 2017

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ELEMENTARY LUNCH (K-5)

Portion Size	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 - 09/05/2017															
ELEMENTARY LUNCH (K-5)	Total														
BEEF, PATTY 100% 2.25 OZ. 6/17	1 EACH	147	39	200	0.03	1.85	13.7	0	0	0.03	16.08	0.1	8.65	3.40	0.00
BEEF PATTY, 100% BF JTM 6/15	1 EACH	172	49	275	0.00	0.18	180.0	0	0	0.0	12.0	2.0	12.0	4.80	0.80
CHICKEN, MINI WG CORNDOG 2/16	6 EACH	240	60	420	0.00	2.16	120.0	0	0	0.0	12.0	30.0	9.0	0.00	0.00
CHEESE, AMER SLICE RF RS 201	SLICE	40	9	120	0.00	0.00	407.1	611	122	0.0	3.99	1.14	2.28	1.43	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BON 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
BREAD, #706 51%WG 3.5 BUN 6/1	1 EACH	110	0	190	2.00	1.44	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
LETTUCE,ICEBERG	1/4 CUP	3	0	2	0.22	0.07	3.2	90	6	0.5	0.16	0.53	0.03	0.00	*N/A*
PICKLE, DILL SPEAR 6/17	4 EACH	0	0	1255	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
ONIONS,RAW	1/8 CUP	6	0	1	0.24	0.03	3.3	0	0	1.06	0.16	1.34	0.01	0.01	*N/A*
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1/4 CUP	8	0	2	0.54	0.12	4.5	375	28	6.17	0.4	1.75	0.09	0.01	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12 /16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SD KRNLs,DRY R STD,W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM,UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY,RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
POTATO, SWEET CRINKLE SIM 6/17	1/2 CUP	100	0	95	2.00	0.36	20.0	750	150	*N/A*	1.0	15.0	4.0	0.50	0.00
POTATO, SWEET LATTICE SIM 6 /17	1/2 CUP	170	0	160	3.00	0.72	40.0	1250	250	0.0	2.0	22.0	8.0	1.50	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

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

Sep 6, 2017

ELEMENTARY LUNCH (K-5)

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	Portion Size	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)
GREEN BEANS, GARLIC 6/17	1/2 CUP	95	0	59	3.33	0.99	55.1	627	125	4.67	1.69	7.92	7.18	1.03	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
MANDARIN ORANGES/LT SYRU	1/2 CUP	37	0	0	0.46	0.00	9.2	138	28	2.77	0.0	9.68	0.0	0.00	0.00
P 6/17															
PEARS,FRESH	1 EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
ORANGES	EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
6/15															
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
6/17															
MILK, CHOC SKIM SCHROED 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
/17															
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
6/17															
SAUCE, KETCHUP PACKET 6/14	1 EACH	10	0	55	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	0.0	0.00	0.00
SAUCE, BOOM BOOM, KEN'S 6/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
DRESSING, KENS LITE RANCH 7	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
/14															
DRESSING, LIGHT MAYO PKCT	PACKET	40	5	105	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.0	0.00	0.00
8/16															
SAUCE, MUSTARD PACKET 6/14	1 EACH	5	0	25	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
SAUCE, KETCHUP,RED GOLD 20	TBSP	15	0	160	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
DRESSING, FF CALIF FRENCH 6/	1 TBSP	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		625	64	1511	*8.52	*4.04	*669.8	*6059	*813	*33.37	*28.01	83.87	21.47	4.03	*0.01
% of Calories											*17.9%	53.7%	30.9%	5.8%	*0.0%

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ELEMENTARY LUNCH (K-5)

	Portion Size	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 - 09/06/2017															
ELEMENTARY LUNCH (K-5	Total														
CHICKEN, PPCRN WG PROVIEW 8/15	10 EACH	178	0	384	1.09	2.08	55.3	94	19	0.04	13.44	13.85	7.23	0.40	0.04
CHICKEN, POPCORN GLD KIST 6/17	10 EACH	269	60	590	3.00	2.00	17.0	168	34	1.0	18.0	20.0	13.0	3.00	0.00
CHEESEBURGER MACARONI, 6/1	2/3 cup	288	53	446	1.37	1.43	294.6	564	121	0.0	*19.61	16.39	15.73	*8.80	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BON 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
BREAD, ROLL WS 1.25 OZ 2015	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
POTATO, WHIPPED NATURES 6/	1/2 CUP	70	0	320	1.00	0.19	7.5	2	0	6.38	1.0	15.0	0.0	0.00	0.00
GRAVY,POULTRY RF KRLSBRG R 8/15	1 OZ	20	0	121	0.00	0.00	0.6	0	0	0.0	1.0	4.0	0.0	0.00	*0.00
PEAS GREEN,FROZEN,BOILED	1/2 CUP	88	0	82	6.24	1.72	27.2	2381	76	11.23	5.84	16.17	0.31	0.06	*N/A*
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12 /16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SD KRNLs,DRY R STD,W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM,UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY,RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00

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	Portion Size	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)
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
GRAPES, Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
MANDARIN ORANGES/LT SYRU P 6/17	1/2 CUP	37	0	0	0.46	0.00	9.2	138	28	2.77	0.0	9.68	0.0	0.00	0.00
APPLES, SLICED BAGGED 6/14	1 EACH	30	0	0	1.00	0.00	20.0	0	0	21.0	0.0	7.0	0.0	0.00	0.00
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
KIWI FRUIT,(CHINESE GOOSEBERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
PEARS,FRESH	EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6/17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, BBQ KEN DAVIS SWEET AND	1 TBSP	10	0	85	0.00	0.18	0.0	100	20	0.6	0.0	2.5	0.0	0.00	0.00
KETCHUP, 10# POUCH 6/17	1 TBLSPN	21	0	50	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
DRESSING, HONEY MUSTARD 6/	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING, CHIPOTLE RANCH 6/	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, FF CALIF FRENCH 6/	1 TBSP	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		636	*33	1164	*9.63	*3.72	*507.1	*5496	*595	*43.50	*31.20	94.63	14.28	*3.99	*0.02
% of Calories										*19.6%		59.5%	20.2%	*5.7%	*0.0%

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

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¹ - denotes optional nutrient values

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Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

	Portion Size	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 - 09/07/2017															
ELEMENTARY LUNCH (K-5	Total														
PIZZA, FRENCH BRD, CHEES 6/1	1 EACH	330	20	700	3.00	1.80	350.0	500	100	2.4	17.0	30.0	16.0	6.00	0.00
PIZZA, STUFF CRST CHS MAX 6/	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, HAWAIIAN WW NARDON 6/17	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA,WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA, 6" WW PEPP NARDON 6/1	1 EACH	350	40	580	3.00	2.70	350.0	500	100	12.0	22.0	30.0	16.0	7.00	0.00
BEEF PEPPERONI, BONICI 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
TURKEY, PEPPERONI SLICES 6/1	SERVING (1.23OZ)	60	25	200	0.00	0.36	0.0	0	0	0.0	6.0	1.0	2.5	1.00	0.00
CHICKEN, BBQ TERIYAK LING 6/1	SERVING (2.80)	130	70	480	0.00	0.72	0.0	0	0	0.0	16.0	10.0	3.5	1.00	0.00
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BON 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
RICE, BROWN WHOLE GRAIN 6/1	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
BREADSTICK,WG PANBAKE 5" 1 1/16	EACH	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	1.0	0.00	0.00
BREADSTICK, WG, GARLIC 11/16	1 EACH	90	0	95	1.00	0.72	0.0	0	0	0.0	3.0	15.0	3.0	0.00	0.00
STIR FRY VEGETABLES 12/16	1/2 CUP	17	0	15	1.00	0.18	10.0	250	50	6.0	0.5	3.0	0.0	0.00	0.00
CAULIFLOWER, SPANISH ROAS 6/17	1/2 CUP	32	0	95	1.93	0.51	19.1	41	8	41.99	1.83	5.94	0.99	0.16	*0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*

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1 - denotes optional nutrient values

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

Sep 6, 2017

ELEMENTARY LUNCH (K-5)

Page 6

	Portion Size	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)
CHEESE, SHREDDED MOZZ/CHEDDAR	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SEED KERNELS, DRY ROASTED, W/O OIL	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM, UNCURED JENIE-O	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY, RED SKIN SLOTTED BREAST	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BREAST LIGHT SKIN	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
STRAWBERRIES, FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
PEACHES: canned, light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE CHUNKS: canned, light syrup	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
GRAPES, Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
KIWI FRUIT, (CHINESE GOOSEBERRY)	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
PEARS: canned, light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEARS, FRESH	EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
MELONS, CANTALOUPE, RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
JUICE CUP PURPLE VEG BLEND	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLEND	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORANGE BLEND	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FLAVORED, SCHRÖEDER	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHRÖEDER	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE SKIM SCHRÖEDER	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA FLAVORED	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE FLAVORED	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING, KENNESAW RANCH	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, CHIPOTLE RANCH	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, FF DJON HNY MUSTARD	1 TBSP	23	0	150	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
DRESSING, WESTERN LITE	3 OZ	194	0	680	0.00	0.00	0.0	486	97	2.92	0.0	38.88	4.86	0.00	0.00
Weighted Daily Average		647	64	1069	*8.20	*3.36	525.1	*7734	*910	*69.17	29.86	98.54	16.10	4.25	*0.00
% of Calories											18.5%	61.0%	22.4%	5.9%	*0.0%

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Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

Portion Size	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)
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ELEMENTARY LUNCH (K-5)

	Portion Size	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 - 09/08/2017															
ELEMENTARY LUNCH (K-5 CHICKEN, FAJITA STRP BRST 6/1	Total SERVING (3.0OZ)	120	85	705	0.00	1.00	11.0	230	46	0.0	17.01	2.0	5.0	1.50	0.00
BEEF TACO MEAT-2015	#10 SCOO	151	33	232	1.22	2.58	31.9	420	74	3.97	14.53	5.81	7.64	3.08	*0.00
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BON 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
RICE, BROWN WHOLE GRAIN 6/1	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
TORTILLA,100% WW 9" 8/16	1 EACH	150	0	210	4.00	0.00	60.0	0	0	0.0	5.0	25.0	3.5	1.50	0.00
FLATBREAD, WG 8" 2014 BAKE CRA	1 EACH	140	0	430	4.00	1.08	60.0	0	0	0.0	4.0	24.0	3.5	1.00	0.00
CHIPS, YLLOW MINI RND NS 6/17	PACKAGE	270	0	0	4.00	1.44	40.0	0	0	0.0	4.0	37.0	14.0	1.50	0.00
TORTILLA CHIPS	1 OZ	131	0	33	1.87	0.34	37.4	0	0	0.0	1.87	19.63	5.61	0.93	*N/A*
ROASTED, PEPPERS & ONIONS 2015	1/4 CUP	9	0	1	0.46	0.08	3.8	242	44	15.21	0.25	1.81	0.16	0.03	*0.00
CORN, WHOLE KERNEL	1/2 CUP	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*
BEANS, REFRIED VEGETARIAN 6/17	1/2 CUP	150	0	530	8.00	1.80	40.0	*N/A*	*N/A*	1.2	8.0	25.0	1.5	0.50	0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12 /16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
SUNFLOWER SD KRNLs, DRY R STD, W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM, UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY, RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
BANANAS	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
MANDARIN ORANGES/LT SYRU P 6/17	1/2 CUP	37	0	0	0.46	0.00	9.2	138	28	2.77	0.0	9.68	0.0	0.00	0.00
STRAWBERRIES, FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
PEACHES: canned, light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PEARS, FRESH	EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
KIWI FRUIT, (CHINESE GOOSEBERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
APPLESAUCE NATURAL UNSWEETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
PEARS: canned, light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
ORANGES	EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDER 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6 /17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, SALSA	1 OZ	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	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	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
DRESSING, FF CALIF FRENCH 6/	1 TBSP	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, HONEY MUSTARD 6/	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
Weighted Daily Average		752	77	1334	*14.88	*5.11	526.4	*8585	*984	*56.60	*38.61	107.32	20.83	6.39	*0.00
% of Calories											*20.5%	57.1%	24.9%	7.6%	*0.0%

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Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

Portion Size	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

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
Mon - 09/11/2017															
ELEMENTARY LUNCH (K-5 CHICKEN, MAND ORG JR LING 6/	Total SERVING (3.6OZ)	150	40	280	0.00	0.72	0.0	0	0	1.2	11.0	19.0	3.0	0.50	0.00
CHICKEN, MAND ORNG LINGS 6/	SERVING	150	40	280	0.00	0.72	0.0	0	0	1.2	11.0	19.0	3.0	0.50	0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA, STUFF CRST CHS MAX 6/	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, HAWAIIAN WW NARDON 6/17	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
PIZZA, RANCHERO WW NARDON 6/17	1 EACH	320	35	540	4.00	3.60	250.0	500	100	9.0	20.0	30.0	14.0	7.00	0.00
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE, MARBLE STK 1OZ BON 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT, STWBRY BAN YOPLAIT 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT, STRAWBRY GRK OIKOS 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
BREADSTICK, WG, GARLIC 11/16	1 EACH	90	0	95	1.00	0.72	0.0	0	0	0.0	3.0	15.0	3.0	0.00	0.00
BREADSTICK, WG PANBAKE 5" 1/16	1 EACH	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	1.0	0.00	0.00
RICE, BROWN WHOLE GRAIN 6/1	1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00
STIR FRY VEGETABLES	1/2 CUP	30	0	25	2.00	0.26	17.6	666	133	9.3	1.0	5.0	0.0	0.00	*N/A*
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
TOMATOES, RED, RIPE, RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CHEDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12/16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SD KRNL, DRY RSTD, W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM, UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

Sep 6, 2017

ELEMENTARY LUNCH (K-5)

Page 12

	Portion Size	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)
TURKEY, RED SOD SLCD BRST 7/15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/VEGETABLES, FRESH STICKS	1 OZ 1/2 CUP	40 18	17 0	38 33	0.00 1.38	0.24 0.36	0.0 20.0	0 3385	0 383	0.0 11.11	6.33 0.66	0.33 3.87	1.33 0.1	0.33 0.02	0.00 *0.00
PEACHES: canned, light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
PINEAPPLE CHUNKS: canned, lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
KIWI FRUIT, (CHINESE GOOSEBERRI)	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
PEARS: canned, light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
APPLESAUCE NATURAL UNSWEETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
STRAWBERRIES, FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
BANANAS	EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDER 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6/17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, FF CALIF FRENCH 6/	1 TBSP	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
DRESSING, CHIPOTLE RANCH 6/	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, HONEY MUSTARD 6/	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
Weighted Daily Average		633	46	799	*8.10	*3.28	486.0	*6825	*815	*51.94	*28.41	99.32	14.14	3.49	*0.00
% of Calories											*17.9%	62.7%	20.1%	5.0%	*0.0%

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

Portion Size	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 - 09/12/2017															
ELEMENTARY LUNCH (K-5)	Total														
WAFFLES, MINI MAPLE, GM, 6/17	POUCH	210	0	170	3.00	0.72	20.0	0	0	0.0	4.0	38.0	6.0	1.00	0.00
FRENCH TOAST, STIX RICHES, 6/1	4 EACH	270	0	280	3.00	2.00	235.0	431	86	0.0	6.0	35.0	12.0	2.00	0.00
PANCAKES,MINI STRW SPLSH 1/16	PACKAGE	240	0	150	3.00	0.72	40.0	0	0	0.0	4.0	41.97	7.0	1.00	0.00
WAFFLE,2.4 OZ CINN SNACK 11/	1 EACH	240	25	300	3.00	1.08	20.0	*N/A*	*N/A*	*N/A*	5.0	41.0	7.0	3.00	0.00
WAFFLE, 2.4 OZ CHOC CHIP 11/1	1 EACH	250	20	280	3.00	1.08	20.0	*N/A*	*N/A*	*N/A*	5.0	41.0	8.0	3.50	0.00
WAFFLE, MINI BLUEBRY, GM, 6/1	POUCH	210	0	170	3.00	0.72	20.0	0	0	0.0	4.0	37.0	6.0	1.00	0.00
BREAKFAST WRAP, WG CHSE 1/16	1 EACH	180	170	410	2.00	0.72	100.0	400	80	0.0	10.0	14.0	10.0	4.00	0.00
EGG, OMELET COLBY CHS 12/16	1 EACH	110	195	210	0.00	0.66	84.0	374	75	0.0	8.0	1.0	8.0	3.00	0.00
SANDWICH, TURKEY & PROV 6/1	1 EACH	276	48	749	3.00	2.12	144.8	*0	*0	*0.53	24.94	29.0	6.43	2.47	0.00
SANDWICH, TURKEY BREAST 2/1	1 EACH	198	44	687	*2.00	1.84	51.0	0	0	0.66	23.87	21.0	2.6	0.55	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
TURKEY, SAUS. LINK JEN-O, 7/15	2 EACH	120	60	200	0.00	*N/A*	40.0	0	0	0.0	12.0	0.0	8.0	2.00	0.00
TURKEY, SAUSAGE LINK 8/15 JIM	4 EACH	120	40	387	0.00	0.96	26.7	0	0	0.0	13.33	1.33	8.0	2.00	0.00
TURKEY, SAUSAGE LINK FC 6/17	4 EACH	120	40	387	0.00	0.96	26.7	0	0	0.0	13.33	1.33	8.0	2.00	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BON 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
POTATO,TRI TATOR LAMB WES 6/17	2 EACH	220	0	450	2.00	0.72	0.0	0	0	2.4	2.0	27.0	11.0	1.50	0.00
CARROTS, OVEN ROASTED 201 5 CMO	1/2 CUP	70	0	99	2.52	0.36	27.9	10796	1617	1.93	0.61	11.82	2.68	0.36	*0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12/16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
SUNFLOWER SD KRNLSDRY R STD,W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM,UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY,RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
APPLE CRISP	SERVINGS	200	0	113	2.30	0.99	20.0	350	70	0.49	1.94	31.75	7.97	1.59	*N/A*
KIWI FRUIT,(CHINESE GOOSEB ERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
JUICE,100% ORANGE W/CA &D 6/17	1 EACH	60	0	1	0.00	0.00	160.0	0	0	36.0	1.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR 6/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6 /17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SYRUP,AUNT JEMIMA ORIGINAL 6/1	TBLSPN	53	0	30	0.00	0.00	0.0	0	0	0.0	0.0	13.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
DRESSING,LIGHT MAYO HEINZ 7/14	TBLSPN	50	5	135	0.00	0.00	0.0	0	0	0.0	0.0	4.0	3.5	0.50	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, WESTERN LIGHT 201	1 TBSP	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
DRESSING, CHIPOTLE RANCH 6/	TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average		871	101	1203	*10.24	*3.64	550.5	*13803	*1739	*61.03	30.65	122.55	30.12	6.46	*0.00
% of Calories											14.1%	56.3%	31.1%	6.7%	*0.0%

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Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

	Portion Size	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 - 09/13/2017															
ELEMENTARY LUNCH (K-5	Total														
BEEF, SLOPPY JOE MEAT 6/17	1 EACH	175	33	351	1.28	2.29	30.9	465	93	9.65	16.29	10.12	7.55	2.86	*0.00
CHICKEN, PATTY WG TYSON 6/1	PATTY	200	45	290	3.00	1.08	0.0	0	0	0.0	19.0	9.0	9.0	1.50	0.00
CHICKEN, PATTY SPCY TYSON 6/17	1 EACH	200	45	330	1.00	1.44	0.0	0	0	0.0	19.0	9.0	10.0	2.00	0.00
CHICKEN, PATTY, WG ADVPIE 6/	1 EACH	230	30	280	1.00	1.80	20.0	100	20	1.2	12.0	12.0	15.0	3.00	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MOZZ STRING 1OZ BO	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
NGARD															
CHEESE,MARBLE STK 1OZ BON 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
BREAD, #706 51%WG 3.5 BUN 6/1	1 EACH	110	0	190	2.00	1.44	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
BRUSSELS SPROUTS, ROAST 6/	1/2 CUP	50	0	58	1.70	0.56	15.5	335	67	38.35	1.55	4.12	3.51	0.52	*0.00
POTATO, TWISTER FRIES LW 1/1	1/2 CUP	141	9	282	1.76	0.95	0.0	0	0	5.28	1.76	17.6	7.04	3.08	*N/A*
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.03	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CH	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EDD															
EGG, HARD-BOILED - WHOLE 12 /16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SD KRNLs,DRY R	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
STD,W/															
TURKEY HAM,UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY,RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00

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Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

	Portion Size	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)
MANDARIN ORANGES/LT SYRUP 6/17	1/2 CUP	37	0	0	0.46	0.00	9.2	138	28	2.77	0.0	9.68	0.0	0.00	0.00
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
KIWI FRUIT,(CHINESE GOOSEBERRY)	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
APPLESAUCE NATURAL UNSWETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
PINEAPPLE CHUNKS:canned,lt syrup	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
ORANGES	EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDER 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROEDER 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6/17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
DRESSING,MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TABLESPOON	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
SAUCE, BBQ KEN DAVIS SWEET AND	1 TBSP	10	0	85	0.00	0.18	0.0	100	20	0.6	0.0	2.5	0.0	0.00	0.00
DRESSING, HONEY MUSTARD 6/	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING, CHIPOTLE RANCH 6/	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, WESTERN LIGHT 201	1 TBSP	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		628	75	979	*9.37	*4.35	430.4	*7047	*832	*64.69	*30.94	82.89	19.67	5.54	*0.00
% of Calories											*19.7%	52.8%	28.2%	7.9%	*0.0%

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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 - 09/14/2017															
ELEMENTARY LUNCH (K-5 SANDWICH, TOASTED CHEESE 6/17	Total 1 EACH	460	60	1370	2.00	1.44	640.0	800	160	0.0	30.0	34.0	19.0	10.00	0.00
BEEF,RIB-B-QUE RED. SOD 8/15 SANDWICH, SUNBTR & JELLY S CHL	1 EACH	145	43	395	1.00	0.36	330.0	3600	720	0.6	14.0	4.0	8.0	3.20	0.00
SANDWICH, PB&J GRP 2.8 OZ 6/17	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
CHEESE,MARBLE STK 1OZ BON 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT, UPSTATE FARMS, 4 O Z NF	1 EACH	100	0	75	0.00	0.00	301.1	*N/A*	*0	1.2	3.01	22.08	0.0	0.00	0.00
BREAD, #606 WHEAT HOAGIE B ULK	1 EACH	170	0	360	4.00	1.80	80.0	0	0	0.0	6.0	34.0	2.5	0.50	0.00
SOUP, TOMATO HLTHY RQST 6/17	3/4 CUP	120	0	615	1.50	0.54	0.0	600	120	9.0	1.5	24.0	1.5	0.75	0.00
SQUASH, BUTTERNUT ROASTED	1/2 CUP	40	1	18	1.11	0.49	30.7	979	286	9.35	0.99	6.1	1.72	0.37	*0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1 CUP	32	0	9	2.16	0.49	18.0	1499	112	24.66	1.58	7.0	0.36	0.05	*N/A*
CARROTS, FRESH MINI	1 CUP	79	0	177	6.58	2.02	72.6	31275	3404	5.9	1.45	18.69	0.29	0.05	*N/A*
BROCCOLI FLORETTES	1 CUP	24	0	23	1.85	0.52	33.4	442	109	63.33	2.0	4.71	0.26	0.03	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12 /16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SD KRNLs,DRY R STD,W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM,UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY,RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
ORANGES	EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*

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

Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

	Portion Size	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)
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
APPLES,Fresh	EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
KIWI FRUIT,(CHINESE GOOSEBERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6 /17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA NATREL SCHR 6/1	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
DRESSING, WESTERN LIGHT 201	1 TBSP	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
SAUCE, BBQ KEN DAVIS SWEET AND	1 TBSP	10	0	85	0.00	0.18	0.0	100	20	0.6	0.0	2.5	0.0	0.00	0.00
DRESSING, CHIPOTLE RANCH 6/	TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, HONEY MUSTARD 6/	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
Weighted Daily Average		697	77	1638	*9.38	3.51	809.8	*12750	*1671	60.04	*34.19	93.83	19.58	7.80	*0.00
% of Calories											*19.6%	53.9%	25.3%	10.1%	*0.0%

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Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

	Portion Size	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 - 09/15/2017															
ELEMENTARY LUNCH (K-5	Total														
BEEF FRANK, TYSON 6/17	1 EACH	180	30	550	0.00	0.36	0.0	0	0	0.0	6.0	2.0	16.0	6.00	1.00
TURKEY, FRANK RED SOD 6/17	1 EACH	110	55	260	0.00	1.08	60.0	0	20	6.0	8.0	0.0	9.0	2.50	0.00
MACARONI & CHEESE, RF WG, 6/17	6 OZ	290	30	980	2.00	1.08	400.0	750	150	0.0	17.0	31.0	11.0	6.00	0.00
MACARONI & CHZ RS WG JTM 8/	6 OZ	283	37	648	2.00	0.00	371.0	493	99	1.0	15.0	31.0	11.0	6.50	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BON 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
BREAD, #5151 POG 51% WG HO T DO	1 EACH	100	0	170	2.00	1.08	60.0	*N/A*	*0	0.0	3.0	20.0	1.0	0.00	0.00
BAKED BEAN VEG RED SOD 5/14	1/2 CUP	140	0	410	6.00	1.80	60.0	0	0	0.0	6.0	29.0	0.0	0.00	0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.03	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.01	*N/A*
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12 /16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SD KRNLs,DRY R STD,W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM,UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY,RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
APPLES,Fresh	EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
ORANGES	EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
KIWI FRUIT,(CHINESE GOOSEBERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
MANDARIN ORANGES/LT SYRUP 6/17	1/2 CUP	37	0	0	0.46	0.00	9.2	138	28	2.77	0.0	9.68	0.0	0.00	0.00
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6/17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, WESTERN LIGHT 201	1 TBSP	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
DRESSING, CHIPOTLE RANCH 6/	TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, HONEY MUSTARD 6/	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
Weighted Daily Average		604	62	1298	*10.89	*3.78	568.3	*7151	*697	*47.02	*27.41	87.42	16.25	5.68	*0.44
% of Calories											*18.1%	57.9%	24.2%	8.5%	*0.7%

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

Portion Size	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)	
Mon - 09/18/2017															
ELEMENTARY LUNCH (K-5)	Total														
CORN DOG MINI, CHICKEN FF 6/	6 EACH	270	40	410	5.00	1.80	150.0	0	0	0.0	10.0	30.01	12.0	3.50	0.00
CHICKEN, CORN DOG 100%WG	1 EACH	240	40	390	5.00	1.80	80.0	0	0	0.0	9.0	30.0	8.0	2.50	0.00
6/15															
CHICKEN, MINI WG CORNDOG 1	6 EACH	240	60	420	0.00	2.16	120.0	0	0	0.0	12.0	30.0	9.0	0.00	0.00
2/16															
BEEF, PATTY 100% 2.25 OZ. 6/17	1 EACH	147	39	200	0.03	1.85	13.7	0	0	0.03	16.08	0.1	8.65	3.40	0.00
BEEF PATTY, 100% BF JTM 6/15	1 EACH	172	49	275	0.00	0.18	180.0	0	0	0.0	12.0	2.0	12.0	4.80	0.80
TURKEY, PATTY FC JENNIE-O 7/	1 EACH	110	50	320	0.00	0.72	0.0	0	0	0.0	15.0	0.0	6.0	2.00	0.00
CHEESE, AMER SLICE RF RS 201	SLICE	40	9	120	0.00	0.00	407.1	611	122	0.0	3.99	1.14	2.28	1.43	0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
SANDWICH, PB&STWBRY 2.8OZ	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
6/17															
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MOZZ STRING 1OZ BO	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
NGARD															
CHEESE,MARBLE STK 1OZ BON	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
6/17															
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
T 8/15															
YOGURT,STRAWBRY GRK OIKO	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
S 6/14															
BREAD, #706 51%WG 3.5 BUN 6/1	1 EACH	110	0	190	2.00	1.44	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
POTATO, FRIES BAKED OVATIO	1/2 CUP	93	0	253	1.33	0.48	13.3	0	0	2.4	1.33	15.33	3.33	0.00	*N/A*
POTATO, SPRIAL CUT MCCAIN 8	1/2 CUP	110	0	300	1.00	0.36	0.0	0	0	3.6	1.0	15.0	5.0	0.50	0.00
/15															
POTATO, CRISSCUT FRI LAMB 6/	1/2 CUP	120	0	260	1.00	0.36	0.0	0	0	3.6	1.0	14.0	6.0	1.50	0.00
PARMESAN BROCC & CAULIFLO	1/2 CUP	85	5	134	2.69	0.69	97.4	295	74	75.73	4.64	9.31	4.81	1.45	*0.00
W 6/17															
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CH	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EDD															
EGG, HARD-BOILED - WHOLE 12	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
/16															

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

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
SUNFLOWER SD KRNLs, DRY R STD, W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM, UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY, RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/ VEGETABLES, FRESH CHOICES	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
APPLES, Fresh	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
PINEAPPLE CHUNKS: canned, lt syr	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
JUICE CUP PURPLE VEG BLND 6/15	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
JUICE CUP RED VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR 6/17	EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, CHOC SKIM SCHROED 6/17	EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, LACTOSE FREE NATREL 6 /17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL' MILK	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL' MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, MUSTARD	TBLSN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
DRESSING, LIGHT MAYO PKCT 8/16	1 TSP	3	0	59	0.17	0.08	3.0	4	0	0.08	0.23	0.28	0.21	0.01	0.00
DRESSING, KENS LITE RANCH 7 /14	PACKET	40	5	105	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.0	0.00	0.00
DRESSING, WESTERN LIGHT 201	TBLSN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, CHIPOTLE RANCH 6/	1 TBSP	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
DRESSING, HONEY MUSTARD 6/	TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
	TBLSN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
Weighted Daily Average		621	77	1051	*9.33	*3.71	721.2	*7027	*739	*76.99	*29.07	80.11	21.69	5.72	*0.01
% of Calories											*18.7%	51.6%	31.4%	8.3%	*0.0%

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

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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 - 09/19/2017															
ELEMENTARY LUNCH (K-5)															
Total															
CHICKEN, NUGGET GOLDKIST8/	1 EACH	41	10	77	0.40	0.40	4.8	7	1	0.0	2.8	2.4	2.2	0.40	0.00
SANDWICH, DELI 5" HOAGIE 6/17	1 EACH	315	63	1014	4.00	2.50	214.4	200	40	0.86	27.45	32.5	9.19	3.47	0.00
SANDWICH, DELI VEG 5" BUN 6/1	1 EACH	395	40	1085	8.06	5.02	493.1	*11174	*793	*39.4	22.23	42.56	14.22	6.67	*0.00
SANDWICH, SUNBTR & JELLY S	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHL															
SANDWICH, PB&STWBRY 2.8OZ	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
6/17															
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE, MARBLE STK 1OZ BON	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
6/17															
CHEESE, MOZZ STRING 1OZ BO	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
NGARD															
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT, UPSTATE FARMS, 4 O	1 EACH	100	0	75	0.00	0.00	301.1	*N/A*	*0	1.2	3.01	22.08	0.0	0.00	0.00
Z NF															
BREAD, ROLL WS 1.25 OZ 2015	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
POTATO, WHIPPED NATURES 6/	1/2 CUP	70	0	320	1.00	0.19	7.5	2	0	6.38	1.0	15.0	0.0	0.00	0.00
GRAVY, POULTRY RF KRLSBRG	1 OZ	20	0	121	0.00	0.00	0.6	0	0	0.0	1.0	4.0	0.0	0.00	*0.00
R 8/15															
VEGETABLE, CALIFORN BLEND	1/2 CUP	28	0	28	1.88	0.00	18.8	938	188	16.89	0.94	4.69	0.0	0.00	0.00
6/17															
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES, RED, RIPE, RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CH	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EDD															
EGG, HARD-BOILED - WHOLE 12	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
/16															
SUNFLOWER SD KRNLs, DRY R	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
STD, W/															
TURKEY HAM, UNCURE JENIE-O	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
6/14															
TURKEY, RED SOD SLCD BRST 7	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
/15															
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*

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Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

	Portion Size	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)
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
PEACHES,FRESH	EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
KIWI FRUIT,(CHINESE GOOSEBERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
APPLES,Fresh	EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6/17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
DRESSING, HONEY MUSTARD 6/8/16	TBLSPN PACKET	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING, LIGHT MAYO PCKT	PACKET	40	5	105	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.0	0.00	0.00
DRESSING, ITALIAN DIPPING CU	1 EACH	20	0	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, WESTERN LIGHT 201	1 TBSP	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
SAUCE, BBQ KEN DAVIS SWEET AND	TBSP	10	0	85	0.00	0.18	0.0	100	20	0.6	0.0	2.5	0.0	0.00	0.00
Weighted Daily Average		613	*72	1223	*9.93	*2.93	*517.6	*8721	*1020	*59.64	*28.06	91.48	14.78	3.93	*0.00
% of Calories										*18.3%	59.7%	21.7%	5.8%	*0.0%	

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

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

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.

Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

	Portion Size	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 - 09/20/2017															
ELEMENTARY LUNCH (K-5	Total														
LASAGNA, BEEF SCHOOL MADE 2015	1 EACH	360	55	832	4.54	3.47	389.4	662	70	1.36	32.26	23.11	15.47	6.88	*0.00
LASAGNA, VEGETABLE SCHOOL MADE	3.6 X 5 PIECE	268	*31	629	*3.22	*1.42	*632.7	*1986	*361	*5.01	*24.17	18.09	10.42	6.31	*0.00
PIZZA, FRENCH BRD, CHEESE 6/1	1 EACH	330	20	700	3.00	1.80	350.0	500	100	2.4	17.0	30.0	16.0	6.00	0.00
PIZZA, STUFF CRST CHS MAX 6/	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
PIZZA, 5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
PIZZA, WEDGE 7" WG CHS 12/16	1 EACH	301	15	471	4.01	2.71	300.9	502	100	18.06	16.05	34.11	11.04	4.01	0.00
SANDWICH, SUNBTR & JELLY SCHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MOZZ STRING 1OZ BONGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BONGARD 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
GARLIC TOAST, WG 1" 6/15	SLICE	80	0	180	2.00	1.08	0.0	400	80	0.0	3.0	15.0	2.0	0.00	0.00
BREAD, GARLIC, SCHOOL MADE	1 EACH	148	7	116	2.10	1.31	9.0	108	21	0.02	4.18	23.98	4.29	1.97	*N/A*
SQUASH, BUTTERNUT ROASTED	1/2 CUP	40	1	18	1.11	0.49	30.7	979	286	9.35	0.99	6.1	1.72	0.37	*0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.03	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CHEDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12/16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SD KRNL, DRY RESTD, W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM, UNCURED JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY, RED SOD SLCD BRST 7/15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
PEARS,FRESH	EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
BANANAS	EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
KIWI FRUIT,(CHINESE GOOSEBERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
ORANGES	EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
APPLES,Fresh	EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6/17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING, CHIPOTLE RANCH 6/14	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, WESTERN LIGHT 201	1 TBSP	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		623	*70	984	*10.96	*4.41	*656.3	*8124	*1046	*33.62	*34.06	85.53	17.46	6.27	*0.00
% of Calories										*21.9%		54.9%	25.2%	9.1%	*0.0%

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

Portion Size	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 - 09/21/2017															
ELEMENTARY LUNCH (K-5 BEEF TACO MEAT-2015 CHICKEN, SHREDDED SEASON 6/17 SANDWICH, PB&STWBRY 2.8OZ 6/17 SANDWICH, PB&J GRP 2.8 OZ 6/1 SANDWICH, SUNBTR & JELLY S CHL CHEESE STICK, MOZZ LOL 6/17 CHEESE, MARBLE STK 1OZ BON 6/17 CHEESE, MOZZ STRING 1OZ BO NGARD YOGURT, NF 4 OZ VARIETY 6/17 YOGURT, STWBRY BAN YOPLAI T 8/15 YOGURT, STRAWBRY GRK OIKO S 6/14 SHELL, TACO PANCHO VILLA 6/1 TORTILLA, 100% WW 9" 8/16 TORTILLA CHIPS RICE, BROWN WHOLE GRAIN 6/1 CORN, WHOLE KERNEL BEANS, BLACK OLIVE, SLICED RIPE LETTUCE, ROMAINE, RAW TOMATOES, RED, RIPE, RAW, CARROTS, FRESH MINI BROCCOLI FLORETTES CAULIFLOWER BUDS -2015 CHEESE, SHREDDED MOZZ/CH EDD EGG, HARD-BOILED - WHOLE 12 /16 SUNFLOWER SD KRNLs, DRY R STD, W/ TURKEY HAM, UNCURE JENIE-O 6/14 TURKEY, RED SOD SLCD BRST 7 /15	Total #10 SCOOP SERVING	151 160	33 750	232 500	1.22 0.00	2.58 1.08	31.9 20.0	420 300	74 60	3.97 2.4	14.53 22.0	5.81 1.0	7.64 7.0	3.08 2.00	*0.00 0.00
1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00	
1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00	
1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00	
1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00	
1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00	
1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00	
1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00	
1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00	
1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00	
1 EACH	110	0	0	2.00	0.72	0.0	0	0	0.0	1.0	13.0	6.0	2.50	0.00	
1 EACH	150	0	210	4.00	0.00	60.0	0	0	0.0	5.0	25.0	3.5	1.50	0.00	
1 OZ	131	0	33	1.87	0.34	37.4	0	0	0.0	1.87	19.63	5.61	0.93	*N/A*	
1/2 CUP	101	0	0	0.67	0.24	0.0	0	0	0.0	2.01	21.45	0.67	0.00	0.00	
1/2 CUP	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*	
1/2 CUP	110	0	350	6.00	10.80	20.0	*N/A*	0	0.0	6.0	20.0	0.5	0.00	0.00	
1 OZ	45	0	205	0.00	0.00	0.0	0	0	0.0	0.0	1.79	4.46	0.00	*N/A*	
1 CUP	8	0	4	0.99	0.46	15.5	4094	122	1.88	0.58	1.55	0.14	0.02	*N/A*	
1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*	
1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*	
1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*	
1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*	
1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*	
1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*	
1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*	
1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00	
1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00	

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
ONIONS, RAW	1/8 CUP	6	0	1	0.24	0.03	3.3	0	0	1.06	0.16	1.34	0.01	0.01	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
BANANAS	EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
APPLES, Fresh	EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
PINEAPPLE JUICE: canned, unswtn	1/2 CUP	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.09	0.15	0.01	*N/A*
KIWI FRUIT, (CHINESE GOOSEBERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
PEACHES: canned, light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
APPLE SAUCE NATURAL UNSWEETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
FRUIT COCKTAIL: canned, lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
STRAWBERRIES, FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDER 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROEDER 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6/17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE, SOUR CREAM	1 OZ	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	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
SAUCE, SALSA	1 OZ	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
DRESSING, MIRACLE WHIP LTE 7/14	TBLSPN	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.5	0.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, WESTERN LIGHT 201	1 TBSP	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
DRESSING, CHIPOTLE RANCH 6/14	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
Weighted Daily Average		702	335	1097	*10.76	*7.66	536.6	*9362	*914	*47.11	39.52	91.99	20.38	7.82	*0.00
% of Calories											22.5%	52.4%	26.1%	10.0%	*0.0%

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Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

Portion Size	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 - 09/22/2017														
ELEMENTARY LUNCH (K-5)	Total													
FISH,POT.CRNCH FILLET 8/15	1 EACH	160	50	300	0.60	0.72	0.0	0	3.6	14.0	13.0	6.0	1.00	0.00
FISH, PATTY, CLEAR SPRING 6/1	1 EACH	220	30	510	2.00	1.08	20.0	200	40	14.99	13.99	10.99	4.00	0.00
CHICKEN, WG BRST PTTY PRO 6/17	1 EACH	210	35	420	1.00	1.44	20.0	100	19	16.0	13.0	10.0	1.00	0.00
CHICKEN, PATTY WG TYSON 6/1	1 EACH	200	45	290	3.00	1.08	0.0	0	0.0	19.0	9.0	9.0	1.50	0.00
CHICKEN, PATTY SPCY TYSON 6/17	1 EACH	200	45	330	1.00	1.44	0.0	0	0.0	19.0	9.0	10.0	2.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0.0	10.0	34.0	16.0	2.00	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	7.0	1.0	6.0	3.50	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BON 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	7.0	0.0	9.0	5.00	0.00
YOGURT, UPSTATE FARMS, 4 O Z NF	1 EACH	100	0	75	0.00	0.00	301.1	*N/A*	*0	1.2	3.01	22.08	0.0	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0.51	3.43	20.42	0.0	0.00	0.00
BREAD, #706 51%WG 3.5 BUN 6/1	1 EACH	110	0	190	2.00	1.44	40.0	0	0.0	4.0	21.0	1.5	0.00	0.00
POTATO, WEDGE CUT LAMBWS T 6/17	3 OZ	123	0	201	2.24	2.01	0.0	0	5.37	2.24	25.74	1.12	0.00	0.00
BROCCOLI, POTATO CRUNCH 6/	1/2 CUP	73	2	126	1.76	0.41	50.4	338	68	2.48	6.29	3.9	0.83	*0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	1.0	2.36	0.13	0.01	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	*N/A*
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	*N/A*
EGG, HARD-BOILED - WHOLE 12 /16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63
SUNFLOWER SD KRNLs,DRY R STD,W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM,UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY,RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0.0	6.33	0.33	1.33	0.33	0.00

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
BANANAS	EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
KIWI FRUIT,(CHINESE GOOSEBERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
APPLES,Fresh	EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
JONNY POPS, TRIPLE BERRY 6/1	1 EACH	50	0	25	1.00	0.00	20.0	0	0	6.0	1.0	11.0	0.5	0.00	0.00
JONNY POPS, STRW BANANA 6/1	1 EACH	50	5	25	0.00	0.00	20.0	0	0	6.0	1.0	10.0	1.0	0.50	0.00
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6/17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
SAUCE, TARTAR HEINZ 7/16	PACKET	60	5	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	6.0	1.00	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, WESTERN LIGHT 201	1 TBSP	35	0	135	0.00	0.54	0.0	50	10	0.0	0.0	6.5	1.0	0.00	0.00
DRESSING, CHIPOTLE RANCH 6/	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, HONEY MUSTARD 6/	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
Weighted Daily Average		621	73	880	*8.88	4.04	476.2	*7016	*701	68.59	*29.81	88.69	17.39	3.62	*0.00
% of Calories											*19.2%	57.2%	25.2%	5.3%	*0.0%

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

Portion Size	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)	
Mon - 09/25/2017															
ELEMENTARY LUNCH (K-5)	Total														
CHICKEN, TENDER 8/15 MSFBGp	3 EACH	216	66	350	1.19	1.86	22.2	83	17	0.02	21.96	12.31	8.36	1.56	0.00
CHICKEN, TEND HT SPY TYS 8/1	3 EACH	244	53	397	1.53	1.65	0.0	153	31	0.0	22.89	15.26	10.68	2.29	0.00
CHICKEN, TENDER GLUT FREE 6/17	4 EACH	280	60	680	1.32	0.72	0.0	0	0	0.0	16.0	17.2	17.2	4.00	0.00
MEATBALLS, RED. SOD. JTM 3/15	4 MEATBALLS	151	36	216	1.00	2.00	64.0	5	1	1.0	12.0	5.0	9.0	3.50	0.60
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MOZZ STRING 1OZ BONGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BONG 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAIT 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKOS 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
BREAD, ROLL WS 1.25 OZ 2015	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
POTATO, WHIPPED NATURES 6/	1/2 CUP	70	0	320	1.00	0.19	7.5	2	0	6.38	1.0	15.0	0.0	0.00	0.00
GRAVY,POULTRY RF KRLSBRGR 8/15	1 OZ	20	0	121	0.00	0.00	0.6	0	0	0.0	1.0	4.0	0.0	0.00	*0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CHEDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12/16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SD KRNLs,DRY RSTD,W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM,UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY,RED SOD SLCD BRST 7/15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
KIWI FRUIT,(CHINESE GOOSEB ERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
BANANAS	EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6 /17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 6/17	TBLSPN	35	0	145	0.00	0.18	30.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
SAUCE, KETCHUP PACKET 6/14	1 EACH	10	0	55	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	0.0	0.00	0.00
SAUCE, BOOM BOOM, KEN'S 6/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
DRESSING, HONEY MUSTARD 6/	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, CHIPOTLE RANCH 6/	TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, HONEY MUSTARD 6/	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING, WESTERN LIGHT 201	TBSP	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		605	*81	1092	*7.62	*3.23	*443.0	*7216	*824	*50.39	*31.29	83.57	16.50	4.05	*0.15
% of Calories											*20.7%	55.3%	24.6%	6.0%	*0.2%

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Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

	Portion Size	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 - 09/26/2017															
ELEMENTARY LUNCH (K-5 BREADSTICK RF CHEZ WG 6" 12 /16	Total 2 EACH	300	30	440	4.00	2.16	400.0	400	80	0.0	20.0	34.0	10.0	5.00	0.00
WAFFLE, 2.4 OZ CHOC CHIP 11/1	1 EACH	250	20	280	3.00	1.08	20.0	*N/A*	*N/A*	*N/A*	5.0	41.0	8.0	3.50	0.00
WAFFLE,2.4 OZ CINN SNACK 11/	1 EACH	240	25	300	3.00	1.08	20.0	*N/A*	*N/A*	*N/A*	5.0	41.0	7.0	3.00	0.00
WAFFLE,2.4 OZ MAPLE SNACK1 1/16	1 EACH	240	25	300	3.00	1.08	20.0	*N/A*	*N/A*	*N/A*	5.0	41.0	7.0	3.00	0.00
FRENCH TOAST, STIX RICHS, 6/1	1 EACH	68	0	70	0.75	0.50	58.7	108	22	0.0	1.5	8.75	3.0	0.50	0.00
EGG, OMELET COLBY CHS 12/16	1 EACH	110	195	210	0.00	0.66	84.0	374	75	0.0	8.0	1.0	8.0	3.00	0.00
PANCAKES,MINI MPL BRST GM 8/16	BAG	220	0	180	3.00	0.00	0.0	0	0	0.0	4.0	40.0	7.0	0.50	0.00
PANCAKES,MINI STRW SPLSH 1 1/16	PACKAGE	240	0	150	3.00	0.72	40.0	0	0	0.0	4.0	41.97	7.0	1.00	0.00
TURKEY, SAUSAGE LINK FC 6/17	4 EACH	120	40	387	0.00	0.96	26.7	0	0	0.0	13.33	1.33	8.0	2.00	0.00
TURKEY, SAUS. LINK JEN-O, 7/15	2 EACH	120	60	200	0.00	*N/A*	40.0	0	0	0.0	12.0	0.0	8.0	2.00	0.00
TURKEY, SAUSAGE LINK 8/15 JIM	4 EACH	120	40	387	0.00	0.96	26.7	0	0	0.0	13.33	1.33	8.0	2.00	0.00
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
CHEESE,MOZZ STRING 1OZ BONGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BOND 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
SAUCE, MARINARA SCHOOLMA D 2015	1/2 CUP	35	*0	140	*1.69	*1.21	*13.9	*917	*183	*7.23	*0.35	8.62	0.0	0.00	*0.00
SAUCE, MARINARA HEINZ 6/17	1/2 CUP	60	0	470	2.00	1.08	80.0	750	150	2.4	2.0	9.0	1.5	0.00	0.00
CARROTS, OVEN ROASTED 2015 CMO	1/2 CUP	70	0	99	2.52	0.36	27.9	10796	1617	1.93	0.61	11.82	2.68	0.36	*0.00
VEGETABLES, FRESH STICKS LETTUCE, ROMAINE BLEND	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
TOMATOES,RED,RIPE,RAW, CARROTS, FRESH MINI	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
BROCCOLI FLORETTES	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12 /16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SD KRNLs, DRY R STD, W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM, UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY, RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
KIWI FRUIT, (CHINESE GOOSEBERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
PEARS: canned, light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
JUICE, 100% ORANGE W/CA & D 6/17	1 EACH	60	0	1	0.00	0.00	160.0	0	0	36.0	1.0	13.0	0.0	0.00	0.00
APPLESAUCE NATURAL UNSWEETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
BANANAS	EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
PINEAPPLE CHUNKS: canned, lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDER 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6 /17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
SYRUP, AUNT JEMIMA ORIGINAL 6/1	TBLSPN	53	0	30	0.00	0.00	0.0	0	0	0.0	0.0	13.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, WESTERN LITE	2 OZ	130	0	454	0.00	0.00	0.0	324	65	1.94	0.0	25.92	3.24	0.00	0.00
DRESSING, CHIPOTLE RANCH 6/	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING, HONEY MUSTARD 6/	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
Weighted Daily Average		643	*90	1024	*8.39	*3.34	*660.9	*14471	*1949	*57.27	*31.40	89.83	19.44	5.51	*0.00
% of Calories											*19.5%	55.9%	27.2%	7.7%	*0.0%

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Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

Portion Size	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
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

	Portion Size	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 - 09/27/2017															
ELEMENTARY LUNCH (K-5	Total														
SPAGHETTI SAUCE, BEEF 6/17	#10 SCOOP	169	31	454	2.61	3.41	52.5	759	143	11.41	16.63	10.28	7.18	2.73	*0.00
CHICKEN, DICED BRST LW SD 6/	3 OZ	120	50	115	0.00	0.72	0.0	0	0	0.0	19.0	1.0	4.0	1.00	0.00
ALFREDO, SAUCE ANGELA MIA 6/17	1/2 CUP	170	25	540	0.00	0.00	100.0	400	60	0.0	6.0	4.0	15.0	7.00	0.00
SAUCE,MARINARA ANGELA MIA 7/14	1/2 CUP	50	0	170	1.00	0.00	20.0	200	40	15.0	2.0	11.0	0.0	0.00	0.00
SAUCE, MARINARA HEINZ 6/17	1/2 CUP	60	0	470	2.00	1.08	80.0	750	150	2.4	2.0	9.0	1.5	0.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BON 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,RASP RAINBO YOPLAI T8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
PASTA, SPAGHETTI BARILLA 6/1	1/2 CUP	90	0	5	3.00	1.80	0.0	0	0	0.0	4.0	19.5	0.75	0.00	0.00
GARLIC TOAST, WG 1" 6/15	SLICE	80	0	180	2.00	1.08	0.0	400	80	0.0	3.0	15.0	2.0	0.00	0.00
BREADSTICK, WG, GARLIC 11/16	1 EACH	90	0	95	1.00	0.72	0.0	0	0	0.0	3.0	15.0	3.0	0.00	0.00
GREEN BEANS, GARLIC 6/17	1/2 CUP	95	0	59	3.33	0.99	55.1	627	125	4.67	1.69	7.92	7.18	1.03	*0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CHEDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12 /16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SD KRNLs,DRY R STD,W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM,UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY,RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
MANDARIN ORANGES/LT SYRU P 6/17	1 CUP	74	0	0	0.92	0.00	18.4	277	55	5.53	0.0	19.36	0.0	0.00	0.00
KIWI FRUIT,(CHINESE GOOSEBERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
ORANGES	EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
APPLESAUCE NATURAL UNSWEETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
PINEAPPLE CHUNKS:canned,lt syrup	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
MELONS,CANTALOUPE,RAW	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDER 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6/17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING, HONEY MUSTARD 6/14	TBLSPN	65	5	85	0.00	0.00	0.0	*N/A*	0	0.0	*N/A*	3.0	6.0	1.00	0.00
DRESSING, KENS LITE RANCH 7/14	TABLESPON	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, FF CALIF FRENCH 6/14	1 TBSP	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		654	75	1001	*12.00	*5.73	482.4	*8547	*1069	*54.47	*33.40	84.17	23.35	5.92	*0.00
% of Calories											*20.4%	51.5%	32.1%	8.1%	*0.0%

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ELEMENTARY LUNCH (K-5)

	Portion Size	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 - 09/28/2017																
ELEMENTARY LUNCH (K-5)																
	Total															
	PIZZA, FRENCH BRD, CHEES 6/1	1 EACH	330	20	700	3.00	1.80	350.0	500	100	2.4	17.0	30.0	16.0	6.00	0.00
	PIZZA, STUFF CRST CHS MAX 6/	1 EACH	330	15	820	3.00	1.80	300.0	300	60	0.0	16.0	35.0	14.0	4.50	0.00
	PIZZA, HAWAIIAN WW NARDON 6/17	1 EACH	320	35	520	4.00	2.70	400.0	500	100	1.2	21.0	32.0	12.0	6.00	0.00
	PIZZA, WG RF TRKY PEPP 12/16	SLICE	280	15	600	4.00	3.60	250.0	400	80	0.0	16.0	37.0	9.0	3.00	0.00
	PIZZA, 5"RND CHSE TONY 7/16	1 EACH	320	30	480	3.00	2.70	250.0	300	60	0.0	17.0	35.0	12.0	6.00	0.00
	PIZZA, 5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
	PIZZA, 6" WW PEPP NARDON 6/1	1 EACH	350	40	580	3.00	2.70	350.0	500	100	12.0	22.0	30.0	16.0	7.00	0.00
	CHICKEN, 8PC OVEN ROASTED 6/14	3 OZ	170	100	96	0.00	1.00	1.0	105	21	1.0	19.0	0.0	10.0	4.00	0.00
	BEEF PEPPERONI, BONICI 7/14	3 EACH	27	5	102	0.00	0.07	0.0	0	0	0.0	0.96	0.0	2.51	0.96	0.00
	TURKEY, PEPPERONI SLICES 6/1	SERVING (1.23OZ)	60	25	200	0.00	0.36	0.0	0	0	0.0	6.0	1.0	2.5	1.00	0.00
	SANDWICH, PB&J GRP 2.8 OZ 6/1	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
	SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
	SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
	YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
	YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
	YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
	CHEESE,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
	CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
	CHEESE,MARBLE STK 1OZ BON 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
	CAULIFLOWER, SPANISH ROAS 6/17	1/2 CUP	32	0	95	1.93	0.51	19.1	41	8	41.99	1.83	5.94	0.99	0.16	*0.00
	LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
	TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
	CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
	BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
	CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
	CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
	EGG, HARD-BOILED - WHOLE 12 /16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
	SUNFLOWER SD KRNLs,DRY R STD,W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
TURKEY HAM,UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY,RED SOD SLCD BRST 7 /15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
WATERMELON, FRESH	1/2 CUP	24	0	1	0.32	0.19	5.6	455	30	6.48	0.49	6.04	0.12	0.01	*N/A*
APPLESAUCE NATURAL UNSWE ETENED	1/2 CUP	52	0	2	1.40	0.13	4.0	36	7	1.4	0.2	13.79	0.06	0.02	0.00
BANANAS	EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
PEARS,FRESH	EACH	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*N/A*
ORANGES	EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	1 EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6 /17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
DRESSING, KENS LITE RANCH 7 /14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, CHIPOTLE RANCH 6/	1 TBSP	70	3	115	0.00	0.18	10.0	50	10	0.0	0.0	2.0	7.0	1.00	0.00
DRESSING FF DJON HNY MSTD 10/16	1 TBSP	23	0	150	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
DRESSING, WESTERN LITE	3 OZ	194	0	680	0.00	0.00	0.0	486	97	2.92	0.0	38.88	4.86	0.00	0.00
SAUCE, BBQ KEN DAVIS SWEET AND	TBSP	10	0	85	0.00	0.18	0.0	100	20	0.6	0.0	2.5	0.0	0.00	0.00
Weighted Daily Average		544	86	928	*6.76	*2.74	508.3	*6703	*792	*67.78	28.02	70.79	17.67	5.32	*0.00
% of Calories											20.6%	52.0%	29.2%	8.8%	*0.0%

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Osseo Area Schools
Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values
ELEMENTARY LUNCH (K-5)

Sep 6, 2017

	Portion Size	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 - 09/29/2017															
ELEMENTARY LUNCH (K-5	Total														
BEEF FRANK, TYSON 6/17	1 EACH	180	30	550	0.00	0.36	0.0	0	0	0.0	6.0	2.0	16.0	6.00	1.00
TURKEY, FRANK RED SOD 6/17	1 EACH	110	55	260	0.00	1.08	60.0	0	20	6.0	8.0	0.0	9.0	2.50	0.00
PORK,DOUBLE RUB BBQ 12/16 RICH	SERVING (3OZ)	230	85	300	0.00	0.00	0.0	0	1	0.0	25.01	0.0	15.01	5.00	0.00
PORK,PULLED CKD FRZ 11/16 C OMM	2 OZ	114	50	241	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	11.0	0.0	5.0	2.00	1.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
SANDWICH, PB&J GRP 2.8 OZ 6/17	1 EACH	300	0	300	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
SANDWICH, PB&STWBRY 2.8OZ 6/17	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
YOGURT, NF 4 OZ VARIETY 6/17	1 EACH	99	1	64	0.00	0.00	342.7	0	0	0.51	3.43	20.42	0.0	0.00	0.00
YOGURT,STWBRY BAN YOPLAI T 8/15	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
YOGURT,STRAWBRY GRK OIKO S 6/14	1 EACH	90	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
CHEESE STICK, MOZZ LOL 6/17	1 EACH	80	15	210	0.00	1.26	200.0	100	29	0.0	7.0	1.0	6.0	3.50	0.00
CHEESE,MOZZ STRING 1OZ BONGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STK 1OZ BONGARD 6/17	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
BREAD, #5151 POG 51% WG HOT DO	1 EACH	100	0	170	2.00	1.08	60.0	*N/A*	*0	0.0	3.0	20.0	1.0	0.00	0.00
BREAD #538 WG 4" BUN 5/15	1 EACH	150	0	250	3.00	1.80	60.0	0	0	0.0	6.0	29.0	2.0	0.00	0.00
BAKED BEAN VEG RED SOD 5/14	1/2 CUP	140	0	410	6.00	1.80	60.0	0	0	0.0	6.0	29.0	0.0	0.00	0.00
LETTUCE, ROMAINE BLEND	1 CUP	9	0	5	0.93	0.38	14.2	2228	73	1.95	0.61	1.84	0.12	0.02	*N/A*
TOMATOES,RED,RIPE,RAW,	1/2 CUP	16	0	5	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
BROCCOLI FLORETTES	1/2 CUP	12	0	12	0.92	0.26	16.7	221	55	31.67	1.0	2.36	0.13	0.01	*N/A*
CAULIFLOWER BUDS -2015	1/2 CUP	13	0	15	1.00	0.21	11.0	0	1	24.1	0.96	2.49	0.14	0.03	*N/A*
CHEESE, SHREDDED MOZZ/CHEDDAR	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
EGG, HARD-BOILED - WHOLE 12/16	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
SUNFLOWER SD KRNLs, DRY RESTD, W/	1 OZ	165	0	104	2.55	1.08	19.8	3	0	0.4	5.48	6.82	14.12	1.48	*N/A*
TURKEY HAM,UNCURE JENIE-O 6/14	1.52 OZ	40	12	205	0.00	0.18	0.0	0	0	0.6	5.0	1.0	1.75	0.50	0.00
TURKEY,RED SOD SLCD BRST 7/15	1.6 OZ	40	20	227	*N/A*	0.18	5.0	0	0	0.3	9.08	0.0	0.5	0.25	0.00

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

	Portion Size	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)
CHICKEN, DICED BRST LW SD 6/	1 OZ	40	17	38	0.00	0.24	0.0	0	0	0.0	6.33	0.33	1.33	0.33	0.00
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
PINEAPPLE,FRESH	1/2 CUP	39	0	1	1.09	0.22	10.1	45	2	37.05	0.42	10.17	0.09	0.01	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
MANDARIN ORANGES	1/2 CUP	36	0	5	1.13	0.26	11.3	1240	124	32.04	0.71	8.89	0.04	0.00	*N/A*
STRAWBERRIES,FRESH	1/2 CUP	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01	*N/A*
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
BANANAS	EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
KIWI FRUIT,(CHINESE GOOSEBERRI	1/2 CUP	54	0	3	2.66	0.27	30.1	77	16	82.04	1.01	12.97	0.46	0.03	*N/A*
ORANGES	EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP PURPLE VEG BLND 6/15	1 EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	1 EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
MILK, SKIM FF, SCHROEDER, 6/1	1 EACH	80	5	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
MILK, 1% LOWFAT, SCHROEDR 6/17	1 EACH	110	15	125	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 6/17	EACH	130	5	210	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, LACTOSE FREE NATREL 6/17	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
MILK, CHOCOLATE LIL'MILK	1 EACH	130	5	140	0.00	0.00	300.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
MILK, VANILLA LIL'MILK	1 EACH	120	5	120	0.00	0.00	280.0	500	100	0.0	8.0	22.0	0.0	0.00	0.00
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, FF CALIF FRENCH 6/	1 TBSP	20	0	135	0.00	0.00	0.0	0	0	0.0	0.0	5.0	0.0	0.00	0.00
SAUCE, BBQ KEN DAVIS SWEET AND	1 TBSP	10	0	85	0.00	0.18	0.0	100	20	0.6	0.0	2.5	0.0	0.00	0.00
Weighted Daily Average		617	79	1158	*10.55	*3.87	*477.5	*5482	*541	*47.88	31.86	84.34	17.77	5.62	*0.45
% of Calories											20.7%	54.7%	25.9%	8.2%	*0.7%
Weighted Average		649	*86	1128	*9.70	*4.02	*555.4	*8322	*981	*55.32	*31.36	90.57	18.89	*5.34	*0.06
											*19.3%	55.8%	26.2%	*7.4%	*0.1%

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

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

¹ - denotes optional nutrient values

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Osseo Area Schools

Sep 1, 2017 thru Sep 30, 2017 Spreadsheet - Portion Values

ELEMENTARY LUNCH (K-5)

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	649		645	101%												
Cholesterol (mg)	86				Missing											
Sodium (mg)	1128		1230	92%												
Fiber (g)	9.70				Missing											
Iron (mg)	4.02		3.30	122%	Missing											
Calcium (mg)	555.4		267.00	208%	Missing											
Vitamin A (IU)	8322		1055	789%	Missing											
Vitamin A (RE)	981		211	465%	Missing											
Vitamin C (mg)	55.32		15.00	369%	Missing											
Protein (g)	31.36	19.32%	8.87	354%	Missing											
Carbohydrate (g)	90.57	55.80%														
Total Fat (g)	18.89	26.18%	<=30.00%													
Saturated Fat (g)	5.34	7.40%	<10.00%		Missing											
Trans Fat (g)	0.06	0.08%			Missing											

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